

GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS CO-OP



**FILLING
THE NEED:
MILWAUKEE
EMPTY
BOWLS**
PAGE 17

**BEST OF
THE WURST:
USINGER'S
FAMOUS
SAUSAGE**
PAGE 32

HEART-WARMING DISHES TO CURE YOUR

WANDERLUST

PLU 3010
FALL 2020

FREE WITH ANY PURCHASE



FIRST WORD.

WHAT IS IT THAT FEEDS YOUR SOUL? IT MAY BE SPIRITUAL OR RELIGIOUS IF THAT'S IMPORTANT TO YOU, BUT IT CAN ALSO BE ABOUT DOING SOMETHING YOU LOVE, SOMETHING YOU'RE PASSIONATE ABOUT, OR REACHING OUT TO HELP OTHERS. YOU KNOW THAT FEELING, THAT ONE YOU GET DEEP DOWN INSIDE WHEN YOU'VE JUST DONE SOMETHING THAT MAKES YOU FEEL COMPLETE, PURPOSEFUL, INTENTIONAL AND GOOD.



At Outpost, the heart of our co-op's mission is simple; we feed people. But there are also times we do or say something to others—a co-worker, a friend, a neighbor, a family member—that feeds something deeper in us than just our hunger. Our actions and words come with a feeling of fullness; not in our bellies, but in our heart. Our soul.

Our world has been turned inside out since the Pandemic in early March. Then shortly thereafter the death of George Floyd brought systemic racism into the light and ignited the Black Lives Matter movement for people of every color. Since then, as I look around, I see the work of people feeding their soul—working to create a better world and better community through conversations, even when they're difficult, and real action that begets change and healing.

Down the block from where I live, a group gathers at 5:30 p.m. every day, rain or shine, to spend nine minutes on their knees peacefully reflecting and connecting with their own soul about the Black lives in our community. This local #KneelForNine group started when one of our employees and her neighbors wanted to find a peaceful way to protest and stand in unity with all of the other protests for change. So, every single day at 5:30 p.m., (going strong for more than 45 days now) these neighbors feed their souls while bringing awareness to the changes that are needed and long overdue in our community.

Back in early April, when the CDC recommended face coverings to help stop the spread of the Coronavirus, Outpost was having trouble sourcing any kind of mask for our employees – our front-line workers. We put out a call to the community for homemade masks since we had heard about volunteers sewing masks for others. We received more than 500 masks; enough to provide many of our store and office employees with two masks each. Some of those masks came from a group called The Masked Sewists for SE Wisconsin who, in total, delivered 58,932 masks to the communities that needed them. People who love to sew – sowing some kindness for others and feeding their souls as they stitch.

I've also witnessed some amazing soul-feeding among our employees and for our employees. When one of our employees had her bike stolen, a bike that was her primary transportation to work, and her co-workers heard about what happened, they took up a collection to replace her wheels. Since bike shops were sold out, they had trouble finding a new one, but they managed to find a her a good used bike, through persistence.

When the "Safer at Home" order closed many of the non-essential businesses (including coffee shops) little did we know that Outpost's continued business with one of our primary coffee vendors, Anodyne Coffee, would mean they could keep their business afloat. To thank Outpost, Anodyne's owner packaged up fresh, twelve-ounce bags of "Essential Worker Blend" and gave one to each of our 350 Outpost employees. One employee described this as "the best day ever" at work.

It's no accident that cooperatives are built on seven internationally recognized principles, with the 7th Principle, Concern for Community, weaving all the rest together. Your co-op has always led with the foods and products we sell, but underneath that, supporting everything we do and who we are as a business, are the people who work and shop in our stores, as well as the neighbors that surround us. Right now, in "these times," the people that make up our world, our community, have never mattered more.

In kindness,

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.

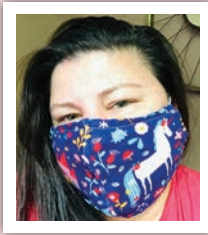


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WHO IS GRAZE ?

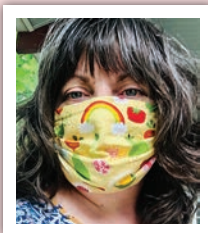
i am CARA BERKEN.

Be cool. Do good. That's my philosophy, or at least what I try to live up to. My Outpost co-workers are my friends and my heroes and I want them to be protected. They are essential to me. Let's be cool and do good by them.



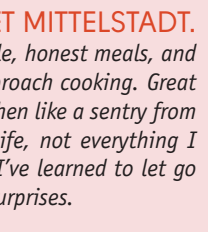
i am HANNAH EVANS.

I've been making all things art since the day I picked up my first crayon. Growing up in a log cabin home that my parents built inspired me to communicate visually using different mediums like wood, textiles and nature. While I spend most of my time designing on the computer, I also live for inhaling chai tea lattes, watching Gilmore Girls on repeat and tackling as many DIY projects a weekend can hold.



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.

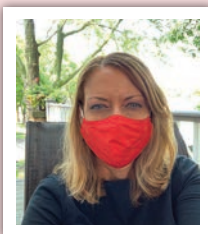


i am DIANA SCHMIDT.

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.

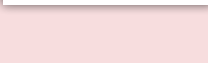
i am MICHAEL SORENSEN.

Born and raised in Milwaukee with two decades of Brooklynian (fuggedaboutit) thrown in for kicks. I love our city by the lake. 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 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.



- GRAZE.

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A very special thanks to everyone who helped make this issue possible during a pandemic: Lori Fredrich, who shared and took beautiful photos of her recipes (page 12); Usinger’s for providing a wealth of historical photos (page 17); Milwaukee Empty Bowls, for images of their busy potters (page 32). Plus, without a little foresight—Michael visited Better Way Farms late last summer planning ahead for this issue—and a whole lot of people cooking at home and documenting their delicious creations, there would be no magazine! In fact, who’s that wearing the “Who’s Your Farmer” t-shirt in the Global Grill Out feature (page 20)? Our own general manager, Pam, who grilled up ALL the vegetables outside, before heading in for a Skype meeting with the Board. Teamwork does indeed make the dream work!

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

www.localfirstmilwaukee.com



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(you'll)

SWOON!

THINGS WE LOVE.



ANGELIC BAKEHOUSE CRISPS

THESE CREATIVE CRISPS ARE CAPTIVATINGLY CRAVEABLE!

We'd say these aren't your grandma's crisps, but we don't even think they're your grandkids' crisps...these are like crisps from the future! Wisconsin's very own Angelic Bakehouse has gone way outside the box by coming up with some of the most unique snacking chips we've seen since Marty McFly jumped into his DeLorean. We adore the Pickled Sweet Onion and Beet flavor's sweet and savory notes with hummus, the Harissa and Green Chile Sweet Potato to kick up soup, the Zesty Lemon and Blueberry paired with your morning yogurt, and the Tarragon Vinaigrette Fig glamming up a humdrum salad. Top 'em with cheese, add 'em to a charcuterie board or snack on 'em right out of the bag - these crisps keep you clamoring for more.

AZTEC SECRET HEALING CLAY

LIFE-GIVING CLAY FROM DEATH VALLEY NO LONGER A SECRET

There's something about a clay mask that just leaves us feeling clean, refreshed and ready to tackle (or end) the day. Aztec Secret Healing Clay is made from 100% natural calcium bentonite clay from Death Valley, California and is great for facials, body wraps, foot soaks, insect bites and more. All you have to do to use it is mix it with equal parts apple cider vinegar (or water) and leave it on for the prescribed amount of time. The mask acts as a vacuum and "sucks" up all the dirt, dust and grime our faces plow through every day. This is one of those little hidden gems of a product that once you know about it, you start seeing it pop up everywhere with people espousing how great it works (it's almost cult-like when you start reading up on it). Best of all...the price is pennies compared to the "fancy" masks out there from designer boutiques. Home spa day anyone?

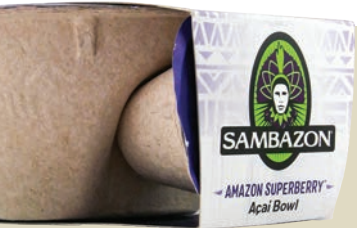


SAMBAZON ACAI BOWLS

ACAI ON THE GO - A BLENDER YOU SAY? NO!

Never heard of acai? No problem, we're here to clue you in! First off, it's pronounced "ah-sah-YEE" and it's a superfood berry found on acai palm trees in Amazon rainforests. The berries became very popular for their antioxidant, nutrient-rich, brain boosting properties but enjoying them usually means blending the berries up with other fruits, and who has time for all that? Sambazon Acai Bowls have cut out the middleman and did all the work for you! Now all you have to do to enjoy this healthy treat is take a ready-to-eat bowl out of the freezer, let it thaw out a bit and sprinkle the included granola cup on top (you can add any other fruits too...we like adding bananas around these parts) and...voila! Instant breakfast. Even better, Sambazon (which stands for Sustainable Management of the Brazilian Amazon) funnels proceeds back to the fair-trade famers which harvest the berries, and the bowls themselves are made of 100% plant-based materials instead of plastic. It's a win-win for your health and the environment!





