

# GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS

TENDING THE  
GARDEN WITH  
THAT SALSA LADY

PAGE 16

SHRIMP BOIL  
SCONNIE-STYLE

PAGE 20

HAVE A BALL  
THIS SUMMER

PLU 3010  
SUMMER 2017

FREE WITH ANY PURCHASE



## FIRST WORD.



WHEN I LEFT WISCONSIN IN 1997 THERE WAS NO CALATRAVA AT THE ART MUSEUM, ONLY ONE OUTPOST ON CAPITOL DRIVE, COUNTY STADIUM WAS STILL THE PLACE YOU WATCHED THE BREWERS LOSE, AND THE THIRD WARD WAS JUST A TWINKLE IN SOME DEVELOPER'S EYE. INITIALLY I LEFT THE BADGER STATE FOR A TWO YEAR CONTRACT AS A TV REPORTER IN MICHIGAN (HELLO LANSING!) THINKING I'D PAY MY DUES AND MOVE BACK TO MILWAUKEE TO, I DON'T KNOW, MAYBE A PARADE? DIDN'T HAPPEN. INSTEAD, TWO YEARS LATER, WITH A WRINKLED UWM JOURNALISM DEGREE IN MY BACK POCKET, I MOVED TO NEW YORK CITY.

Growing up in Milwaukee I wouldn't have called myself a food expert. Food was what happened at supper-time. My mom's home-cooked meals were of the *Good Housekeeping*, back of the Campbell's Soup label, and "Hey, let's have fish-sticks during Lent" variety. And I miss them dearly. Once ensconced in New York I was surrounded by some of the best food in the world and it just so happened that the magazine I ended up working for needed help doing restaurant reviews. So I was sent out to eat Malaysian, Italian, Thai, Ethiopian, Greek, Middle-Eastern, Chinese, Korean- basically the United Nations of food, and I loved it. I loved it so much I started collecting cookbooks and experimenting with cooking some of the great food I was writing about.

Yet, I still missed Milwaukee. I'd stream local Milwaukee news online, I'd sport my Packers gear every Sunday (to unsolicited cheers of "Go Pack!" from total strangers), and every time I came back for a visit I'd marvel at how much Milwaukee was changing: New buildings, hip new bars and great new food. Suddenly there were new, innovative restaurants on top of the old standbys and every time I visited I was more and more impressed with the culinary scene I'd somehow missed during my wasted youth.

Last year my wife (Hi Suz!) and I decided it was time for a change. We were tired of living in a 700 square-foot apartment with a monthly mortgage the GDP of a small Latin American country and we dreamed of a backyard for our pooch to play in. So we sold our place and moved into our adorable little bungalow with a backyard. But how to make a living? If only I could find a job that was somehow related to food, surrounded by people as passionate about the Milwaukee food scene as me, at a company that was as much a part of Milwaukee as Lake Michigan, and at a place where I could possibly put this dusty journalism degree to work. If only such a magical unicorn of a place existed here. Surprise! It does and those amazing people from that fantastic Milwaukee institution all helped put this magazine you're holding in your hands together. And I am thankful to be a part of the Outpost family. Enjoy the summer and enjoy the food!

MICHAEL SORENSEN  
multi-media editor

GRAZE@OUTPOST.COOP

## WHAT IS GRAZE?

### AUTHENTICALLY LOCAL

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

### FRESH

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

### SMART

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

### FUN

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

GRAZE IS PUBLISHED  
QUARTERLY, WITH NEW  
ISSUES EACH SEASON.



GRAZE is printed by J.B. Kenihan located in Beaver Dam, Wisconsin on Nature Web Matte paper with recycled content certified by the Forest Stewardship Council.

# 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.*



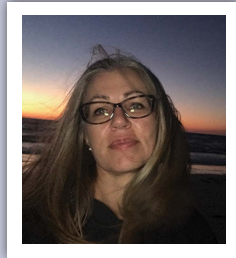
## *i am* LISA MALMAROWSKI.

*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.*



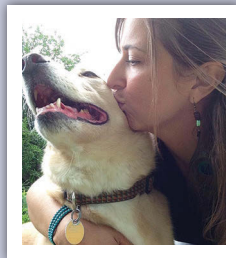
## *i am* MICHAEL SORENSEN.

*Born and raised Milwaukeean with two decades of Brooklynian (fuggedaboutit) thrown in for kicks. I love our city by the lake and it's called a "bubbler". When I'm not cooking I love to travel and eat what the locals eat and drink what the locals drink. I'll try any food once, as long as the person offering this mystery food up takes a bite with me, so let's do this together.*



## *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* MARI WOOD.

*Our community is filled with millions of stories. I love to hear the tales that intertwine and connect our gloriously messy and unpredictable lives. If I can capture a little of what makes us laugh, cry, love and hate in my writing, then I'd say I've done my job.*



**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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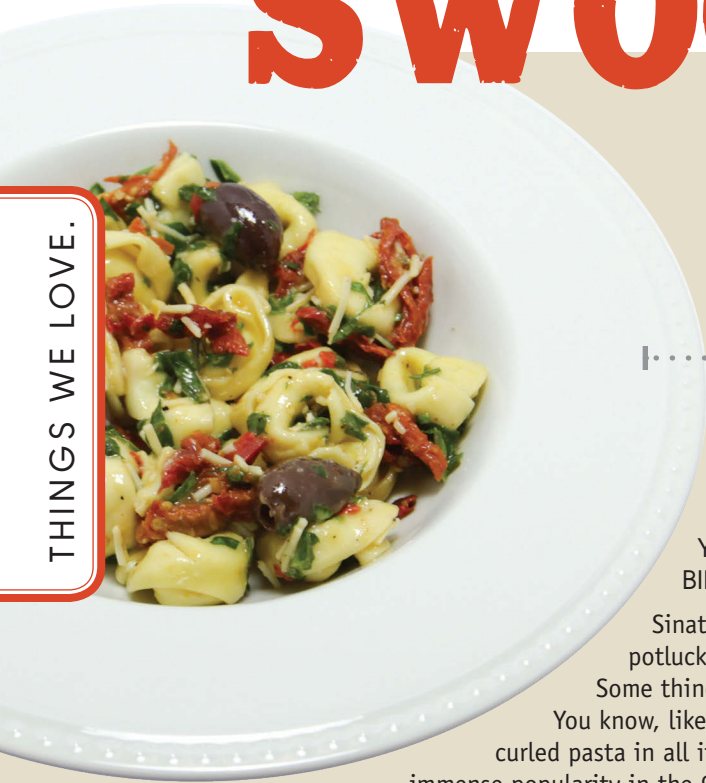
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(you'll)

# SWOON.

THINGS WE LOVE.



## OUTPOST'S OWN TORTELLINI ROMA SALAD

YOU BET YOUR SWEET BIPPY THIS IS DA BOMB!

Sinatra and moonlight ...  
potlucks and baked beans...

Some things never go out style.

You know, like tortellini. Sure, this  
curled pasta in all its cheesiness enjoyed

immense popularity in the 90's – that's when we

invented this Roman holiday of dish. To our amazement, decades

later, it's still just as beloved. There's something simple and soulful about the creamy  
cheese tortellini blended with olives, sundried tomatoes, roasted red peppers, spinach  
and tangy made-from-scratch dressing. It's perfect anytime of the year, but shines  
in summer as a perfect picnic side dish to grilled foods, or mounded atop a crisp,  
green salad as an entrée. Heck, you can even heat it up if you want or do like we  
do, eat it straight from the package sitting under the shade of a beach umbrella.

## BOLTHOUSE FARMS CLASSIC RANCH YOGURT DRESSING

THERE'S NOTHING HIDDEN ABOUT THIS RANCH

It's not an exaggeration to say that ranch dressing is as American as apple pie. Enjoyed by children and adults alike, it's cool, creamy and gently spiced nature is delicious on everything from wings to salads. But some-

thing is hidden in it – that something is calories. Lots of them. Now, we are not the calorie police but ranch dressing is SO good that we want to put it on ALL the foods. Enter Bolthouse Farms. They've created a magical dressing that manages to be creamy and delicious using the clever substitution of yogurt in place of the usual mayonnaise and sour cream, that's chock full of classic ranch flavor. So go forth and ranch with abandon, at only 45 gluten-free calories a serving, you certainly can.



## SMOKIN' T's SAUCE

THIS WISCONSIN ORIGINAL IS BIGGER THAN JUST BBQ

By the time summer gets rolling, it seems like our fridge has collected quite a cornucopia of sauces. Like wire hangers in a closet they multiply with each cook-out. What if we told you all you need is ONE all-purpose sauce that will do triple duty – as a marinade, as a dressing and yes, even as a BBQ sauce. Meet Smokin' Ts Hand Smoked Tomato\* Sauce. While so many 'smoked' sauces have that over-the-top smokiness that can become cloying, this sauce doesn't. Tomato forward with a delicate, smoky taste, its thinner texture makes it perfect as a marinade and equally suited as a mop-style BBQ. It's also surprisingly delicious on salads. For a quick side dish toss together charred corn, avocado, chopped tomato, chopped onion and Smokin' Ts Sauce. They also offer a 'With a Kick' version for those that like a little more spice.

\*We're not sure what a hand-smoked tomato is but dang, it's delicious!