NAKED BAKER'S GLUTEN-FREE FLOUR BLEND

YOUR BANANA BREAD JUST GOT MORE DELICIOUS

When we first tried Susan Knutson's (a.k.a. The Naked Baker's) delicious and delectable cookies and brownies we couldn't believe she'd somehow created a gluten-free treat that didn't taste gluten-free at all. She did it by trial, error and experiment—well except for her sons and husband who were the taste-testers—until she found just the right balance of flours to make her cookies instantly addictive. Susan is such a good sharer, she's made her proprietary gluten-free flour blend available to home bakers. Made with non-GMO ingredients, The Naked Baker's flour is a well-balanced combination of brown rice flour, white rice flour, potato flour, tapioca starch and xanthan gum and works great in baking and cooking. Instant baking success...And yes, you can leave your pants on. Really. That whole naked thing is about the ingredients.



OATLY ICE CREAM

TOTES MAGOATS – THESE ARE OUR NEW FAVORITE OATS

If we went back in time a decade and told our ten-year younger-selves that the best ice cream of the future would be made from oats, we would have scoffed and finished up our Frogurt with a sneer. Thankfully we don't have to worry about this time paradox and can just enjoy Oatly's new line of ice "creams" in the present. We guess these are technically "frozen desserts" since there isn't any dairy in the gluten-free, vegan pints of heaven but they're just as rich, smooth and creamy as any ice cream we've ever had. Oatly kept it simple by focusing on traditional flavors like chocolate, vanilla and strawberry but we have to say our favorite might just be the "oat" flavor. Nutty and almost like a "sweet cream" we love it on a slice of our double-crust apple pie or right out of the carton standing over the sink.



SMART MISO

HERE'S HOW TO TRAVEL TO TOKYO WITHOUT LEAVING YOUR HAVEN

You might know miso from its appearances as a side in some Japanese meals but, we're here to tell you there's more to miso than soup. Do what we do: Try it as a marinade, in dips, in dressings and anything else that this flavor umami-bomb would blast to new heights. Smart Miso's misos aren't mass-produced, they come from a Japanese family-owned facility using traditional production methods including selecting all-natural, gluten-free ingredients like choice soybeans, white or brown rice and sea salt. There's even more to love – like the super convenient pouches which let you use just the right amount of miso so you can save the rest for your next tasty concoction. So, go ahead and enjoy a little taste of Tokyo sans the jet lag, any ole time you want.

ISOLA ORGANIC POTATO GNOCCHI

GLUTEN-FREE GNOCCHI YOU CAN'T SAY "NO" TO!


Have you ever tried making potato gnocchi from scratch? Yeesh! Peeling potatoes, mashing potatoes, finding that right balance between flour and egg and then when you drop them in the boiling water...presto! They dissolve and turn the water cloudier than your head after a New Year's party. But Isola Gourmet Specialties' potato gnocchi bypasses all those kitchen headaches to deliver ready-to-eat, light, fluffy gnocchi in five minutes from package to plate. What makes them even better is that their gluten-free variety is just as good as anything you'd find in a Roman trattoria. This all checks out since Isola's pastas are shipped to the states straight from "The Boot" – making them a taste of Italy that's ready to be dressed up in your favorite Bolognese, added to some brown butter and sage or even cooked into a decadent gnocchi and cheese.



(our table of) APPLES

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Am AMBROSIA



FLAVOR. LOW ACID, CRISP TEXTURE & HONEY NOTES
USE. BEST EATEN RAW, GOOD FOR COOKING, BAKING OR IN SALADS

Ar ARKANSAS BLACK



FLAVOR. JUICY, AROMATIC, SWEET & TART
USE. BEST FOR BAKING OR CIDER

D ID YOU KNOW APPLES ARE THE OLDEST CULTIVATED FRUIT IN THE WORLD? JUST ABOUT EVERY LIVING CREATURE LOVES AN APPLE...FROM BEES TO BEARS TO...US.

You won't get an argument from us that the best apple is whichever one you happen to pick fresh from a tree on a crisp autumn day, but the locally grown apples we see fresh in our stores every fall tie for a close second.

That's why we do our best to bring you as many local apples as we can. Snacking, baking and even juicing—whatever you have in mind, there's an apple for that.

Fu FUJI



FLAVOR. CRUNCHY FLORAL SWEETNESS WITH CITRUS & HONEY NOTES
USE. EATING RAW

Ga GALA




FLAVOR. CRUNCHY, TANGY & ONE OF THE SWEETEST
USE. BEST EATEN RAW, GOOD FOR COOKING, BAKING

Go GOLDEN DELICIOUS



FLAVOR. MILD & SWEET
USE. BEST EATEN RAW, GOOD FOR COOKING, IDEAL FOR SAUCE

Gr GRANNY SMITH



FLAVOR. TART & CRISP WITH A SWEET FLAVOR
USE. EATING RAW & GREAT FOR BAKING

Ma MACINTOSH




FLAVOR. SWEET BUT WITH REFRESHING ACIDITY
USE. BEST EATEN RAW, GOOD FOR COOKING & SAUCES

Pa PAULA RED



FLAVOR. NOT TOO SWEET & NOT TOO TART...JUST RIGHT
USE. EATING RAW, SAUCES

Pi PINK LADY



FLAVOR. SWEET, SHARP & AROMATIC
USE. EATING RAW, BAKING

Rd RED DELICIOUS



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USE. EATING RAW, SAUCES

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CORTLAND



FLAVOR . JUICY WITH A SHARP,
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 FOR COOKING, BAKING
 OR IN SALADS

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HONEYCRISP



FLAVOR . CRISP & AROMATIC,
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FLAVOR . SWEET, JUICY & TART
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 FOR COOKING, BAKING

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FLAVOR . SWEET & TANGY WITH A
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USE . EATING RAW, BAKING,
 SAUCES

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ZESTAR



FLAVOR . SWEET-TART WITH A HINT
 OF BROWN SUGAR
USE . EATING RAW, BAKING,
 SAUCES

(a) recipe



CINNAMON APPLE CAKE

There are at least as many delicious apple dessert recipes as there are varieties of apples. While we adore pies and crisps, sometimes an old-fashioned cake hits the spot. This recipe is pretty simple and will make you look like a baking rock star.

- | | |
|----------------------------------------------------------|----------------------------------------------------------------------------|
| 1¾ cups sugar, divided | ¼ teaspoon salt |
| ¾ cup (6 ounces) block-style Neufchatel cheese, softened | 2 teaspoons ground cinnamon |
| ½ cup butter or stick margarine, softened | Cooking spray |
| 1 teaspoon vanilla extract | 3 cups apple, chopped and peeled (about 2 large) |
| 2 large eggs | <i>Note: We like Honeycrisp or Cortland, but most any apple will work!</i> |
| 1½ cups all-purpose flour | Special equipment: 8-inch springform pan* |
| 1½ teaspoons baking powder | |

1. Preheat oven to 350 degrees.
2. Beat 1½ cups sugar, cream cheese, butter and vanilla at medium speed by mixer until well blended (about 4 minutes). Add eggs, one at a time, beating well after each addition; set aside.
3. Lightly spoon flour into dry measuring cups; level with a knife. Combine the flour, baking powder and salt. Add flour mixture to creamed mixture and beat at low speed until blended. Combine ¼ cup sugar and cinnamon.
4. Combine 2 tablespoons of the cinnamon mixture and apple in a bowl; stir apple mixture into batter. Pour batter into an 8-inch springform pan coated with cooking spray and sprinkle with remaining cinnamon mixture.
5. Bake for 1 hour and 15 minutes or until cake pulls away from the sides of pan. Cool cake completely on a wire rack and cut using a serrated knife.

* *Note: If you make this cake in a 9-inch square cake pan or a 9-inch springform pan, reduce the baking time by 5 minutes.*

(BUTTERNUT)

two ways

SPLASH SOME WARM SUNSHINE INTO YOUR MEAL PLANNING BY ADDING SOME BRIGHT ORANGE BUTTERNUT SQUASH TO YOUR FAVORITE RECIPES. NOT ONLY DOES SQUASH ADD COLOR, IT'S LOADED WITH FLAVOR, FIBER AND A WHOLE HOST OF VALUABLE VEGGIE NUTRIENTS. BUTTERNUT SQUASH IS SO VERSATILE, YOU'LL WONDER WHY YOU NEVER THOUGHT OF USING IT MORE OFTEN.

BUTTERNUT SQUASH MAC 'N CHEESE

SERVES 8 *Gluten-free with substitutions*

Oh, y-y-yeah. Cozy on up to a bowl of steaming mac 'n cheese and make all your troubles go away. Squash adds a very subtle nutty flavor and mixed with melted sharp cheddar cheese creates a light yet divine sauce (your kids will never know about the squash). We added bacon and peas, but toss in whatever floats your boat. Use any pasta that will hold onto all that sauce, like shells, elbow macaroni, rotini, cavatappi, or tubetti pasta – “little tubes” – like we did.

2 tablespoons butter or olive oil	2 cups whole milk
12 fresh sage leaves	8 ounces sharp cheddar cheese, shredded
3 large cloves garlic, minced	1 cup frozen peas, thawed (optional)
1 pound (about 4 cups) butternut squash, diced	6 strips of bacon, fried and chopped into smaller pieces (optional)
1½ cups soup stock, vegetable or chicken	Salt and fresh cracked black pepper, to taste
1 pound uncooked pasta	

1. Bring a large pot of salted water to a boil. Add the pasta and cook according to package directions until al dente. Reserve 1 cup of the cooking liquid. Drain.
2. Meanwhile, heat the butter or oil in heavy bottomed stock pot until melted. Add the sage leaves and sauté for 1-2 minutes until crispy. Remove the sage leaves and set aside.
3. Add the garlic and sauté for 1 minute, stirring occasionally. Add in the butternut squash and vegetable stock and stir to combine. Continue cooking until the stock reaches a simmer. Reduce heat to medium-low, cover and cook for 10 minutes, stirring occasionally, until the squash is tender and mashes easily with a fork.
4. Carefully transfer the squash mixture to a blender or food processor. Add the milk. Then very carefully pulse the mixture until smooth. *NOTE: Be sure to release pressure from built up steam by leaving a slight opening with the cap.*
5. Return the butternut squash mixture back to the stock pot over medium-high heat. Add in the shredded cheddar cheese and stir until it has melted into the sauce. Taste and adjust salt and pepper as needed.
6. Add the drained pasta, peas and bacon to the stockpot and toss to combine. If the sauce is too thick, add in some of the reserved hot pasta water to thin it out.
7. Let sit about 15 minutes before serving warm, garnished with the crispy sage leaves.

Make chopping your butternut squash safer and easier by putting your microwave to work!

1. Make several large slits through the skin with the tip of a sharp knife. This helps the air release as your squash heats up, so it won't explode!
2. Then, microwave the whole squash on high for approximately 3-5 minutes to soften the skin.
3. Remove squash from the microwave and let it rest for 1-2 min, or until it's cool enough to handle. To peel, remove the skin with a peeler or knife, then slice the squash in half lengthwise and discard the seeds. If leaving the peel on, cut into wedges or chunks.



1ST way.



2ND way.



ROASTED BUTTERNUT SQUASH TACOS

MAKES 8-10 Vegetarian • Vegan and gluten free with substitutions

There is a rainbow of color in these veggie-packed tacos. Crunchy, zesty and chock full of flavor, crack open a refreshing Mexican-style lager or be adventurous and have a pitcher of margs on the stand-by. A bowl of crunchy chips with salsa, a steamed pouch of ready-made flavored rice, and you're set for a light and lively meal.

Roasted Butternut Squash

- 1 medium butternut squash (about 2 to 2½ pounds) peeled, seeded and diced
- 2 tablespoons olive oil
- 1 teaspoon chili powder
- Salt and freshly ground pepper

Guacamole

- 2 large avocados, diced
- 2 tablespoons lime juice
- ½ teaspoon ground coriander (optional)
- Pinch of salt, more to taste

Making your tacos

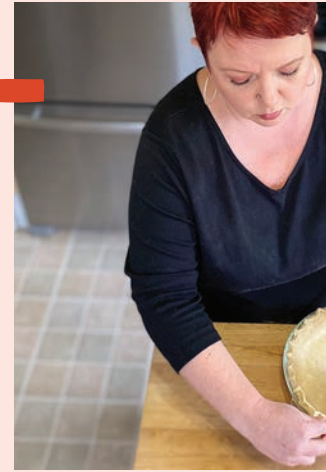
8-10 six-inch tortillas (your choice)

Optional garnishes: Additional chopped cilantro, hot sauce, toasted pepitas, crumbled feta cheese, squeeze of lime

Cabbage & Bean Slaw

- 1 cup purple cabbage, thinly sliced and roughly chopped into 2-inch long pieces
- 1 (15-ounce) can black beans, rinsed and drained, or 1½ cups cooked black beans
- 1 green onion, chopped, both green and white parts
- ⅓ cup fresh cilantro, chopped
- 2 tablespoons fresh lime juice, to taste
- 1 teaspoon olive oil
- ¼ teaspoon salt, more to taste

1. Preheat oven to 425 degrees. Line a large, rimmed baking sheet with parchment paper. Not necessary but it makes for easier cleanup.
2. In a mixing bowl, toss the diced squash with olive oil to lightly coat all sides. Arrange in a single layer on your prepared baking sheet. Sprinkle with chili pepper, salt and pepper. Bake until the butternut is tender throughout and caramelized on the edges, about 30-35 minutes, tossing halfway.
3. While the squash is roasting, in a medium mixing bowl, combine cabbage, black beans, green onion, cilantro, lime juice, olive oil and salt. Toss to combine. Taste to adjust for additional lime juice and/or salt if necessary. Set aside to marinate.
4. To prepare the guacamole, in a small bowl, combine the diced avocado, lime juice, coriander and salt. Mash with a fork until the mixture is blended and no longer chunky. Taste and add additional salt if necessary.
5. In a small skillet over medium heat, warm each tortilla on both sides before transferring to a plate. Cover with a kitchen towel to keep warm. Warm and stack each warmed tortilla on the last.
6. Time to assemble the tacos: Spoon an ample amount of slaw down the center of your taco, top with roasted butternut squash and spread a spoonful of guacamole down the side. Top with garnishes of your choice and serve immediately.



THE WRITER & THE RECIPES



by MICHAEL SORENSEN
photos LORI FREDRICH



EVEN AS A CHILD LORI FREDRICH HAD A PREMONITION THAT THE CULINARY WORLD WAS CALLING TO HER. AT JUST EIGHT YEARS OLD SHE COULD FREQUENTLY BE FOUND HAUNTING HER LOCAL LIBRARY LOOKING FOR EDIBLE INSPIRATIONS.

"I would find the weirdest recipes I could and make people in my family eat them. I remember there was this one recipe for a kidney bean salad that I made over and over again. I was so surprised and delighted by it... but I'm fairly sure my family has trauma about kidney bean salad to this day."

From testing out recipes on her family to throwing dinner parties in her dorm room, Lori enjoyed the challenges involved with cooking and entertaining through food. It wasn't until later in life that her passion for cooking and her passion for writing merged when she began a food blog during the heyday of blogs in 2007.

"I decided there was a need to capture some of those off-the-cuff recipes I was making, so I started a blog that I called 'Burp!'. I didn't necessarily care at the time if anyone read it; but I thought it would be a good way to catalog what I was doing. It started out being pretty much just recipes but evolved from there. Some of its evolution was based on the folks who found and read the blog. Early on, they began leaving comments like: 'That sounds so good, but it would be so nice if there were pictures.' After the third or fourth comment like that, I bit the bullet and went out and bought a digital camera. From there, I found myself pursuing a quick and dirty lesson in food photography, which is definitely harder than it looks."

Through her blog, Lori started connecting with other Milwaukee foodies and chefs eventually leading to more writing and a paying freelance

gig with Milwaukee mainstay, OnMilwaukee.com, around 2010.

"At that time, restaurants were opening hand over fist in Milwaukee and the restaurant scene was really developing. So it was a very good time to fall into a food writing role because there was no shortage of content to write about. After a couple years OnMilwaukee decided they wanted a full-time food writer, so they took a chance on me; and I took a chance on them and quit my steady, well-paying job to give it a try."

For the past decade Lori has been covering the city's food scene full time and she's seen Milwaukee blossom with diverse cuisines while nurturing a chef community unseen in some larger "foodie" cities.

"What we have here, which is not necessarily the case in other cities, is a collegial, cooperative chef community that – despite the growth that's happened and the number of restaurants that are technically competing against one another – we don't have this sort of cut throat 'we're all in it for ourselves' mentality. The sentiment here has always been that a rising tide raises all ships. People really work together. I think now, as we're getting through the Pandemic, we're seeing chefs getting together in new ways. They're strategizing and making plans together. I think that's a really cool thing."

For Lori, and the city itself, it's not about being better than the other guy, it's simply about being better for yourself and your community.

(recipes following)

FOR NEWS, ARTICLES, PODCASTS
AND MORE, VISIT WWW.LORIFREDRICH.COM



When we asked Lori if she wanted to be profiled for Graze, we left it all pretty open about what she wanted to share. She came back to us with three terrific recipes that are sure to become a part of our permanent kitchen rotation and hopefully yours too.

During her last year of college Lori had the opportunity to travel to Tunisia where she rode a camel in the Sahara, drank gallons of mint tea and fell in love with harissa, the ubiquitous condiment used liberally in North African cuisine.

"I experienced so much; but one of the big things that I brought back with me was a love for harissa. It was everywhere. When we initially flew into Tunisia we all had major jet lag, and by the time we got to the hotel we were starving. I remember going into the dining room where there was a little spread of olives, pickles and snacks, along with some really good, crusty French bread. On all of the tables were also these bowls filled with a rough red paste that turned out to be harissa. We were famished, so we just started spreading it on French bread and eating it. It was smoky and slightly spicy, and I couldn't get its unique flavor out of my head. And the more we traveled around we noticed that it was everywhere.

Another thing that struck me as we traveled and ate various meals in different locales was that Tunisians love eggs. They put eggs on everything. If you don't put an egg on top of your pizza, you're not a local. So Shakshuka is a dish that brings those flavor memories together for me. It's remarkably simple: just a stew of peppers, garlic, spices and harissa paste that's topped with cooked eggs. It's great for breakfast, lunch or dinner. Give me some crusty French bread on the side and it's perfect."



A trip to Tunisia inspired Lori's love of harissa.