## TATE'S BAKESHOP GLUTEN-FREE CHOCOLATE CHIP COOKIES

CRACKLIN' COOKIE GET ON BOARD

What ... you don't LIKE gluten-free cookies? These will make a believer out of you. First of all, their texture is amazing – like Tinkerbell wing crispy, which is close to the delicate shattering scrim on a perfect crème brûlée. (Don't ask how we know this.) Then, the buttery, not overly sweet, flavor combines with decadent chocolate for that classic cookie taste we all know and love. We adore these topping a dish of Purple Door Ice Cream – who needs a cone?! Choose from classic chocolate chip or the extra indulgent double chocolate chip, both are great. One more thing – don't be fooled like we were – each package has 7 servings, not 2. Once you try one, you'll understand why we made this mistake!

## GOOD CITY BREWING MOTTO MOSAIC PALE ALE

ALL HAIL YOUR NEW SUMMER ALE

Milwaukee is literally awash with great beer, especially great local beer, and the beer scene is loaded with pale ales, so how does one choose? Fear not, gentle imbibers, we discovered your new patio beer and it hails from our fair city's eastside. Motto Mosaic Pale Ale isn't heavy like many pales are, it's lighter, bubblier, and awash with bright tropical and, dare we say, peach flavors. It's buoyant, floral hoppy nose delights and it's slightly bitter, piney flavor finishes clean and dry. Summer is the perfect time to lighten up your beer choices and Good City found the perfect balance of hops for you to do just that. Drink responsibly friends, and please drink local!



## KEVITA SPARKLING PROBIOTIC DRINK

FORGET BOTTLE ROCKETS – THIS IS YOUR NEW SUMMER SPARKLER

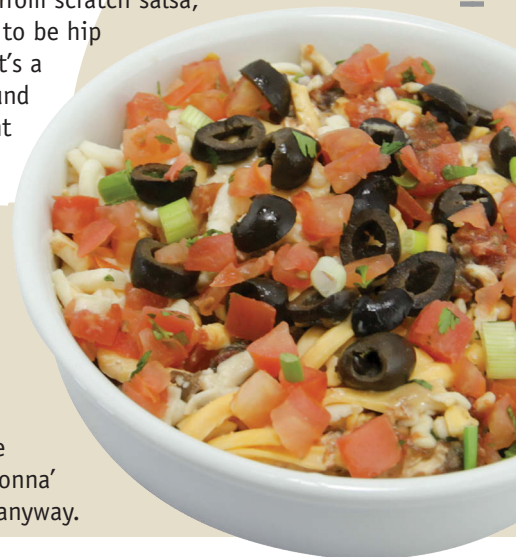
It's hot out – sizzling hot. The sun sends shimmering heat waves across the pavement while sweat beads on your brow. You're thirsty, like walking through a desert thirsty. Don't worry, Kevita has you covered! This tart, slightly sweet, super fizzy drink is chock full of live probiotic cultures – 4 strains of them in fact – and overflowing with zesty flavors. We pretty much love 'em all but the Mojita Lime Mint Coconut sings with the flavors of the tropics with just a hint of mint, while the Strawberry Acai Coconut is fruity and grown up tasting at the same time. Bonus, these wholesome thirst quenchers are low in calories, only 20 per serving, organic, and Non GMO Project verified.



## OUTPOSTS OWN TACO DIP

YOU JUST BECAME THE HERO OF YOUR NEXT POTLUCK

We're going to tell it to you straight, our taco dip rocks and here's why – it's a simple, classic, comfort-food dip that's crafted with really good quality ingredients including organic black beans and veggies, Wisconsin cheeses, our made from scratch salsa, and more. It's not pretending to be hip or masquerading as elegant, it's a 'crack open a can of beer around the fire and eat the chips right from the bag' kind of dip. Here's the other thing, we don't bother topping it with lettuce - no one really likes that limp lettuce, do they? All you need is a 6-pack, a bag of chips and maybe a jar of salsa if you're feeling fancy. Take this dip and chips to your next cook out because let's face it, you were never gonna' make grandma's baked beans anyway.



# SUMMER.

*(two ways)*

## MELON

**N**ATURE'S DESSERT, THE MELON (BE IT THE CANTALOUPE, THE HONEYDEW, THE CANARY OR THE MUSKMELON AMONG OTHERS) IS A SURE SIGN OF SUMMER'S SWEETNESS. THESE DELICIOUS ORBS OF FLAVOR ARE FULL OF ANTIOXIDANT PROTECTIONS ALONG WITH A POWERFUL ONE-TWO PUNCH OF VITAMINS A THROUGH C. THROW IN HIGH POTASSIUM LEVELS AND YOU'VE GOT SUMMER'S SUPER-FRUIT.

### BREEZY CANTALOUPE CUPCAKES

**MAKES 36 MINI OR 18 REGULAR CUPCAKES • VEGETARIAN**

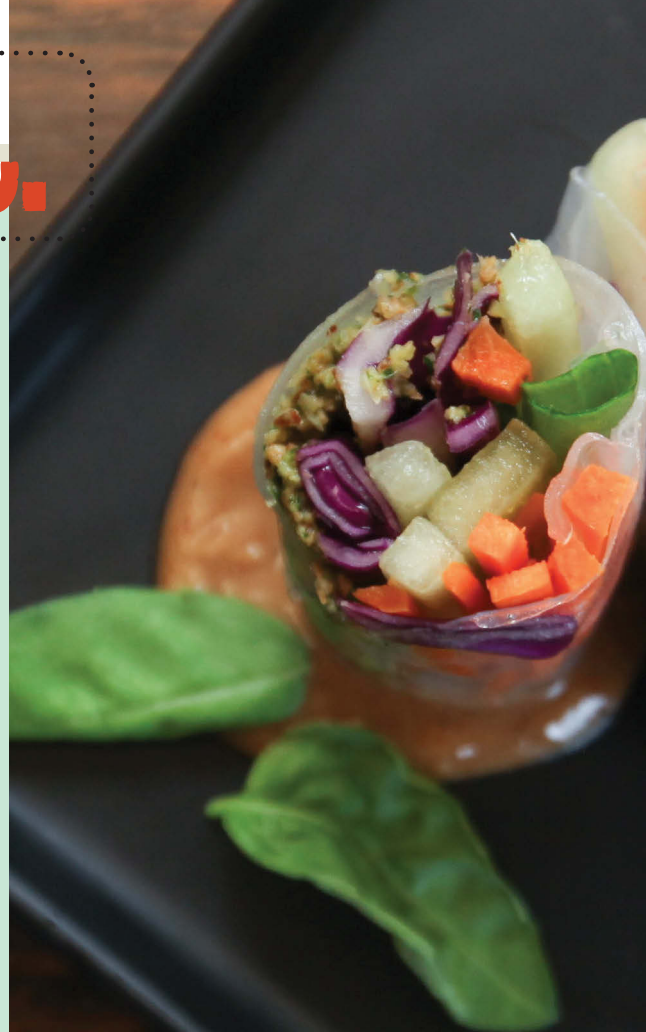
*Melon in cupcakes? Shut your mouth! Now open it wide and shove in one of these mini cakes. So light and sweet, why they're just like a lake breeze on a sunny, hot August afternoon. Substitute ricotta cheese for cottage cheese, if preferred.*

16 ounces full-fat cottage cheese  
½ cup sugar  
2 tablespoons milk  
4 ounces cantaloupe, pureed (scant ½ cup)  
2 large eggs  
¼ cup unsalted butter, melted  
¾ cup semolina flour  
¾ cup all-purpose flour  
2 teaspoons vanilla extract  
1 tablespoon baking powder  
Cantaloupe Buttercream Frosting

1. Preheat oven to 350 degrees.
2. In a medium sized mixing bowl, combine cottage cheese, sugar, milk, cantaloupe and eggs. You will see the cottage cheese curds in the batter.
3. Mix in the melted butter, semolina flour, all-purpose flour, vanilla and baking powder. Beat until flour is fully incorporated. Batter should be light. Again, you will see cottage cheese curds.
4. Fill paper cupcake cups to just shy from the top.
5. Bake mini-cupcakes for 15-18 minutes or until a toothpick inserted comes out dry. Regular-sized cupcakes bake for 20-25 minutes.
6. Let cool completely before frosting.

#### Cantaloupe Buttercream Frosting

- 1 cup unsalted butter, room temperature  
3 cups powdered sugar, sifted to remove lumps  
2 teaspoons vanilla extract  
3 tablespoons cantaloupe, finely chopped  
Mini cantaloupe balls and mint leaves for garnish
1. Using a hand mixer, beat butter for 3 minutes on high in a medium sized bowl. If you have a stand mixer, now's the time to use it.
  2. Add sifted powdered sugar a little bit at a time until fully incorporated.
  3. Add vanilla and cantaloupe.
  4. Pipe or spread onto cooled cupcakes.
  5. Just before serving, top each cupcake with a cantaloupe ball and mint leaf.