SHAKSHUKA

SERVES 4

- 2 tablespoons olive oil
- 1 onion, diced
- 2 red sweet peppers, diced
- 5 cloves garlic, minced
- 2 teaspoons ground cumin
- 2 teaspoons smoked Spanish paprika
- 2 tablespoons tomato paste
- 1 (14.5 ounce) can of diced tomatoes (fire-roasted works great here)
- 1-2 tablespoons prepared harissa
- Kosher salt and freshly ground pepper to taste
- 2 jalapeño peppers, minced (*optional; remove seeds & membrane to reduce heat*)
- 4 eggs
- Accompaniments: chopped cilantro or parsley, feta cheese, pita bread or French bread

1. Heat olive oil in a large skillet over medium heat. Add onions and cook for 2-3 minutes, or until they are just beginning to become tender.
2. Add red peppers and cook for an additional 5 minutes, or until the peppers are tender, stirring occasionally. Add minced garlic and sauté for another minute. Then add the cumin and paprika, stirring to combine.
3. When the spices are incorporated, clear an area in the middle of the pan and add the tomato paste. Stir the paste gently for a minute or two, allowing it to cook and darken slightly. Add canned tomatoes and harissa, stir to combine and allow the mixture to simmer gently just until heated through. Taste for seasonings, adding salt and pepper as desired. Then stir in the minced jalapeño peppers, if using.
4. Using the back of a wooden spoon, make four indentations in the pepper mixture. Remove the pan from the heat and gently break the eggs into the indentations.
5. Place the pan back on the stove over medium-low heat. Cover the pan and allow the shakshuka to simmer for 6-9 minutes or until the eggs are cooked to your liking (7 minutes will give you an egg with fully cooked whites, but a runny yolk).
6. Serve shakshuka immediately, topped with cilantro, feta cheese (if desired) and pita or crusty French bread on the side.



While Lori was attending college in Green Bay, she had fond memories of a local Italian restaurant's signature dish; a potato gnocchi that made such an impression Lori set out trying to perfect the recipe.

"Honestly, I haven't had great luck with potato gnocchi; it's a bit fussy and something I prefer to leave to chefs to make for me. But I have managed to conquer ricotta gnocchi. When I first ran across a recipe using ricotta, I thought 'huh, let's try this.' Turns out that the biggest issue with some recipes is that they don't bind well. You throw the gnocchi into boiling water and they just dissolve. So, I looked across the board at a bunch of recipes and decided to find a way to make a foolproof version. Ricotta gnocchi is supposed to be really light and delicate. So, the whole idea was to make it sturdy enough so that it doesn't fall apart but maintain that beautiful texture. And I met with success. Part of what I love about this recipe is that the gnocchi are like a blank canvas. In the summer you can top them with blistered cherry tomatoes and basil from the garden. In the fall you can pair it with little chunks of roasted squash and rosemary or sage brown butter. Even in the depths of winter they're great topped with cooked marinara or garlicky spinach and blue cheese."

RICOTTA GNOCCHI with GARLIC SPINACH & BLUE CHEESE

SERVES 4 *Gluten-free with substitutions*

For the gnocchi

- 16 ounces whole-milk ricotta cheese, drained overnight in fridge
- 1 large egg
- $\frac{3}{4}$ to 1 cup all-purpose flour
- $\frac{1}{2}$ cup finely grated Parmesan or Pecorino Romano cheese
- 1 teaspoon plus 1 tablespoon kosher salt

1. Transfer the drained ricotta into a large bowl. Add the egg and stir to incorporate thoroughly. Then add $\frac{3}{4}$ cup of the flour, Parmesan or Pecorino, and 1 teaspoon of the salt, and stir until well combined. Refrigerate the mixture for approximately 15 minutes to allow it to firm up.
2. During this time, you can prepare your spinach. Also put a large pot of water onto the stove and allow it to come to a boil.
3. Check the dough by rolling a bit in your hand. It should be tacky, but somewhat workable. If it clings to your fingers like bubble gum, incorporate more flour 1 tablespoon at a time until you reach a tacky-yet-workable consistency. If you add more flour, be sure to refrigerate for 15 minutes more.
4. Sprinkle a rimmed baking sheet with flour and set it close to your workspace. Sprinkle your hands and work surface with a little flour. Break off a tennis-ball sized piece of the dough and roll it into a thick log about $\frac{3}{4}$ -inch thick.

5. Cut the log crosswise into $\frac{3}{4}$ -inch pieces. Transfer this batch to the baking sheet and toss with flour to prevent sticking. Repeat the rolling process with the remaining dough.
6. Add the remaining 1 tablespoon of salt to the water along with about half of the gnocchi. Gently stir the gnocchi to make sure they don't stick. Once they bob to the surface, let cook for 2 minutes more. Remove using a slotted spoon. Repeat until all gnocchi are cooked.

For the spinach

- 1 pound frozen spinach, thawed and drained (or fresh spinach, roughly chopped)
 - 4 garlic cloves, minced
 - $\frac{1}{2}$ teaspoon red pepper flakes (optional)
 - 2 tablespoons butter
 - 3–4 ounces blue cheese
1. Melt the butter in a large sauté pan over medium heat. Add garlic and cook, just until it has softened. Do not allow it to brown. Add the red pepper flakes.
 2. Add thawed, drained spinach (or fresh spinach, if using) to the pan and toss to combine with the garlic butter mixture. Cook just until heated through (or wilted).
 3. Top with cooked gnocchi, sprinkle with cheese. If desired, cover the pan for a few minutes to melt the cheese.

(continued)



We've saved the best for last. This recipe was inspired by one of the best pies Lori has ever had from Milwaukee's own Honey Pie Cafe.

"I have not always been a pie maker. I've really always been more of a cook than a baker. But, at some point, I decided I just wanted to make a really good pie. I did an interview with Valerie Lucks, the chief pie maker at Honey Pie, a few years ago, and she really inspired me to overcome my fears of tackling pie crust. I couldn't help but think of Julia Child, who said 'The only real stumbling block is fear of failure. In cooking you've got to have a what-the-hell attitude.'... This pie is one of the best I've created. It's a variation on Southern chess pie, so it uses cornmeal as a textural and thickening agent. It's got a little vinegar in it, which kind of rounds out the flavor and prevents it from becoming too incredibly sweet. And, in the end, it's this beautifully toasty brown custard pie that's rich with honey and butter. The sprinkling of salt over the top gives you this almost salted caramel flavor."

SALTED HONEY PIE

MAKES ONE 9-INCH PIE

For pie crust:

1¼ cups all-purpose flour
¼ teaspoon salt
2 teaspoons sugar
½ cup (1 stick) butter, chilled and diced
About ¼ cup ice water

For filling:

¾ cup (1½ sticks) unsalted butter
¾ cup honey
1 cup brown sugar
2 tablespoons cornmeal
½ teaspoon salt
1 teaspoon vanilla extract
1 tablespoon apple cider vinegar
4 eggs
½ cup cream
Flaked salt for finishing

1. First, prepare the crust. In a large bowl, combine flour, sugar and salt. Cut in butter quickly, just until the mixture resembles large coarse crumbs. Stir in ice water, 1 tablespoon at a time, until mixture comes together. Avoid overworking.

2. Gently gather dough together into a loose ball. Flatten it slightly and wrap in plastic. Refrigerate it for at least one hour (can be made ahead and refrigerated overnight).
3. When the dough has been chilled, dust it with flour and roll crust into a 12-inch circle. (One trick is to dust both sides of the dough with flour and roll it out between two pieces of parchment paper).
4. Press dough evenly into bottom and sides of 9-inch pie plate. Trim edge almost even with edge of pan. Fold edges under and crimp with fingers or fork. Cover crust with plastic wrap and refrigerate for minimum of 30 minutes and maximum of 3 hours.
5. When you are ready to make the pie, preheat oven to 375 degrees.
6. To prepare filling, melt butter in small pan over medium heat. When foam subsides, watch closely and stir often. When white

milk solids have turned brown and butter smells toasty, turn off heat and add honey, stirring until it dissolves. Let mixture cool 10 minutes before proceeding.

7. In medium-sized bowl, whisk together brown sugar, cornmeal and salt, being sure to work out any lumps in sugar. Stir in brown butter and honey mixture, vanilla and apple cider vinegar. Add eggs, one at a time, whisking after each addition. Whisk in heavy cream.
8. Pour filling into chilled pie shell and bake on middle rack of oven for 45-60 minutes, rotating once halfway through baking. Pie is finished when filling is puffed and golden, but center is still just a bit wobbly when shaken.
9. Cool pie on wire rack for about an hour before sprinkling with salt to taste. Serve slightly warm or at room temperature.



Best of THE WURST

story and photos by MICHAEL SORENSEN



Founder Fred Usinger, c.1905, courtesy of Usinger's



Usinger's retail store on Third Street c.1935, courtesy of Usinger's



FRITZ USINGER COULD BE CONSIDERED MILWAUKEE ROYALTY TO ANYONE WHO, IN THE PAST 140 YEARS, HAS HAD THE PLEASURE OF BITING INTO ONE OF HIS COMPANY'S CLASSIC SAUSAGES OR HAS FRIED UP A PACKAGE OF THEIR SMOKY BACON FOR BREAKFAST. BUT FOR FRITZ IT'S REALLY JUST...ALL IN THE FAMILY.

"I grew up talking about the business at the dinner table with my family. It was an integral part of our family life hearing about what was going on at the plant every day. It kind of gets in your blood that way."

Fritz isn't exaggerating when he says he grew up around sausages. His great grandfather, Fred Usinger, was the man who started it all when he came to Milwaukee from Wehen, Germany back in the 1870's with \$400 in his pocket, some recipes and a dream.

(continued)



Smokehouse c.1955, courtesy of Usinger's



Emily Usinger, courtesy of Usinger's

“We knew that to be a supplier to Outpost, we had to get the raw materials that met your standards—basically that meant antibiotic-free with no growth hormones and certified humane handling requirements. We sourced those raw materials and plugged in our Usinger’s recipes, creating a line of products with customers like Outpost in mind.”

– Fritz Usinger

Fred went to work for Mrs. Julia Gaertner, a widow who operated a small butcher shop on Third Street. Within a year or so, Usinger had bought out Mrs. Gaertner, married her niece, and moved in above the store. The rest is Milwaukee history.

And while new products have been added and some have dropped off, in the near century and a half Usinger’s has been curing meats, it’s those old-world recipes that form the core of the business. “We have a group of products called our heritage products and those are the recipes that my great grandfather brought over with him. We try to stay true to those recipes. Of course, over the many, many decades we’ve introduced new products and stopped making other products, but we still have this core group of heritage products that stay the same. We don’t tinker with them because they’re tried and true and generations of Milwaukeeans have grown up on them and they know that product intimately.”

Usinger’s commitment to quality and keeping the taste of their sausages consistent was put to the test when Usinger’s opened a new production and distribution plant in Walker’s Point in 1994. They knew they wanted to stay in Milwaukee: “It’s our home,” Fritz says with pride, but the challenge was duplicating the Old World Third Street’s ovens that have been smoking meats since the 1900’s. Usinger’s solution was perfect in its simplicity.

“We took the dimensions of our Third Street smokers and replicated and rebuilt the smokehouses at our Florida Street location from scratch. The product is made the same way. We were very sensitive to that because we have multi-generational families eating the product or people who have spent a lifetime eating it, so we didn’t want to change the smoked flavor on them.”

It was just this year that Usinger’s and Outpost got together to start selling packages of fresh brats, Italians and Hungarians along with their bacon (in regular and keto-



Fritz Usinger, courtesy of Usinger's



THE FRITZ USINGER "TWO BEER" METHOD

If you're looking for the correct way to cook a brat, we think the President of Usinger's might be a good source. "I refer to it as the two-beer method because in the time it takes you to drink two beers—like an adult not like an 18 year-old—you've accomplished your grilling task."

1. Put room temperature brat on the lowest setting on the grill (indirect heat on a charcoal grill). Fritz doesn't recommend cooking or holding them in beer as it dilutes the flavor of the sausage.
2. Start slow and low. This is the opposite of cooking a steak. You want to start at a low temperature and gradually raise the heat. "You don't want the meat inside the sausage casing to swell faster than the casing can allow," Fritz explains.
3. Settle in. Have a chat with your BBQ friends. Quietly contemplate your existence. Whatever works. Sip on some beers while you gradually turn and brown the brats (No forks...tongs only)!
4. As you get close to the end of your second beer, gradually increase the heat. You want to crisp up the skin a bit but be sure to keep the casing intact because that's holding all those spices in.
5. And how does Fritz eat his brat? "After I take my brat off the grill, I put it in a bun and then I make an incision lengthwise of the sausage. Now I've kind of got a pocket inside of the sausage. That's where I put my kraut or my diced raw onions. There are two purposes for that: It holds those ingredients in place plus I can eat it faster without burning my mouth because I've released the hot juices into the bun." Give it a try... you heard it from the brat king!



Courtesy of Usinger's

friendly varieties). "We took some recipes that we had, and we knew that to be a supplier to Outpost we had to get the raw materials that met your standards, which basically meant antibiotic-free, with no growth hormones and certified humane handling requirements. We sourced those raw materials and plugged in our Usinger's recipes and created a line of products with customers like Outpost in mind."

Artisanal is a big buzz word nowadays but in a very real way Usinger's has always been doing it.

"It's part of having a small company philosophy. We've always been a small company. It's run by members of my family and frankly, when you make small batch, artisanal products day in and day out like we've done for 140 years, when people throw those buzzwords around, we chuckle because well...that's what we do. It's nothing new for us. Now it's a popular marketing term, but it's what we've always done."

GLOBAL GRILL OUT

by LISA MALMAROWSKI
photos CARA BERKEN



(our) **MENU**

ASIAN CUCUMBER SALAD

GRILLED VEGETABLES WITH TAHINI
TUMERIC DIP & SHEEP'S MILK CHEESE

SOBA NOODLES WITH GRILLED
EGGPLANT & MANGO

INDIAN SPICED PORK TENDERLOIN
CALIFORNIA DATE SHAKE



BEFORE AUTUMN BRINGS ON ITS FROSTY TEMPS, THERE'S STILL TIME TO TAKE ADVANTAGE OF EVERY GRILL-WORTHY DAY WHILE CELEBRATING THE EARLY FALL HARVEST. WE'VE COOKED UP A MENU THAT FEATURES FLAVORS FROM ACROSS THE GLOBE THAT ARE EASY TO MAKE USING INGREDIENTS YOU'LL FIND IN OUR AISLES.

ASIAN CUCUMBER SALAD

SERVES 4 *Vegan • Gluten-free*

No late summer picnic is complete without a snappy cucumber salad, so why not mix it up with Asian flavors? It's an extra step to salt and drain the cukes before assembling the salad, but well worth it to keep the cucumbers crispy.

2 medium cucumbers sliced in ¼-inch rounds
 1 tablespoon honey
 3 tablespoons rice vinegar
 2 tablespoons soy sauce
 1 tablespoon toasted sesame oil
 1 tablespoon toasted sesame seeds
 Salt to taste
 Chili flakes for garnish

1. Put sliced cucumbers into a colander and add about ½ teaspoon of salt. Mix well and set colander over bowl for 15–30 minutes, the salt will help draw out extra moisture and keep the cucumbers crispy.
1. In a bowl whisk together honey, rice vinegar, soy sauce and sesame oil. Taste for seasoning and adjust as wanted.
2. Drain and pat dry the cucumbers, then, in a separate bowl, toss together the dressing and cucumbers. Fold in the toasted sesame seeds and allow salad to sit for 30 minutes for flavors to combine.
3. Top with chili flakes for a sparkle of spice and serve.

(continued)





GRILLED VEGETABLES

Vegan • Gluten-free

If we're getting a grill ready, we always make more veggies than we need, so we have extras we can tuck into sandwiches, salads or egg dishes throughout the week. Since vegetables don't soak up marinades well, a little olive oil, salt and pepper are all you need.

TIPS FOR GRILLING A VARIETY OF VEGETABLES:

1. Slice vegetables into the same thickness so they cook at the same rate, usually $\frac{1}{3}$ - to $\frac{1}{2}$ -inch slices, but not too thin or they'll fall apart on the grill.
2. Some vegetables benefit from a pre-cook like carrots and parsnips. Boil them for 4–6 minutes before grilling.
3. Drizzle the vegetables with olive oil and spread it evenly with your fingers. Vegetables like mushrooms and eggplant will absorb the oil quickly, so oil just before grilling.
4. Season simply and generously with salt and freshly ground black pepper. You can add other herbs if you like, but we usually keep the flavors simple so they'll work in a variety of dishes.
5. Start your veggies over medium heat. Lay long slices and asparagus or carrots crosswise over the grates so they don't fall through. Close the grill lid and cook the vegetables undisturbed, flipping after 3–5 minutes.
6. Closing the lid of your grill creates the same environment as an oven, baking the vegetables as they lightly char. Check their progress every few minutes.

TAHINI TURMERIC DIP

SERVES 4-6

Vegetarian • Gluten-free • Vegan with substitutions

This sweet and savory dip is not only tasty paired with grilled veggies, it's also good as a sandwich spread, or served with crackers or flatbread. This is also easy to customize – try adding a bit of fresh, grated ginger or kicking up the turmeric if you like more of its earthy bitter kick.

- $\frac{1}{2}$ cup tahini
- $\frac{1}{4}$ cup freshly squeezed lemon juice
- $\frac{1}{4}$ cup water
- 1–2 teaspoons ground turmeric, or to taste
- 2 tablespoons honey, or vegan sweetener to taste
- 1 clove very finely minced garlic
- $\frac{1}{2}$ teaspoon salt
- Hot pepper flakes, toasted sesame seeds
or chopped cilantro to garnish

In a medium sized bowl, whisk together all ingredients until well combined. Taste and adjust seasonings. Garnish with hot pepper flakes, cilantro or toasted sesame seeds before serving. Refrigerate any leftovers.



SOBA NOODLES with GRILLED EGGPLANT & MANGO

SERVES 4-6 Vegan

Sweet, sour and smoky dance together in this colorful dish. It will seem like a lot of herbs, and it is, but the freshness will really round everything out. Be sure to practice your knife skills and chop everything very small and evenly, it will help the ingredients combine better. If you like a little heat, feel free to add a dash of hot sauce or red pepper flakes to the dressing. Drying the noodles helps the dressing to absorb, so try not to skip this step.