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







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

by MARGARET MITTELSTADT  
photos by CARA BERKEN

## MELON HERB SPRING ROLLS

MAKES ABOUT 24–36 • VEGAN, GLUTEN-FREE

*Even a newbie can make spring rolls! After the first few you'll get the hang of it. These lovely, flavorful rolls make the perfect crunchy nosh for hanging out with friends on a warm summer afternoon. Try serving with grilled shrimp. Pair with a Mojito or a crisp summer lager.*

- 1 package 6-inch rice paper wrappers
- ¼-½ purple cabbage, thinly sliced
- ¼-½ ripe melon, such as honeydew, canary or Crenshaw
- 1 large or 2 medium carrots, finely shredded
- 2 cups fresh basil leaves
- Large handful fresh mint leaves, optional
- Cilantro Almond Pesto

1. Cut the melon in half, remove the seeds, peel and slice the flesh into thin strips.
2. Prepare your work area: add warm water to a large bowl. Maintain a moistened work area by either covering it with a damp cloth or periodically sprinkling it with water.
3. Assemble and arrange all of your ingredients around your work surface.
4. Working one at a time, immerse your rice wrapper in the warm water for about 20-30 seconds, until it begins to soften (leaving it in too long will cause it to tear). Place the softened wrapper on your dampened surface and begin to fill it: spread about 1 teaspoon of the pesto in the middle, followed by cabbage, 2-3 melon strips, carrots and fresh herbs.
5. Fold the bottom part of the wrapper over the filling, followed by each side. Then roll it up tightly, like a burrito. Take caution not to overfill. Finished roll should be around 2–3-inches long.
6. Serve immediately with the Tamarind Dipping Sauce, or keep covered with a damp cloth or paper towel until ready to serve. Make these up to 2 days in advance.

### Cilantro Almond Pesto

- 2 cups fresh cilantro, loosely packed
- ½ cup toasted almonds
- Juice of 1 lime
- 1-inch section of fresh ginger, minced
- 3 cloves garlic
- ¼ cup fresh mint, loosely packed
- 1 tablespoon sugar
- ½ teaspoon salt
- ½ jalapeño pepper (for extra heat, leave the seeds in)
- ¼-½ cup olive oil

Add all ingredients to a food processor or blender. Process until smooth. If the pesto is a little stiff, add more olive oil as needed. Refrigerate until ready to use.

### Tamarind Dipping Sauce

- ¼ cup almond butter
- ¼ cup tamarind paste
- Juice of 1 lime
- 1 tablespoon fresh ginger, grated
- 1 tablespoon maple syrup or honey
- 3 tablespoons olive oil
- 2 teaspoons soy sauce
- ½ small red chili – seeded and minced (optional)

In medium bowl, using a whisk mix all ingredients until thoroughly incorporated. Refrigerate until ready to serve.



## RECIPE (one)

### HUMZINGER REFRESHMENT ADE

SERVES 2

*This all-natural, refreshing electrolyte-balancing beverage is sans the high levels of sodium, sucrose, day-glo colors, and artificial flavors of commercial brands. Coconut water is naturally packed with food-based potassium, orange juice adds some citric acid, and ours has a fraction of the salt.*

- 3 cups Celestial Seasonings Raspberry Zinger brewed tea, chilled
- 1 cup coconut water
- ¼ cup fresh squeezed orange juice
- 2 tablespoons honey or maple syrup
- ¼ teaspoon sea salt

Stir together and store in a glass container in the refrigerator for up to a week.



## RECIPE (two)

### BEACHY WAVES SEA SALT SPRAY

*Get that sexy, summer 'day at the beach' hair with this simple and affordable DIY version of sea salt spray. This works well on all hair types but is especially suited for wavy or curly hair. Mist lightly on damp or dry hair. Hair can also be blow-dried for extra volume. Or just get on your bike for a spin around the block!*

- 1 cup warm, filtered water
  - 1 tablespoon natural sea salt
  - 2 teaspoons coconut, apricot kernel or avocado oil
  - 2 teaspoons aloe vera gel
  - 5 drops of essential oil of your choice, if you want a scent, we like lavender
- Supplies – spray bottle, funnel

Whisk salt into water until dissolved then add other ingredients and mix well. If using coconut oil you may have to gently melt the oil first. Pour into clean spray bottle. Shake well before using.





# A LONG STRANGE TRIP

FROM VENEZUELA TO OKLAHOMA,  
SPAIN TO SAN FRANCISCO A CHEF  
FINDS A NEW HOME IN MILWAUKEE

by MICHAEL SORENSEN  
photos by CARA BERKEN



**M**ONDAYS MEAN A MUCH-NEEDED DAY OFF FOR AMILINDA HEAD CHEF AND OWNER GREGORY LEÓN. IT'S A TIME TO GET AWAY FROM HIS BUSY WISCONSIN AVENUE RESTAURANT. SO WHAT DOES HE DO TO RELAX AND UNWIND? "USUALLY I'M DOING THE LAUNDRY AND LOOKING OVER THE ORDERS FOR THE REST OF THE WEEK," HE TELLS ME, PERCHED IN THE CORNER OF HIS BRIGHTLY COLORED WALKER'S POINT KITCHEN. "I LEAVE THE COOKING TO SOMEONE ELSE."

On this rainy night, that someone else is Gregory's husband Orry with assistance from their mutual friend and occasional Amilinda hostess Rebecca. As Rebecca skillfully shreds a giant block of cheddar cheese (surreptitiously handing out little pieces to Gregory and Orry's adorable little dogs) Gregory admits, "Mondays we'll hang out and all watch really bad movies or, should I say, those two watch really bad movies and I'll just sit there and comment on them." While stirring a pan of rice, Orry interjects, "We've currently got a *50 Shades of Grey* obsession." "See what I mean?" Gregory ads, "Horrible movies."

Their movie tastes may be questionable to some but there's no questioning that Milwaukeeans have gravitated towards Amilinda. Named "One of Milwaukee's ten best restaurants" by *Milwaukee Magazine* as well as "One of America's best new restaurants" by *Thrillist*, Amilinda has offered a distinct and welcome spin on Spanish and Portuguese cuisines since opening in 2015. If you grew up in Barcelona or Lisbon this would be your mother's comfort food, elevated to perfection but without being fussy or pretentious. What makes Amilinda's success all the more impressive is that Gregory is a self-taught chef who learned his skills on the job. "I went to Spain in '97 just by chance and just fell in love with it. I taught myself and kept going back to Spain to work. Same thing with Portuguese. I've never been to Portugal actually but I got a chance to work at a Portuguese restaurant in San

Francisco and learned a lot." Born in Venezuela, raised in Oklahoma, Gregory had never even heard of Milwaukee until a friend convinced him to come out and visit. "I fell in love with the city and the food culture here. Milwaukee has a really great restaurant scene."

So what's on the menu for Gregory's day off? That's up to Orry. "I love Italian and Mexican cooking," Orry tells me as he tears tortillas in half. "These tortillas are still frozen so I'm not rolling them. I forgot to get corn ones." Sipping on a glass of Portuguese Vinho Verde Rebecca jokes, "So this is more like a lasagna than an enchilada?" "It's a Mexican-lasagna!" Gregory pipes in. "One of the first times I cooked for Gregory I made tacos. The hard store-bought shells. Canned taco sauce. You know, 'Midwest tacos.'" Since then Orry has picked up some tricks from Gregory as he adds tomato sauce, chicken stock and herbs to a blender. "I may have gotten better at cooking but Gregory will still come by and to tell me it needs more salt." "Just like my dad did to me when he visited last year," Gregory remembers. As the kitchen fills with the aromas of cheese, meat, and spices bubbling in the oven, Gregory wonders where he would be right now if he hadn't fallen in love with Milwaukee. As he smiles at his husband he confesses, "The plan was to go to Portland but I kept traveling and ended up here." Milwaukee is lucky he did.

(recipes following)



## MONDAY NIGHT ENCHILADAS

SERVES 3-4

*If you're looking for a quick, family-pleasing meal it doesn't get much simpler than this. When Gregory isn't cooking in the restaurant Orry takes over as the home chef and it usually means making do with whatever is on hand in the kitchen.*

- 1 pound ground beef
- 1 package six to eight-inch flour (or corn) tortillas
- 4 cups shredded cheddar cheese (or more to taste – this is Wisconsin after all)
- 1 garlic clove, minced
- Enchilada sauce (see recipe)

1. Preheat oven to 350 degrees.
2. Lightly sauté 1 clove of minced garlic with 1 tablespoon of olive oil in skillet.
3. Add 1 pound of ground beef and brown thoroughly. Remove beef from flame, drain off excess fat and set to the side.
4. Spread a thin layer of enchilada sauce along the bottom of a 9x13 inch baking dish.
5. Place a spoonful of ground beef mixture into a tortilla and sprinkle with cheese. Wrap tortilla tightly around filling, placing seam side down in baking dish. Repeat this process until you run out of filling.
6. Pour the rest of the enchilada sauce on top of the rolled tortillas, spreading evenly. You want to make sure it gets between each tortilla as well as forming a nice layer on top. Sprinkle the remainder of the cheddar cheese on top of the sauce.
7. Bake for 15-20 minutes or until top is golden brown. Let sit for five to ten minutes then serve.