- | | |
|------------------------------------------|------------------------------------------------------------------------|
| ½ cup rice vinegar | 2 grilled eggplants, cut into ¾-inch dice (see grilled vegetable tips) |
| 3 tablespoons sugar | ½ red bell pepper, minced or chopped very small |
| ½ teaspoon salt | 1⅔ cups basil leaves, chopped |
| 2 garlic cloves, crushed | 2½ cups cilantro leaves, chopped |
| 1 teaspoon toasted sesame oil | ½ red onion, very thinly sliced into ⅜-inch dice |
| Grated zest and juice of 1 lime | |
| 8-9 ounces soba noodles | |
| 1 large ripe mango, cut into ⅜-inch dice | |

- In a small saucepan gently warm the vinegar, sugar and salt for up to 1 minute, just until the sugar dissolves. Remove from the heat and add the garlic and sesame oil. Cool, then add lime zest and juice—and hot sauce or red pepper flakes if using.
- Cook the noodles in plenty of boiling salted water, stirring occasionally. They should take 5-8 minutes to become tender but still remain al dente. Drain and rinse well under running cold water. Shake off as much of the excess water as possible, then leave to dry on a dish towel.
- In a mixing bowl toss the noodles with the dressing, mango, eggplant, red bell pepper, half of the herbs and the onion. You can set this aside for 1-2 hours. Just before serving add the rest of the herbs and mix well.



INDIAN SPICED PORK TENDERLOIN

SERVES 3-4 Gluten-free

If you only try one recipe from this line up, make it this one. This deceptively simple marinade is magic—spicy, but not too much, and sweet, savory and full of deep umami flavor. And it's really versatile—it works great for chicken or tofu—but using pork tenderloin ensures it cooks up super-fast. If you don't want to fire up the grill, it also works well when made on the stovetop.

- 1½-2 pounds pork tenderloin
- 1 tablespoon fresh garlic, finely minced
- 1½ teaspoons kosher salt
- ½ tablespoon ground cumin
- 1 tablespoon curry powder—we used Frontier spice's blend
- ½ tablespoon ground coriander
- ⅛ teaspoon cayenne pepper if desired
- ¼ cup freshly squeezed lemon juice, not bottled—you want the fresh taste
- 3 tablespoons extra virgin olive oil
- Flatbread for serving

- In a small bowl add garlic, salt, cumin, curry power, coriander and cayenne and mix well.
- Add fresh lemon juice and olive oil and stir to combine.
- Pour spice mixture in a zip-top bag with the pork. Seal bag then make sure meat is covered by marinade then refrigerate for 3-4 hours, or longer.
- Heat grill to medium heat and grill over direct heat for about 10 minutes (about 5 minutes per side) flipping to ensure even browning. If the grill is too hot, move tenderloin to the side. It's done when it's evenly browned and internal temperature reaches 140-145 degrees. In lieu of grilling, sear in a hot pan until browned on all sides and finish in a 400 degree oven until it comes up to temperature.
- Rest before slicing and serve with grilled vegetables, tahini dip and flatbread.

(continued)



CALIFORNIA DATE SHAKE

SERVES 2

Vegetarian • Gluten-free • Vegan with substitutions

In the 1900's, America imported date palms from the Middle East and planted them in the Coachella Valley in California where they thrived, despite being notoriously difficult to cultivate. This shake, purported to be invented in the 1930s by a date farmer, is easy to make, and is thick, and rich with caramel notes. There are a myriad of ways to make this shake, but we found that adding cracked ice instead of milk cuts the richness, and toasted walnuts add a great nutty note.

¼ cup walnuts, chopped
 ½ cup fresh Medjool dates, pitted and chopped
 Pinch of ground cinnamon
 Pinch of kosher salt
 1 cup vanilla ice cream or dairy-free alternative
 Cracked ice

1. Preheat oven to 350 degrees. Toast walnuts on a rimmed baking sheet, tossing once, until slightly darkened in color and fragrant, 8–10 minutes. Let cool.
2. If using traditional dried dates, you'll have to soak them to soften them up. Place dried Medjool dates in a small bowl and add ½ cup hot water to cover; soak 10 minutes to soften.
3. Blend walnuts, fresh dates (or dried, reconstituted dates with their soaking liquid), cinnamon and salt in a blender until a coarse paste forms. Since the mixture is thick, add a dash of water if needed, and blend in bursts. Then add ice cream and ¾ cup cracked ice and blend until smooth. Divide shake between 2 glasses and serve.

DEL REAL FRESH ORGANIC MEDJOOL DATES

The Del Real family has been growing produce for decades in Del Monte, California but their foray into date cultivation began later, when Ray and his dad, Josh, purchased a few palm trees to see how they would do. Spoiler alert – They thrived in the hot temperatures and low humidity of the desert air on their 40-acre organic date palm ranch in Winter Haven, California.

The Medjool date's plump, sweet, caramel flavors are so luscious that it's easy to see why they've been a staple food and royal delicacy of the Middle East for thousands of years. Dates are not



only delicious, they are very nutritious too. Five average sized dates contain about 100 total calories and are a good source of fiber, potassium, vitamins, minerals and carbohydrates, without the sodium or fat in other snacks. We love them in shakes and smoothies or simply enjoyed as a wholesome treat with a few salted almonds on the side.

Del Real's dates are considered "fresh" so they're soft and jammy. Look for them in our produce departments!

OUTPOST'S

(secret recipe)

VEGETARIAN SLOPPY JOES

SERVES 4 TO 6

With so many kids at home right home, this classic recipe makes for a perfect "school lunch". The "meat" is texturized vegetable protein (TVP) but you can substitute any vegetarian crumble – just skip the first step. Even meat lovers will gobble up this sandwich. This also freezes great, so double the batch for when you need a fast, no fuss lunch or dinner.

- 2 cups textured vegetable protein (TVP)
- 1½ cups water
- 1 cup red onion, chopped
- 1 cup green pepper, chopped
- 1 teaspoon garlic, minced
- 2 tablespoons olive oil
- 30 ounces tomato sauce
- 6 ounces tomato paste
- 1 tablespoon brown sugar
- 1 tablespoon cider vinegar
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon basil
- 2 teaspoons chili powder
- 1 tablespoon oregano
- 1 tablespoon molasses

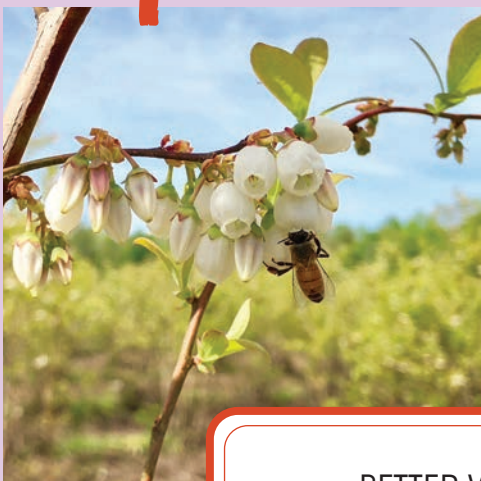
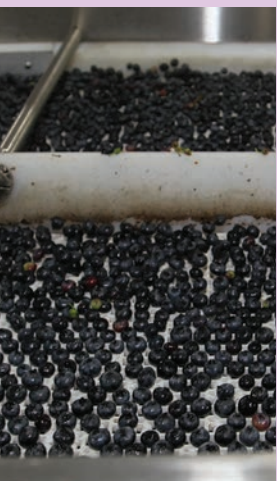
1. Put TVP and water in container, stir and set aside (it only takes a few minutes to reconstitute).
2. In large pan over medium heat, sauté onion, green pepper and garlic in olive oil.
3. Add tomato paste, tomato sauce, brown sugar, vinegar, salt and pepper, spices and molasses. Stir.
4. Add TVP to sauce, bring to a boil and simmer for about 20 to 30 minutes.



YOU CAN FIND TEXTURED VEGETABLE PROTEIN IN THE BULK AISLE, RIGHT HERE AT OUTPOST NATURAL FOODS



we've got
THE BLUES...





by MICHAEL SORENSEN

photos MICHAEL SORENSEN & BETTER WAY FARMS

LATE LAST SUMMER, WILLIAN QUINN, OUR LONGTIME PRODUCE BUYER, COULDN'T STOP TALKING ABOUT THE NEW ORGANIC BLUEBERRY FARMER HE'D FOUND IN MICHIGAN.

This is what I got in my inbox: "I am very excited about this grower! We have been looking for a good Michigan organic blueberry grower for years. I think we have found it with Better Way Farms. They really know what they are doing, and they seem to have the resources to execute well." I thought to myself, "Great. Who doesn't love some good regional blueberries? I'll keep this on my radar for when they come in."

About a week later, William said he'd been invited to Better Way Farms for a tour and wondered if I wanted to tag along? Hmm... an eight-hour, round trip drive to South Haven, Michigan with the Prince of Puns; the Deacon of Dad Jokes; the guy who every year says, "They're here Atlas!" when the Farm Fresh Atlases arrive? Sure. Why not? And off we went on our road trip to the other side of Lake Michigan, where the region's acidic soil and microclimate create the ideal growing conditions for blueberries.

Our hosts for the day would be the farm's owner, Rich Phillips, who told us he had, "caught the bug about what organic farming could be. It was eye-opening for me. The regenerative side to organic agriculture; balancing soil and minerals; activating the biology," and his right-hand man, General Manager Joseph Jessup, who grew up with "blueberries in the blood."

"My cousin was a Methodist minister," Joseph recalls, "and he was always looking for people to work on his blueberry farm. So with my family—and I have nine siblings—it was easy pickings, literally. For eight weeks in July and August that was our job, picking blueberries."

This dynamic duo, together with their friends and families, are the people putting their passion behind this exceptional blueberry farm. As Rich tells me, it's all in the name. "It goes with our 'Five Better Ways' statements: *Better way to grow*, which is all about regenerative farming; *Better way to treat people*, creating livelihoods for people in rural America; *Better way to treat our neighbors*, by providing more nutritious food; *Better way towards sustainability*, one example of that is our compostable packaging; and a *Better way to live life*,

which is who we are and our value system and what we're trying to do here on the farm."

As we toured the fields, we got a crash course on blueberry production, conservation and the surprising fact (to me) that a blueberry isn't just a "blueberry," but a crop of fruits that change throughout the season. As Joseph informed me, "Most people just think of a blueberry as a blueberry, but in actuality, you're getting five different blueberries over the course of a season (from us). If you've got your farm set up properly, that's how it works. We have an early berry and we have two midseason berries. We have a late midseason berry and we have a late berry. The idea is we have a constant supply from the beginning of July through the beginning of September. Our target is nine to ten weeks of harvest."

Another target Better Way is working towards are the Brix. Without getting too technical, Brix scores measure concentrations of natural sugar, mineral content, antioxidants and other vitamins. In short, a Brix score enables you to identify blueberries that explode with flavor and have superior nutritional value. Most conventional blueberries average 9-11 on the Brix scale. Better Way's berries measure 12-14 and Rich wants to see them keep going up.

"As the nutrition of the plant improves, more nutrients get into the berries and the natural result is the Brix levels will continue to increase." Rich explains as he plucks a ripe berry off a bush. "The higher we can get these Brix, not only will the berries be sweeter, but they will also last longer. We're hoping we can get up to 18."

From the delicious berries that are delivered to Outpost throughout the summer, to the simply fantastic hand-pressed blueberry juice we get year-round, Better Way even makes it a point to use compostable bottoms for their containers, even though the cost is higher. "We know that this is the future. We know that the consumers are demanding it and we're thrilled that we can offer a non-single use plastic option. It sets us apart and fits with our vision of what the business should be and it's great for our environment."

Great for the land, great for the environment and great for our taste buds. William was right...we have found the blueberry grower we've been looking for and it's right on the other side of the lake we share together.

CHICKEN SOUP

... | *goes on vacation*

by DIANA SCHMIDT

WE ALL HAVE OUR GO TO CHICKEN SOUP FOR WHEN A BOWL OF COMFORT IS NEEDED. THESE 3 RECIPES OFFER THAT WARM FEELING, ELEVATED WITH MEDITERRANEAN, FRENCH AND WEST AFRICAN FLAVORS. WITH JUST A FEW ADDITIONS TO YOUR OLD STANDBY, YOUR NEXT BATCH OF CHICKEN SOUP WON'T JUST PICK YOU UP AND DUST YOU OFF, IT WILL TRANSPORT YOU ACROSS THE GLOBE.

FRENCH LENTIL CHICKEN SOUP

SERVES 6

This soup is deep and delicious with layers of flavors that pair beautifully with a glass of red wine and crusty bread. When the temperature dips, ladle this into your bowl to travel to the French countryside.

- 4 ounces bacon, diced
- 1 medium yellow onion, chopped
- 2 cloves garlic, minced
- ½ medium celeriac, (celery root), diced
- 1 large leek, chopped, rinsed and drained
- 2 medium carrots, diced
- 1 cup French green lentils, rinsed and drained
- 6 cups chicken broth
- ½ cup cooked chicken, shredded
- 1 tablespoon red wine vinegar
- 2 teaspoons fresh thyme, chopped
- 2 bay leaves
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ¼ cup fresh parsley, chopped

1. In a stock pot, cook the bacon over medium-high

heat until crisp. Add the onions to the bacon and bacon fat and cook until soft and translucent, about 7-10 minutes.

2. Add the garlic to the onion bacon mixture and cook for another minute. Next add the celeriac, leek and carrots and sauté for another 5 minutes or until beginning to soften.

3. To the stock pot, add the lentils and cook for another minute or two. Add the broth, chicken and all remaining ingredients except for the parsley and bring to a boil. Reduce the heat to medium, cover and simmer for 30 minutes. Add salt and pepper to taste.

4. Ladle into bowls, top with parsley to serve.



MEDITERRANEAN ARTICHOKE SOUP

SERVES 6

Chicken, artichokes and lemon – a bowl of this light but hearty, nourishing chicken soup, is all you need when those grey skies roll in. Bright lemon and fresh herbs are what our soup bowls have been missing!

- 2 tablespoons olive oil
- 2 carrots, diced
- 1 can artichoke hearts, drained and chopped
- 1 onion, diced
- 6 cups chicken stock
- ¼ cup medium grain rice
- ½ red bell pepper, diced
- 6 garlic cloves, sliced thinly
- 2 cups cooked chicken meat, cut into cubes (about one whole chicken)
- ½ cup fresh parsley, chopped
- ¼ cup fresh basil, chopped
- 2 egg yolks
- 1 lemon, juiced (more if you like a very tangy soup)
- 1-2 teaspoon black pepper
- Salt to taste

1. In a stock pot, sauté carrots in the olive oil for 5 minutes.

2. Drain and chop the artichokes, add to stock pot with onion and garlic. Sauté for 5 more minutes.

3. Add the chicken stock and rice. Season with salt and black pepper and bring to a simmer. Cover and cook for 20 minutes.

4. Add the chicken, stir in red pepper. Taste the chicken and veggies, and if done, remove from the heat. Let the soup cool down slightly before proceeding to the next step.

5. In a bowl, mix the egg yolks and lemon juice. Add a little of the warm soup to temper the eggs and whisk quickly, then pour the egg yolk and lemon mixture back to the soup pot. Slowly warm up, but do not let it boil. Add the fresh chopped basil and parsley. Add more lemon juice to taste. Taste for salt and pepper, and serve with a good crusty bread.



WEST AFRICAN CHICKEN SOUP

SERVES 6

Ginger and curry warm up this chicken soup, with an unexpected addition of green banana that brings a silky texture and subtle tang. To peel the banana, chop off the ends and score the green skin to get your thumb between the peel and fruit. It's sticky raw but cooks down into a tender bite.

- ¼ cup olive oil
- 1 onion, thinly sliced
- 2 carrots, sliced ¼-inch thick
- 2 celery ribs, sliced ¼-inch thick
- 2 garlic cloves, minced
- 2 tablespoons ginger, minced
- 2 tomatoes, seeded and cut into ½-inch pieces
- 2 tablespoons Madras curry powder
- 1 tablespoon tomato paste
- 8 cups chicken stock
- 1 cup coconut milk
- 1 green banana, peeled and cut into ¾-inch pieces
- ½ cup cooked chicken, cubed
- 2 tablespoons cilantro, chopped
- ¼ cup peanuts, chopped (optional)

1. In a stock pot, add olive oil and sauté onion, carrots, celery, garlic and ginger over medium heat until softened. Add tomatoes, curry powder and tomato paste and cook over moderate heat, stirring for about 7 minutes.
2. Stir in the stock, coconut milk and banana and bring to a boil. Season with salt and cook over moderate heat until the banana is very tender, about 30 minutes.
3. Add the chopped chicken and simmer until just heated through. Ladle into bowls and serve topped with chopped cilantro and chopped peanuts if using.

HOMEMADE CHICKEN STOCK

from freezer scraps

Stock and broth on the grocery shelf have come a long way over the last several years. We keep IO stocks and Zoup chicken stock on hand at all times – but nothing beats a homemade stock, fresh from your kettle.

It all starts with a gallon sized zip top bag. As you prep dinner thru the week, use your bag to collect garlic skins, tomato ends, onion bits, carrot trimmings, celery ends, ginger nubs or fresh herbs that just won't make it until the next recipe. It all gets stuffed into your gallon-sized zip top bag, kept in the freezer. Roasting a chicken? Into the bag with the bones! Swung by the co-op for your roasted chicken? Into the bag with the bones! Grilled up chicken legs? You see where this is headed. It all goes into your stock bag, ready for when you're ready to make stock. This simple life hack has made all the difference elevating the soups we make at home.

Some vegetable scraps overpower your stock. Brussels sprouts, cabbage, bell peppers, broccoli and cauliflower all pack a lot of flavor, competing with your soup recipe. By all means, experiment – cilantro and lemongrass love to get added to our stocks! One more bit of advice, don't throw out that bag! After it's empty, back into the freezer it goes to start another stock collection. Make this part of your monthly routine, keeping containers of stock at the ready in your freezer.

MAKES AT LEAST 4 QUARTS

- 1 gallon bag of frozen stock scraps (including chicken bones)
 - 1 bay leaf
 - 1 teaspoon black peppercorns
 - 1 tablespoon salt
1. Add contents of stock bag, bay leaf, peppercorns and salt into a large stock pot or crock pot (must be at least 6 quarts). Cover contents with water, leaving about 3 inches of room at the top of the pot.
 2. If cooking on the stove top, bring to a boil. Cover and turn down heat to low, simmering for 3-6 hours (the longer you simmer, the more collagen is released from the bones.) If cooking in a crock pot, cook on low overnight or on high for 4 hours.
 3. Turn off the heat and allow to cool. Use stock right away or freeze in containers.

CO-OPS CARE:

A ROAD MAP TO OUR COMMUNITY IMPACT



Access to natural, organic, locally sourced products

54% of Outpost's sales are organic products

Our local economy grows every time you shop at Outpost

31% of Outpost's sales are local or regional products



Sustainable practices benefit our local & global communities

Outpost has composted over 2 million pounds of food scraps since 2013



CO-OPS EXIST TO SERVE THE COMMUNITIES THAT THEY'RE MEMBERS OF... THAT'S WHY APPLYING CO-OPERATIVE PRINCIPLE SEVEN: CONCERN FOR COMMUNITY, IS BUSINESS-AS-USUAL AT OUTPOST NATURAL FOODS. WHEN YOU SUPPORT OUR COMMUNITY OWNED COOPERATIVE, YOUR IMPACT IS FELT FAR BEYOND OUR STORES' FOUR WALLS. THIS MAP SHOWS THE MANY DIFFERENT WAYS THAT WE ALL SUCCEED WHEN OUR CO-OP SUCCEEDS.