## ENCHILADA SAUCE

*Orry's learned the "canned stuff" won't do for Gregory's discerning palate and has since upped his game by making enchilada sauce from scratch. You can definitely taste the difference.*

- 1 tablespoon ground chili powder
- 1 teaspoon ground cumin
- 2 cloves garlic, crushed
- ½ medium yellow onion, chopped
- ¼ teaspoon dried oregano
- ¼ teaspoon salt
- 1 cup tomato paste
- 2 cups chicken stock
- 1 teaspoon apple cider vinegar
- Ground black pepper to taste

Combine all ingredients in blender until smooth.

## SPANISH RICE

SERVES 8

- 2 cloves of garlic, minced
- 3 tablespoons olive oil
- 2 cups brown rice
- 8 ounces tomato purée
- 4 cups chicken broth
- 1 teaspoon salt
- Cumin and black pepper to taste

1. In a heavy bottomed skillet sauté garlic in olive oil.
2. Add brown rice, coating each grain in oil. Stir until lightly browned.
3. Mix in tomato purée working it into rice grains.
4. Add chicken broth, salt, and seasonings. Cover, stirring occasionally.
5. Let the mixture simmer for at least 30 minutes or until rice is soft, adding more liquid if needed.

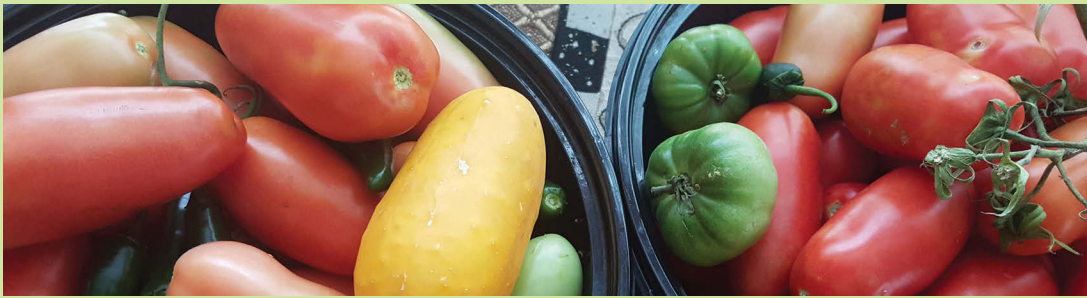




# A TOMATO GROWS IN MILWAUKEE







**I**T'S SERENDIPITOUS THAT ANGELA MORAGNE'S LAST NAME IS PRONOUNCED "MORE-RAINY." SHE DEPENDS ON THE RAIN TO GROW THE HERBS, TOMATOES, PEPPERS, ONIONS, AND MORE EXOTIC VEGGIES (CALLALOO ANYONE?) THAT SHE USES TO CREATE HER FRESH, HOMEMADE SALSAS AND CRISPY TORTILLA CHIPS.

The garden, where all of this goodness grows, Angela has affectionately dubbed "That Hood Ranch." It's about 20,000 square feet, nestled behind her sprawling home on Milwaukee's North Side. "My house is a ranch style and it's in the hood...so that's where the garden gets its name." Angela's been tending to, nourishing, and cultivating this verdant oasis since 2014. "It helps show people around here that tomatoes don't grow in stores or on shelves, they grow in gardens. They grow in gardens right down the block from the projects and they can grow anywhere if you put the time and love into it."

*(continued)*

... | story & photos by MICHAEL SORENSEN



After a decade spent in Atlanta, “I left the day of the O.J. chase,” Angela returned to Milwaukee in 2004 where she saw the need for positive change in the city she’s lived in since she was two-years old. “The place we were staying in at the time had an overgrown, untended garden in the back. No one was using it so I decided to try my luck growing some tomatoes and herbs.” That’s when Angela realized she might have a knack for gardening and maybe this was something she could do to help her city and her community. “I thought to myself anyone can leave but who is going to stay and make things better? Milwaukee is a great place to get things done. The city is a willing partner. This isn’t like a Chicago. Here, you can go down to City Hall, knock on a door and talk to your alderman face to face and find common ways to make a difference.”

Angela and her daughter tried to make a difference in Milwaukee working for ACORN (Association of Community Organizations for Reform Now), but after the community justice organization disbanded in 2010, mother and daughter were out of a job and looking for a new way to pay the bills. The answer was right there in front of them – selling the pico de gallo salsa which was such a big hit with family and friends. The Riverwest Gardeners Market was the first to catch on to “That

Salsa Lady” in 2011. It turned out market-goers couldn’t get enough of it – especially their homemade queso dip. “People would knock on our door at all hours to get it. All hours.” Now you can find Angela’s salsas, chips, queso, and guacamole at Outpost stores, various farmers markets, or even right at your doorstep. “We’ll deliver to your car if you want,” Angela enthusiastically promises, “just give us a call.”

In the future Angela would love to see her salsas and chips in corner stores instead of the mass produced snacks that are sitting on shelves across the city. “We’d love to give the people healthier choices but it’s hard when you’re competing with the Doritos of the world. It can be done and we’d like to make that happen. We’re working to make that happen. You can do well and still do ‘good’ for your community.” Part of her plan is to create a closed loop system of knowing where your vegetables come from, where the seeds come from, where even your water comes from that grows the vegetables. She wants to get as local as local gets and thinks with the right kind of help it can happen. “Everybody comes to the table over food...and that’s where we can get things done.”

# OUTPOST'S

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

## CUBAN BEAN SALAD

SERVES 4-6  
VEGAN & GLUTEN-FREE

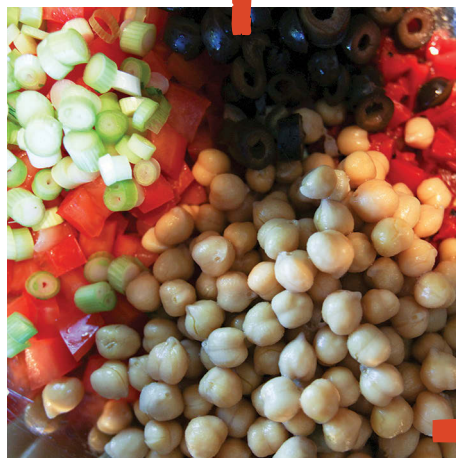
**T**HIS DELICIOUS AND TANGY SALAD IS PERFECT FOR A SUMMER PICNIC. IT'S A NICE TWIST ON A PASTA SALAD AND, BEST OF ALL, IT DOESN'T CONTAIN THE MAYONNAISE THAT MOST SUMMER SALADS HAVE, SO IT KEEPS WELL WHILE YOU'RE FROLICKING AND FRISBEE-ING BEFORE LUNCH. CHILI FLAKES ADD A LITTLE HEAT BUT IF YOU LIKE IT HOTTER YOU COULD EVEN ADD SOME DICED JALAPEÑOS. THIS TASTES BETTER AFTER A FEW HOURS IN THE FRIDGE AND COULD EVEN BE MADE A FEW DAYS AHEAD OF TIME TO REALLY DEVELOP THOSE FLAVORS.

- 1, 15.5 ounce can garbanzo beans, drained and rinsed
- 3 medium Roma tomatoes, diced
- 1, 3.8 ounce can sliced black olives
- ¼ cup green onions, sliced
- ½ cup roasted red peppers, drained and diced
- 2½ tablespoons chopped cilantro

### For dressing:

- 1 clove garlic, minced
- ½ teaspoon Dijon mustard
- 1½ tablespoons extra virgin olive oil
- 2½ teaspoons red wine vinegar
- ½ teaspoon red chili flakes
- ¼ teaspoon salt

1. Prep the first 6 ingredients for the salad and place in a large bowl.
2. In a small bowl whisk together dressing ingredients.
3. Pour dressing over bean mixture and toss to combine.
4. Chill in refrigerator for 1-3 hours to allow flavors to meld.



# HOW WE SUMMER

A MIDWESTERN SHRIMP BOIL



## ..... | *(our)* MENU

SHRIMP BOIL WITH SAUSAGE,  
CORN, & POTATOES

DILLY MACARONI SALAD

KRABBY KAKES

BASIL LEMONADE

MINI SUMMER FRUIT GALETTES  
WITH QUARK TOPPING

by LISA MALMAROWSKI • photos by CARA BERKEN

**S**HRIMP BOILS ARE SIMPLE FARE. THE KEY TO ACING ONE IS TO PICK THE FRESHEST INGREDIENTS YOU CAN GET YOUR HANDS ON, DON'T MESS WITH THEM TOO MUCH, INVITE SOME FRIENDS AND TURN UP THE MUSIC. BE SURE TO HAVE PLENTY OF NAPKINS ON HAND – THIS IS FINGER FOOD AT ITS FINEST AND MOST CASUAL.



## SHRIMP BOIL *with* SAUSAGE & CORN

SERVES A GENEROUS 4-6

GLUTEN-FREE

*This simple, basic recipe is easy to scale up for a crowd, just make sure you have a big enough pot! We doubled the recipe and used a large, enamel canning stock pot. You can heat the water on the stovetop or grill. It's classic to use Old Bay seasoning for this recipe, but we like the lower sodium and more subtle taste of Frontier's Seafood Seasoning. If you like it a little more salty, just add salt to the boiling water.*

- |   |  |
|---|--|
| 1 quart water   | 1 pound lean smoked sausage, like kielbasa, cut into 2-inch pieces |
| ½ can of beer (optional)                                | 4 ears fresh corn, shucked and halved crosswise                    |
| ¼ cup Frontier Co-op Seafood Seasoning (reduced sodium) | 2 pounds unpeeled fresh jumbo gulf shrimp                          |
| 4 medium red potatoes, halved                           |  |
| 1 large onion, cut into wedges                          |  |

1. Bring water, beer (if using), and seafood seasoning to boil in large stockpot on high heat. Add potatoes and onions and cook 8 minutes. Then add sausage and cook 4 minutes. Then add corn and cook 6 minutes more.
2. Stir in shrimp and cook 4 minutes or just until shrimp turn pink and start to curl up. They will continue cooking a bit when heaped on the tray or table.
3. Drain cooking liquid or use a handled strainer to remove cooked food to a large platter or serving bowl. Or, mound on paper-covered table. Garnish with an additional sprinkle of seafood seasoning, if desired.

## SHRIMP MATTERS

Oh, how we love our shrimp. According to some estimates, the average consumer eats 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.

It's part of the reason why most of the shrimp you see in area stores—around 90 percent of it—comes 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?

We import a lot of food in the U.S. so why would shrimp be any different? The shrimp industry in Southeast Asia is fraught with questionable practices that include people working under slavery conditions, and growing conditions that pollute our oceans. Sure, this keeps the price low, but at what cost to human life and our planet? So, here at Outpost, we

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 you know where



the products are coming from," said Pam Mehnert, Outpost's general manager. "We're doing it because it's the right thing to do, because we have that trust and we want to continue to build that trust."

## DILLY MACARONI SALAD

SERVES 8

VEGAN, GLUTEN-FREE WITH  
SUBSTITUTIONS

*This vegan pasta salad is classic picnic fare and great for potlucks. Silken tofu blends up into a smooth, creamy base for the dressing. Look for it in our grocery aisle in a little box – regular tofu will not blend properly so don't substitute.*

- 1 pound elbow macaroni, cooked, drained and cooled
- 1 red pepper, diced
- 1½ cups diced celery
- ½ cup diced green onion
- 1, 12.3 ounce box silken firm tofu
- 5 tablespoons fresh dill, chopped, big stems removed
- 3 tablespoons sugar
- ½ teaspoon sea salt
- ¾ teaspoon garlic powder
- ¾ teaspoon of freshly ground black pepper
- 4 tablespoons red wine vinegar
- 4 tablespoons good quality olive oil
- 2 tablespoons spicy brown mustard

1. Chop red pepper, celery and green onion, set aside.
2. Make dressing by adding silken tofu, dill, salt, pepper, garlic powder, sugar, vinegar, olive oil, and mustard to a blender or food processor and blend until well combined. Scrape down sides as needed. If mixture seems thick, you can add a little water at a time to thin.
3. Taste and adjust seasonings as needed.
4. Add noodles and diced vegetables to a large bowl then add about ½ of the dressing and mix well. Continue adding dressing until it's 'dressed' to your taste. You may have extra dressing, so reserve, and add more right before serving if needed. You can also use this dressing on any salad.
5. Chill for at least 1-2 hours before serving for best flavor.





## KRABBY KAKES *with* SRIRACHA AIOLI

**MAKES 10–12 PATTIES**

VEGAN, GLUTEN-FREE WITH SUBSTITUTIONS

*Everyone can enjoy a seaside supper with these vegan, ‘I can’t believe it’s not crab’ cakes. Crunchy on the outside and moist and flaky on the inside, they make a perfect appetizer or entrée served up with our zesty Sriracha aioli. These were a favorite with even our seafood-loving taste testers.*

- 1, 15 ounce can garbanzo beans, rinsed – reserve liquid
  - 2, 14 ounce cans hearts of palm, drained & rinsed
  - ½ cup green onion, diced
  - 4 tablespoons reserved garbanzo bean liquid
  - ¼ cup vegan mayonnaise
  - 1 tablespoon fresh lemon juice
  - 1½ teaspoons vegan Worcestershire sauce
  - 2 teaspoons spicy brown mustard
  - ½ sheet of nori seaweed, broken into small pieces
  - 2 tablespoons minced fresh parsley
  - 1 teaspoon Frontier Seafood Seasoning
  - 1 teaspoon garlic powder
  - ½ teaspoon sea salt or to taste
  - 1 cup panko or breadcrumbs + more for bread coating
  - ¼ cup of vegetable oil for pan-frying, divided
1. Put drained garbanzo beans in a large bowl and mash well with a potato masher or fork. You want the mixture to be roughly mashed to add texture to the patties. Set aside.
  2. Chop hearts of palm into 1-inch or so pieces and then shred using hands or two forks into a chunky ‘crab-like’ texture. Add to bowl with garbanzo beans. Do not mix.
  3. Then add the bread crumbs, green onion, and hearts of palm, and garbanzo bean mixture. Do not mix.
  4. In a medium mixing bowl, whisk 4 tablespoons of the reserved bean liquid well, until frothy and ‘egg-like’. Then add mayonnaise, lemon juice, Worcestershire sauce, mustard, nori seaweed, parsley, seafood seasoning, garlic powder, and salt. Whisk to combine well. Then add

to bowl with beans, hearts of palm and green onion. Gently fold all ingredients to combine. Taste for salt and seasoning, and add more if needed. Then fold in 1 cup of breadcrumbs.

5. Chill mixture in freezer for about 20 minutes. This helps firm it up and stick together better. Do not freeze!
6. Add some of the reserved breadcrumbs to a shallow bowl or plate, deep enough to coat patties evenly. Using about a ¼ cup of mixture, form into a ball, then gently flatten to form into a patty shape. Coat patty in the bread crumbs on each side. Set aside and continue until all patties are complete. Note – If the mixture seems too moist as you’re forming patties, you can add more breadcrumbs, a little at time, until it reaches a malleable texture.
7. Heat a large skillet on medium, about 2 minutes, then add approximately 2 tablespoons of oil and continue heating until oil is hot. Patties should ‘sizzle’ when they are placed in the pan. Add 4-5 patties to the pan being careful not to crowd the pan, because they won’t cook properly.
8. Fry for about 3-4 minutes on each side, or until light golden brown. Try to only flip each patty once. When done, transfer the patties to a paper towel-lined plate to absorb excess oil.
9. To avoid burning, wipe out pan before the uncooked patties are added. Add fresh oil and continue until all patties are complete.
10. Serve hot and garnish with Sriracha aioli, a lemon wedge and chopped green onions.

## SRIRACHA AIOLI

- ½ cup vegan mayonnaise
- 1 garlic clove, minced
- 1 tablespoon fresh lime juice
- 1 teaspoon Sriracha
- Salt and pepper to taste

Add all ingredients together in a bowl and mix well. Refrigerate until use.

## MINI SUMMER FRUIT GALETTES *with* SWEET QUARK TOPPING

MAKES 8-10

VEGAN WITH SUBSTITUTIONS, GLUTEN-FREE WITH SUBSTITUTIONS

*These are simple, rustic, amazing, and a great way to take advantage of stone fruit at its ripest. The filling is customizable and you could even use jarred Door County cherries like we did. Quark, a fresh cheese, is a lot like a creamy mash up of ricotta and cream cheese, so the topping transforms these little pies into a light and fruity version of cheesecake. If you skip the topping, serve with whipped cream or ice cream instead.*

### Dough

- 3 cups all-purpose flour
- ½ teaspoon salt
- ½ cup well-chilled unsalted butter, cubed
- ½ cup coconut oil based vegetable shortening
- 2 eggs, divided
- 1 tablespoon fresh lemon juice
- Ice water
- 2 tablespoons granulated sugar for dusting

1. In a food processor, pulse flour with salt until combined. Then add butter and shortening and pulse until crumbly.
2. Whisk 1 egg with lemon juice and enough ice water to make  $\frac{2}{3}$  cup. Add to flour mixture; pulse until dough clumps together.
3. Form into two flat discs. Chill for 1 hour or until firm.

### Filling

- 2 pounds peaches, red plums or nectarines, sliced, or 1½ pounds sour cherries, stemmed and pitted (if using jarred cherries, drain well)
- ½ cup plus 1 tablespoon sugar
- 2 tablespoons fresh lemon juice
- 1-2 tablespoons cornstarch
- 1 tablespoon unsalted butter
- ½-1 tablespoon vanilla extract, or to taste

1. In a large bowl, toss the fruit with the sugar, lemon juice and cornstarch – cherries may need more cornstarch to thicken the sauce.
2. In a heavy, medium saucepan, melt the butter over medium heat. Add the fruit mixture and bring to a boil, stirring often, about 5 minutes. Lower the heat and simmer, stirring often, until thickened, about 10 minutes. Add vanilla extract. Let cool.

### Assemble galettes

1. Preheat oven to 375 degrees; arrange racks in lower and middle position in oven.
2. Roll out each dough disc to about ¼ inch thick. Then, cut into 3, 5-inch rounds (re-roll scraps once to get 2 extra rounds from each portion). Transfer to large baking sheets lightly coated with non-stick cooking spray or use a silicone mat or parchment paper.
3. Place about ¼ cup filling in the center of each round. In small sections, fold in outer edge, overlapping pastry, leaving the center filling exposed. They should look rustic.
4. Whisk remaining egg with 1 tablespoon water; brush lightly over exposed dough; sprinkle liberally with granulated sugar. Bake, rotating pans once, for 25 minutes or until pastry is evenly golden. Cool completely on baking sheets. Serve warm or at room temperature.

### Quark Topping

- 1, 8-ounce container Clock Shadow Creamery Quark cheese
- Zest of ½ lemon, plus half the juice
- 4-5 tablespoons sugar, or to taste

In a medium-size bowl, add quark cheese, most of the lemon zest (save a little for garnish), lemon juice and sugar. Whisk well, or mix with a hand mixer on medium speed until ingredients are incorporated. The mixture will have a somewhat granular texture which is fine.







## **BASIL LEMONADE**

**MAKES 6 SERVINGS**

*Basil is mint's peppery cousin that pairs so well with lemon. This is good, really good, and perfect for a hot, summer day. It would be equally delicious as a cocktail, just add local gin or vodka.*

2 cups basil lemon syrup  
2 cups cold water  
2 cups ice cubes

1¼ cups fresh lemon juice  
Fresh basil and lemon slices for garnish

Stir together all ingredients in a large pitcher, Serve over lots of ice and garnish with fresh basil sprigs and lemon slices.

### **Basil Lemon Syrup** (*Makes enough for 2 batches of lemonade*)

4 cups packed fresh basil sprigs, pull out any large stems  
4 cups water  
2 cups sugar  
9, 4- by 1-inch strips lemon zest

1. Bring all ingredients to a boil in a medium saucepan, stirring until sugar is dissolved.
2. Let stand at room temperature, covered, 1 hour, then transfer to an airtight container and chill until cold, about 1 hour.
3. Strain syrup through a sieve into a bowl, pressing hard on and then discarding solids.
4. Refrigerate until use, for up to 5 days.



by DIANA SCHMIDT  
photos by CARA BERKEN

# (wieners) 1-2-3

**L**ET'S BE FRANK, HOT DOGS ARE DELICIOUS. FROM VEGETARIAN TO ALL-BEEF WIENERS, THERE'S A TUBULAR MEAT FOR EVERY BUN. FOR OUR SUMMER SOIREES, WE'RE MAKING A STAR OUT OF THE HOT DOG; FRANKS YOU CAN DRESS UP AND TAKE OUT.

Until recently, the fanciest we got with our hot dogs was Chicago-style, maybe some kraut if we were out of bratwurst. For this trio of wiener recipes, we're going beyond the Midwest into Mexico, Thailand and Buffalo, NY, bringing flavors we love right into our hot dog bun.

Make some room on the grill and call over some friends, these wieners are ready to party.



## 1

### BEST FRIEND'S BIRTHDAY THAI SLAW DOGS

SERVES 4

*Throwing a party for your bestie? Make it easy on yourself with these "I can't believe it was that easy" Thai dogs. Party prep comes together so quick that you'll have time to perfect your party-play list. Partner with Outpost's Thai pasta salad and some beers to celebrate the one that always has your back.*

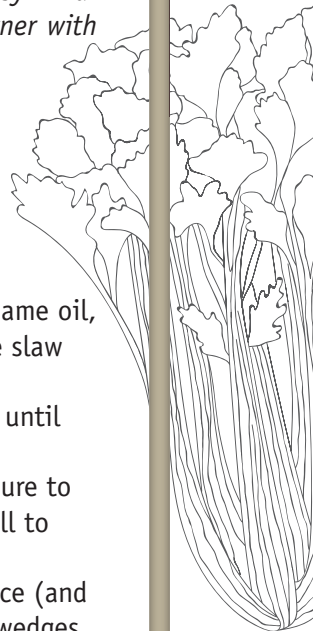
4 hot dogs  
4 hot dog buns  
Chopped peanuts  
Lime wedges  
Cilantro to garnish

For the slaw:  
1 tablespoon rice vinegar  
1 tablespoon Thai sweet red chili sauce  
¼ teaspoon sesame oil  
⅛ teaspoon sugar  
Salt and pepper to taste  
½ cup red cabbage, shredded  
½ cup cucumbers, diced  
½ cup red pepper, thinly sliced  
¼ cup cilantro, chopped

For the peanut sauce (or use store bought):

2 tablespoons peanut butter  
1 tablespoon soy sauce  
½ tablespoon Thai sweet red chili sauce  
1 tablespoon vegetable oil

1. In a bowl, combine the rice vinegar, sweet red chili sauce, sesame oil, and sugar. Season with salt and pepper to taste. Toss with the slaw vegetables in a bowl and set aside to marry flavors.
2. In a small bowl, combine the peanut sauce ingredients, whisk until smooth.
3. To catch all the sauce, score the hot dogs on the bias, being sure to not cut all the way through the dog. Cook hot dogs on the grill to warm through.
4. Assemble dogs in buns, top with slaw, drizzle with peanut sauce (and extra sweet chili sauce). Garnish with chopped peanuts, lime wedges, and sprigs of cilantro.





## YAY TEAM! BUFFALO WIENERS

SERVES 8

2

Whether it's kickball, dodgeball, volleyball, or baseball, you and your teammates are going to love this backyard mess of a wiener. Brioche buns are the base for your favorite tubular meat, crumbled blue cheese, ranch, hot sauce, and a little crunch from celery. Win or lose your game, this wiener will be the star of the celebration.

- |                                     |                               |
|-------------------------------------|-------------------------------|
| 1 cup mayonnaise                    | 8 hot dog buns                |
| 1/8 cup hot sauce (we used Cholula) | 4 sticks of celery, diced     |
| Juice of half a lemon               | 2 green onions, chopped       |
| Black pepper                        | 1/2 cup blue cheese, crumbled |
| 8 hot dogs                          |                               |

1. Combine first four ingredients to make buffalo sauce.
2. Assemble hot dogs and buns and top with celery, onions, and blue cheese.
3. Dress liberally with buffalo sauce.



## MEXICAN STREET CORN VEGGIE WIENERS

SERVES 4

3

Jingling through the south side of Milwaukee are Elotes carts, serving up corn with lime, Cotija cheese and mayo with a sprinkle of chili powder. This dog has all those summer flavors tucked into a single bun. We've made this recipe vegetarian with Field Roast Chipotle sausages – it also lends well to hot dogs and Outpost's Chorizo or Sante Fe sausages from the meat department.

- |  |                                   |
|--|-----------------------------------|
| 4 links Field Roast Chipotle Vegan Sausage           | Salt and pepper to taste          |
| 4 buns   | 2 tablespoons mayonnaise          |
| 3 ears of corn, charred on the grill or in a skillet | 2 teaspoons lime juice            |
| 2 sliced scallions                                   | Cotija (or feta) cheese, crumbled |
|  | Chili powder                      |

1. Cut charred corn off the cob, season with salt and pepper.
2. Combine mayonnaise and lime juice. Set aside.
3. Snip the plastic from the Field Roast sausages, carefully remove the plastic to prevent the sausages from crumbling. Grill or sear in a pan with a little oil until heated through, about 5-7 minutes either technique.
4. Assemble chipotle sausages into buns, top with corn, cotija cheese, and drizzle with the lime-mayo concoction. Sprinkle with chili powder to serve.



# ALAFFIA TAKES A VILLAGE...

*Photos and illustrations courtesy of Alaffia*

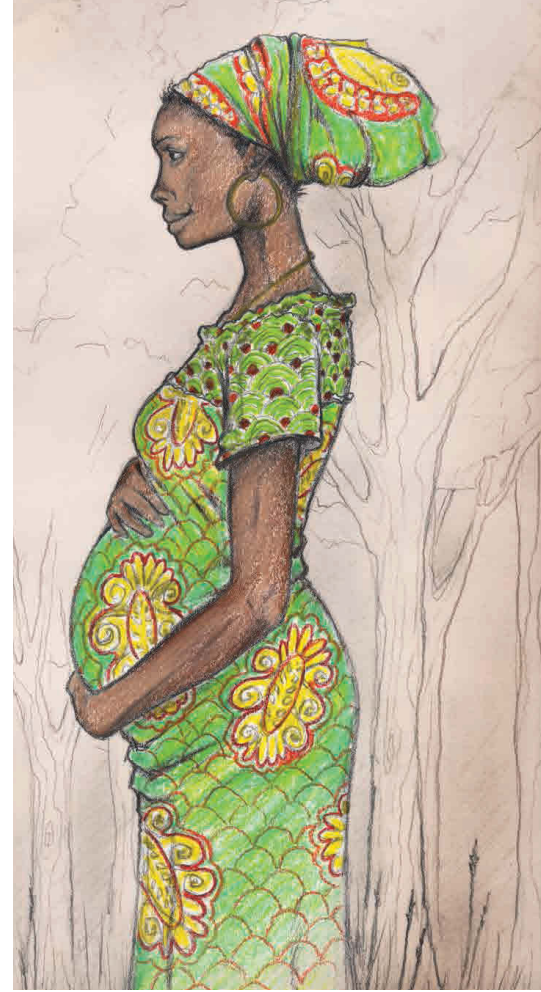
## AND CREATES AN EMPOWERING FAIR TRADE CO-OP .....

**I**T'S A LONG WAY FROM TOGO, A SMALL WEST AFRICAN NATION ON THE GULF OF GUINEA, TO OLYMPIA, WASHINGTON. AND FOR OLOWO-N'DJO TCHALA, CO-FOUNDER OF ALAFFIA, IT'S A JOURNEY HE NEVER EXPECTED TO TAKE.

Born and raised in an 80 square-foot room with seven siblings, Olowo-n'djo was focused on making life for his mother, a shea nut farmer, easier. He didn't expect to fall in love with Peace Corps volunteer Prairie Rose Hyde in 1996. When he did, determined to make a difference in his homeland, Olowo-n'djo traveled back to America with Rose where he worked his way through school, eventually receiving a B.S. in Organizational Studies. Then, it was time to return home. "[Africa has] something to offer the world. It isn't always about what the West can do for us. It's what can we do for the West," Olowo-n'djo says. Through their shared passion to do better for the world, Alaffia was born. "It was clear to me that true African self-empowerment must begin with the continent herself, and that by placing fair value on our resources. We can support ourselves and our communities."

Olowo-n'djo was determined to find something in his community that was both sustainable and a part of African tradition. Shea butter seemed the perfect choice. "I believe that for Africans to rise out of poverty we must maintain and revive our traditional knowledge. Since shea trees are native to the savanna of West Africa, the traditional crafting method still exists in rural communities, but it is vanishing fast as younger generations do not see the economic return of participating in such work," he says. Today young people are returning to those traditional methods thanks to Alaffia's empowering fair trade policies which mean cooperative members not only receive fair wages but also medical care and employment security. "Like my mother, most women that participate in the collection and crafting of shea butter do not receive fair prices for their labor on the international market. For this very reason, when we set up our cooperative, we made sure that every participant -from nut gatherers to shea crafters - is compensated fairly."

Alaffia's business model has had a profound impact upon the men and women creating the body washes, shampoos, soaps, and scrubs (along with scarves, purses, and other hand-crafted items that Alaffia produces), because the money the com-



by MICHAEL SORENSEN  
*photos courtesy of Alaffia*

pany makes goes back into the community. “Essentially Alaffia is not only sharing the traditional method of production but is also sharing the health that is derived from those traditional methods.” Employing close to 5,000 people in both Togo and Olympia, Alaffia has funded more than 4,000 births, donated nearly 25,000 eyeglasses, planted over 57,000 trees, and handed out about 7,500 bikes that help countless school-children get to classes in the ten schools they’ve already built.

Changing the way Africa is seen as well as the way Africans see themselves is the heart of Alaffia’s message. “My hope for my children is the same that was derived from my mother: That they will see the humility in people. I want them to feel a sense of pride from where they came from because often Africa is looked down on as a continent, and I want them to see that this very continent is the heart of the earth. And I want them to be very prideful to have their father come from it. And at the same time, I certainly want them to be very proud to have their mother come from America because America has done things on the earth that no other countries have done.”



••• ALAFFIA •••

Alaffia \ ah-la-fee-uh \ noun. A common greeting or valediction originating from central Togo, Benin, and Nigeria. Alaffia means a state of peace, health, and well-being.

••• THE EBAN SYMBOL •••



eban-symbol.png Eban is a traditional West African symbol representing protection, security, and love.

Outpost is proud to feature a wide variety of Alaffia products. From their wildly popular black soap to emollient lip balms, and luxe shampoos to rich body lotions, there is something for everybody!

ALAFFIA  
 WWW.ALAFFIA.COM

VENICE WILLIAMS'  
BUDDING CO-OP

# KUJI CHA GULIA

by MARI WOOD

photos by MICHAEL SORENSEN

“KNOWLEDGE IS LIKE A GARDEN. IF IT IS NOT CULTIVATED, IT CANNOT BE HARVESTED.” – AFRICAN PROVERB

**T**HE ABOVE PROVERB IS BOLDLY STATED ON A COLORFUL MURAL THAT CAN BE SEEN ON THE VACANT KUJICHAGULIA LUTHERAN CENTER BUILDING LOCATED AT 3908 W. CAPITOL DRIVE. ALMOST LIKE A PROPHECY, THIS BUILDING WAS NOT MEANT TO BE DEMOLISHED, BUT RATHER WAS SIMPLY WAITING FOR THE RIGHT PERSON TO CULTIVATE AND HARVEST ITS POTENTIAL. THAT “RIGHT PERSON” IS VENICE WILLIAMS, DIRECTOR AT BOTH ALICE’S GARDEN AND BODY AND SOUL HEALING ARTS CENTER.

As a Pittsburgh native, Venice grew up in the Strip District, a one-half square mile area where many food producers and distributors were located and local merchants sold their wares.

“I can still smell it,” Venice says of her old neighborhood as she closes her eyes and travels back to her childhood. With parents whose careers ran the gamut of the food industry from grocery to baking to cooking and catering, Venice came to understand the importance of good food at an early age.

“Food was everything in our house...It was always about faith and food.” It was no surprise then that Venice studied at



Valparaiso University and became a minister for the Evangelical Lutheran Church of America (ELCA).

After arriving in Milwaukee in 1988, Venice worked with local Lutheran churches on their youth programming which eventually led to her work with Alice’s Garden, a two-acre urban farm and community garden located near 21st Street and Fond du Lac Avenue. Through her work at Alice’s Garden, Venice has attended local farmers markets as a vendor for at least six years. At these markets, she’s cultivated relationships with other local farmers and vendors, and has come to see her role in the community as a connector.

“For years I had been watching market vendors and local business owners needing access to a commercial kitchen...I had also been collecting information about businesses owned by people of color from around the world for the past three or four years. I started to wonder, what could we do here in Milwaukee to renew economic and spiritual vitality and abundance in our community?”

That’s when Outpost Natural Foods Cooperative came calling. We had recently closed our pop-up store in the Wellness Commons located at 1617 W. North Avenue and had plans to turn our leased space into a Learning and Event Center. Pam Mehnert, Outpost’s General Manager, envisioned using the space to host a Maker’s Market that featured local



entrepreneurs from Milwaukee and approached Venice about being the coordinator and facilitator for this endeavor.

“I didn’t want to do it. I needed a break and I wanted to free up my Saturdays.” But, Venice admits, she just couldn’t get the idea of the market off her mind.

Then on September 11, 2016 at 6:53 p.m. she sent a text to Pam Mehnert:

“All day I’ve thought about it (the market). Then I dreamed about it last night.”

She had the realization that opportunities were lining up too great to ignore. She organized and ran the Saturday and Thursday markets in Outpost’s space and once again, was reminded of her desire to see local businesses work together to create a sustainable community full of hope and possibilities.

Coincidentally, the Up & Coming Food Conference, a travelling conference hosted by the Indiana Cooperative Development Center that offers education and resources to start-up co-ops, was held in Milwaukee in March and Venice attended. The conference solidified her determination to move forward with making her vision a reality.

“I want to see a cooperative organization form that unapologetically exists to revitalize the African American

community in Milwaukee. The Kujichagulia Cooperative will exist for, but not be limited to, people of color who can contribute to and use its services.” Appropriately, “kujichagulia” means “self-determination” in Swahili.

Whether the cooperative will be a worker co-op or a producer co-op or perhaps a hybrid of the two, Venice is unsure. Along with help from the new bishop of the Greater Milwaukee Synod of the ELCA, Paul Erickson, she will be seeking financial support from both the City of Milwaukee and the community at large.

Venice envisions a cooperative organization that offers local business owners, entrepreneurs, makers, and artists a space to create. She also envisions a commercial kitchen for food creation, retail space, an herbal café, and an education center for apprentice herbalists to be trained. Through the renovation of the old Kujichagulia Lutheran Center, this community-owned organization will not only encourage local entrepreneurship, but will also create employment opportunities for community members as well.

Like the Kujichagulia mural says, “Knowledge is a garden.” And like a garden that has lain dormant during a cold winter, with a little cultivation from the community, Kujichagulia is ready to sprout with new life.

# PLIGHT OF THE *bumble bee*

**J**UICY STONE FRUITS, FRAGRANT MELONS, SWEET BERRIES, AND SUN-KISSED TOMATOES TYPICALLY RISE TO THE TOP OF MOST PEOPLE'S PERSONAL LIST OF FAVORITE SUMMER GARDEN TREATS. WE LIVE FOR THE DAY WHEN THE SEASON'S HARVEST ROLLS IN, RELISHING EACH BITE LIKE A DOG WITH A GOOD BONE. AT THE HEIGHT OF SUMMER'S BOUNTY, IT IS NEARLY IMPOSSIBLE TO IMAGINE WHAT OUR WORLD WOULD BE LIKE WITHOUT FRUITS AND VEGETABLES. I MEAN, THEY ARE HERE TO STAY, RIGHT?

Flowering plants produce pollen that must be passed from flower to flower in order to create fertilization. They can't do it on their own. The wind can move some pollen along its reproductive trajectory. Pollinators – insects, birds, and mammals – also help to get the job the done. Bees, ants, flies, beetles, birds, and bats all do nature's bidding when it comes to delivering the pollen.

Pollinators account for 70% of the production of fruits, vegetables, seeds, and nuts that we eat on a daily basis, the equivalent in \$200 billion in global agriculture revenue.

Without bees, our diets would consist of mainly corn, wheat, and rice – as these are wind pollinated plants.

**WHEAT**



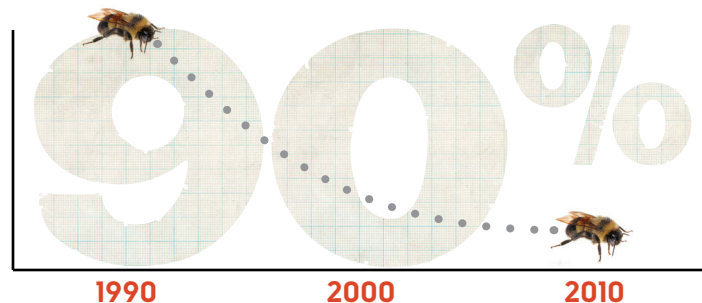
**CORN**



**RICE**



## DECREASE IN RELATIVE ABUNDANCE OF THE RUSTY PATCH BUMBLEBEE:



Take away the pollinator and you take away the fruits of their labor. Without pollinators like bees, we don't get to enjoy cherries, blackberries, hazelnuts, blueberries, cucumbers, and cantaloupe. Of course, humans could possibly manage by mechanically pollinating some plants, but that is an extremely costly and non-efficient way to do it. Think of the millions of acres of strawberries and blueberries under cultivation as one example.

## CROPS THAT DEPEND ON POLLINATORS FOR PRODUCTION:

- Adzuki Beans
- Alfalfa
- Allspice
- Apples
- Apricots
- Avocados
- Beets
- Blackberries
- Black Eyed Peas
- Blueberries
- Bok Choy
- Boysenberries
- Brazil Nuts
- Broccoli
- Brussels Sprouts
- Buckwheat
- Cabbage
- Cantaloupe
- Caraway
- Carrots
- Cashews
- Cauliflower
- Celery
- Cherries
- Chestnuts
- Clover
- Cocoa
- Coconut
- Coffee
- Coriander
- Cotton
- Cranberries
- Cucumber
- Currants
- Durian
- Eggplant
- Elderberries
- Fennel
- Figs
- Flax
- Grapes
- Green Beans
- Guava
- Hazelnuts
- Kidney Beans
- Kiwi Fruit
- Lemons
- Lima Beans
- Limes
- Lychee
- Macadamia Nuts
- Mangos
- Mustard Seed
- Nectarines
- Okra
- Onions
- Orchid Plants
- Palm Oil
- Papaya
- Passion Fruit
- Peaches
- Pears
- Peppers
- Persimmons
- Plums
- Pomegranites
- Prickly Pear
- Quince
- Rapeseed
- Raspberries
- Rose Hips
- Safflower
- Sesame
- Starfruit
- Strawberries
- Sunflower Oil
- Tamarind
- Tangelos
- Tangerines
- Tomatoes
- Turnips
- Vanilla
- Walnut
- Watermelon



by MARGARET MITTELSTADT



## OUTPOST GARDENS – A POLLINATOR'S OASIS

Did you know the garden space at all Outpost locations is pesticide-free and lovingly curated and maintained for more than 17 years by Outpost's very own Christine Goldsworthy?

What bee-loving garden plants does she recommend? "I see pollinators on all kinds of flowers; the plants that I regularly see pollinators/bees on are: Russian sage, sea holly, sunflowers, coneflowers, and flowering herbs (winter savory & marjoram/oregano)." If you see Christine in the garden, she welcomes your questions!

Bees and bumblebees are the chief pollinators and are ubiquitous with summer. There are over 3,000 bee species in the U.S. alone. However, for the first time in history, a bumblebee has been listed as an endangered species. Once commonplace in 28 states (including Wisconsin) and the District of Columbia, the Rusty Patch Bumblebee population has plunged 90 percent since the 1990s and is now at the brink of extinction. Disease and parasites, habitat loss, toxic pesticides and herbicides, and climate change are collectively and systematically removing them from our planet.

### LOCAL IMPACT

Bees and bumblebees mean dollars and cents to our nation's economy. It is estimated bees (chiefly) provide about \$30 billion dollar in economic value for pollination. Farms of all size rely on bee pollination for much of their cash crops. Cranberries, Wisconsin's state fruit, is a billion dollar agricultural industry, accounting for 60% of all cranberries in the U.S. with an estimated crop of around 5.2 million barrels annually. Wisconsin cranberry growers employ over 4,000 people. Cranberries rely on bees for pollination.

WISCONSIN PRODUCES:

60%

OF ALL THE CRANBERRIES IN THE U.S.

TAKE ACTION NOW

**A**LL OUR LIVES ARE DEPENDENT ON HEALTHY ECOSYSTEMS FOR ALL OUR POLLINATORS. WE ARE INTERCONNECTED. BUT WE HAVE TO ACT NOW AND MAKE A CHANGE IN ORDER TO ENSURE THAT LIFE GOING FORWARD IS NOT JUST HOSPITABLE, BUT THRIVING FOR OUR POLLINATOR PARTNERS. AFTER ALL, MANY HANDS MAKE LIGHT WORK.

1. Plant for pollinators – containers, window box, raised gardens, butterfly gardens, victory gardens – stroll through the pesticide-free gardens at Outpost for inspiration.
2. Reduce or eliminate the impact of pesticides – support organic agriculture, choose non-toxic methods of weed and pest control for your garden.
3. Educate – be the example, inform your family, your community, your elected officials that you care about pollinator health.
4. Support local bees and beekeepers – you love honey, don't you?
5. Conserve resources – reducing your carbon footprint supports global ecosystems.
6. Support groups promoting science-based work for the benefit of pollinators – donations are widely accepted.
7. Write your elected officials and tell them that you support legislation that protects our pollinator species, like the Endangered Species Act, and our food source, like the National Organic Program.
  - a. Federal government: [www.usa.gov/elected-officials](http://www.usa.gov/elected-officials)
  - b. Wisconsin government: [myvote.wi.gov/en-US/MyElectedOfficials](http://myvote.wi.gov/en-US/MyElectedOfficials)

# IN AN IDEAL WORLD...

by MARI WOOD

EVERYONE IN AMERICA HAS THE SAME ACCESS TO RESOURCES AND EDUCATIONAL OPPORTUNITIES

**L**OCAL NON-PROFIT, TEENS GROW GREENS BEGAN FROM THE REALIZATION OF ITS FOUNDER, THAT ALTHOUGH WE ARE ALL AMERICANS, DIFFERENT GROUPS OF PEOPLE ARE SEGREGATED INTO VERY DIFFERENT AMERICAS.

After spending a summer in nature teaching children through experiential education (a process through which students develop knowledge, skills and values from experiences outside a traditional academic setting), Charlie Uihlein decided that local Milwaukee teens growing up in an urban environment are in need of opportunities to develop themselves into purposeful and self-aware individuals. He thought, what better way to grow the leaders of tomorrow, than through the experience of urban farming?

If selected to be part of the Teens Grow Greens nine-month paid internship, local teenagers gain hands-on experience in healthy living, leadership and entrepreneurship. Not only do teen members learn the science behind growing and harvesting fresh produce, but they are also educated about healthy food choices and how to cook the food they grow. Entrepreneurial skills are taught by requiring the participants to take charge of their own produce stands at farmers markets and to be responsible for the marketing and selling of their own products.

Local teen and 2017 Teens Grow Greens intern, Journee Kilgore, was eager to learn leadership skills. So when the opportunity to participate in the program presented itself, she felt challenged, but also excited to step out of her comfort zone. Her internship has also given Journee the opportunity to think about her future. "When I get older, I want to be able to help out in the community. I want to stop crime or work with kids by putting them on the right track for their future."

With a curriculum that focuses on three core principles: responsibility, respect and resiliency; Teens Grow Greens staff check-in monthly with participants to ensure that students continue to grow despite any setbacks during their internship.



Journee Kilgore (far left), with her fellow Teens Grow Greens interns, selling starter plants at Outpost's Wauwatosa location

This helps to build a new confidence in participating teens, like Journee. "I am a hardworking person that always wants to succeed by any means and if I fail, I immediately try again."

And succeed, they have:

- 90% of graduates from the 2014 and 2015 program years have obtained and retained employment for the following summer
- 67% of interns have reported a positive health shift according to a Healthy Living Survey
- 100% of Teens Grow Greens graduates graduated or are on track to graduate from high school

And if you're a teen considering applying to Teens Grow Greens for internship, Journee has some practical advice for you:

"It's fun...And don't worry about getting dirty."

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!



TEENS GROW GREENS  
TEENSGROWGREENS.ORG

## CHECKOUT



WHEN . **SATURDAY, APRIL 22, 2017**

WHAT . **ALAFFIA VISITS OUTPOST FOR EARTH DAY**

WHERE . **OUTPOST CAPITOL DRIVE**

# WHEN YOU'RE REALLY GOOD YOU GET A STICKER.



At Outpost, we offer more certified organic produce  
than any other grocery store in greater Milwaukee.  
And we ensure it stays organic from the field to your fork.  
Simply put, we are your trusted local source  
for the organic foods you love.

*The road to wellness leads to Outpost.*

**OUTPOST**  
NATURAL FOODS

4 stores and a café in greater Milwaukee to serve you.  
Visit [www.outpost.coop](http://www.outpost.coop) for locations and store hours.