All data compiled from fiscal 2019.



A stable market and fair prices for our farmers and vendors

Over 200 of our local vendors are located within 100 miles of Outpost



Community education: We are trained experts ready to help our shoppers make informed choices

We're committed to making sure our customers know when a product is local or regional, gluten-free or 100% organic



Job creation: Outpost employs over 350 local folks

Full time employees make up 63% of our staff



Democratically run organization: Our owners' needs guide our business's growth

Almost 23,000 owners have the right to vote in our co-op's annual Board election



Charitable Giving: We strengthen our community through volunteering & charitable give-back efforts

In 2019 Outpost shoppers donated \$131,577 to in-store non-profit fundraising efforts

THE HANDS BEHIND THE BOWLS: A LOOK AT THE POTTERS OF MILWAUKEE EMPTY BOWLS

"Artists give life to their creations and in return, each bowl gives its new owner life by nourishing them with good food."

– Jean Wells



by MARI WOOD

MAYBE YOU'VE SEEN THEM AT AN ANNUAL FUNDRAISING EVENT. OR MAYBE YOU'VE PURCHASED ONE AT YOUR FAVORITE OUTPOST LOCATION. OR MAYBE YOU EAT SOUP OR BREAKFAST CEREAL OUT OF ONE EVERY DAY. WHICHEVER WAY YOU MIGHT ENCOUNTER A MILWAUKEE EMPTY BOWLS HAND-MADE CERAMIC BOWL, YOU'LL QUICKLY COME TO REALIZE THAT IT'S NOT JUST ANY OTHER BOWL.

"A hand-made bowl is so symbolic," says Jean Wells, local potter and co-founder of Milwaukee Empty Bowls. "Artists give life to their creations and in return, each bowl gives its new owner life by nourishing them with good food...The bowl creates a connection between the artist and its user."

But where do all these bowls come from? It takes the many talented hands of local potters, students and community volunteers to throw, trim, paint, glaze and fire two-thousand bowls in order to be ready for the Milwaukee Empty Bowls event that is typically held in October every year. And, apparently hand-made bowls and a helping of soup donated by local restaurants purchased for a \$20 donation are the perfect ingredients for a successful fundraiser. Since 1999, Milwaukee Empty Bowls has raised and donated over \$900,000 to area non-profits that work to end hunger in our community.

However, 2020 has proven to be an unpredictable year, and the COVID-19 outbreak has forced what would have been their 22nd annual fundraiser to be cancelled. That doesn't mean that we won't see any new fundraiser bowls in our community this year though. The day-long bowl-a-thon events that can produce upwards of 500 bowls in one day, have still been held throughout the summer. With a little extra planning and safety precautions in place, Cream City Clay has hosted this essential volunteer event that gathers both professional and amateur bowl-makers for a day of community give-back.



OUTPOST SUPPORTS MILWAUKEE EMPTY BOWLS

Now more than ever, Outpost remains committed to the sale of Milwaukee Empty Bowls handmade bowls and cookbooks in our store locations. A new batch of bowls will be available on our shelves in October 2020. Please consider purchasing one for a \$20 donation to help alleviate hunger in our community.



“We have 300 pounds of clay that has either been donated or significantly discounted by our supplier for Milwaukee Empty Bowls,” says Colleen Volland, owner of Cream City Clay located in West Allis. “At a typical bowl-a-thon we set up volunteers on the 14 pottery wheels that are available...We also need people to help move the bowls once they’re thrown, clean up the space during the day and some people even like to help by bringing in crockpots of food and water for the volunteers.”

It’s important to note that the hand-crafted bowls aren’t made exclusively at these local bowl-a-thon events. Some area teachers have taken it upon themselves to have their students make bowls for Milwaukee Empty Bowls as well. Marlene Millevolte, owner of Lake Country Fine Arts School and Gallery, is one of those committed teachers. “I have been working with people who have special needs for many years. Teens with special needs during the summertime can lose interest in activities and might end up getting into trouble if they don’t have something to look forward to. I decided that the best way to avoid this would be to get them involved in a program that allows them to be creative and actually helps others in need...Empty Bowls is that program.”

Pam Merkel is another local teacher at Greendale High School who works with her ceramic class students to make and donate bowls for Milwaukee Empty Bowls. She says, “It was amazing to see how empowered the students became knowing that their efforts made such a difference in the life of another...I think

that giving young people the opportunity to see what hardships people encounter, feel compassion for them and know that they can make a difference is an irreplaceable life skill.”

Not only does Milwaukee Empty Bowls gather members of our community to work together to alleviate hunger, it has also created community among Milwaukee potters, who typically are used to working alone. Colleen Volland says, “The bowls I make for Milwaukee Empty Bowls are a personal connection with our community. I’ve seen kids choose a bowl at the fundraiser, they hug it, then use it for nourishment...It really is art with a purpose.”

Jean Wells agrees: “It’s an honor as a potter to make the bowls that people cherish for years. We are so thankful for the greater Milwaukee community for their support.”

So, the next time you use your handmade bowl from Milwaukee Empty Bowls, think about the stomachs that are now full because of its purchase and the artist’s loving hands that made it possible.

Above: Local potter and co-founder of Milwaukee Empty Bowls, Jean Wells, making a hand-crafted bowl for the non-profit’s annual fundraiser. Photo credit: Stephanie Bartz Photography.

Opposite top: With social distancing protocols in place, Colleen Volland hosted a bowl-a-thon volunteer event at Cream City Clay in June 2020.

Opposite bottom: Handmade bowl. Photo credit: Stephanie Bartz Photography.

HERE A BEAN, THERE A BEAN

SO, TRUTH TIME HERE – WERE YOU ONE OF THE MILLIONS THAT OVERSTOCKED YOUR PANTRY WITH BEANS AND RICE? AIN'T NO SHAME IN ADMITTING THAT BEANS AND RICE SEEM EXACTLY RIGHT FOR THESE TIMES – SIMPLE, RUSTIC AND GREAT IN SO MANY DISHES. IF YOU'RE STILL WORKING THROUGH YOUR STOCKPILE OF THESE PANTRY BASICS, WHY NOT CONSIDER BEANS FOR BREAKFAST?

GO CO-OP!

SHOP THE CO-OP & SAVE!

SNAP UP SOME DEALS

Everyone is eligible to receive sale prices on many different items in our store. Pick up a copy of the Co-op Deals flyer every week to check out all of the awesome deals offered at your co-op!

MORE DEALS WITH CO-OP DEALS

From beans to crackers, look for the "Co-op Deals" signs to save money on every day basics you and your family will love.

GO LOCAL

Produce in America travels an average of 1,500 miles before reaching your dinner table. When a local or regional farmer sells directly to our co-op, they're cutting their carbon footprint and cost to the consumer.

SEASON LIBERALLY

Chose fruits and vegetables when they're in season in our area. Within that season there is a peak season, which is the most affordable and delicious time to buy those varieties.

BULK UP

Packaging is expensive and buying more than you need can lead to waste. Skip it by shopping the bulk aisles where you can buy as little or as much as you want.

YOU CAN OWN IT!

Co-ops exist to benefit their owners. That's why Outpost owners receive Get Fresh sales, Get Local sales, Outpost Owner Rewards, Fill It With Fresh discounts and the opportunity to receive patronage rebates in profitable fiscal years!

(a) recipe



THE SO NICE BEANS & RICE BREAKFAST BOWL

SERVES 2 *Vegetarian • Gluten-free • Vegan with substitutions*

This is infinitely customizable and will work with pretty much any beans you like. Feel free to add sautéed vegetables like bell peppers or greens, substitute crispy or baked tofu for the eggs, use cooked quinoa instead of rice, or switch out the cheddar for pepper jack cheese or a vegan alternative. And of course, this makes a great meal any time of the day!

- | | |
|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| 1½ cups cooked brown rice | ½ teaspoon smoked paprika |
| 2 cups cooked beans, we like black, kidney, red or pinto varieties | ½ teaspoon ground cumin |
| <i>Note: you can also use 1, 15-16 ounce can of cooked beans, lightly drained (you want some moisture)</i> | ½ teaspoon chili powder |
| ½ teaspoon extra-virgin olive oil | 2 large eggs, cooked over easy |
| 1 shallot, minced | ¼ cup sharp cheddar cheese |
| 2 cloves garlic, smashed | 3 tablespoons green salsa verde or your favorite salsa |
| | Sliced avocados, chopped cilantro, chopped fresh tomatoes and chopped onion for garnish |

1. In a medium-sized skillet, heat olive oil over medium heat. Add minced shallot and cook until softened, 2-3 minutes.
2. Add the beans, season with salt and pepper, crushed garlic and cumin, and cook for 5 minutes until heated through.
3. As beans are cooking, fry two eggs in a separate skillet.
4. To serve, add rice to the bottom of two bowls, then add beans, cheese, top with eggs, salsa, avocado, tomatoes, onion and chopped cilantro.

CHECKOUT

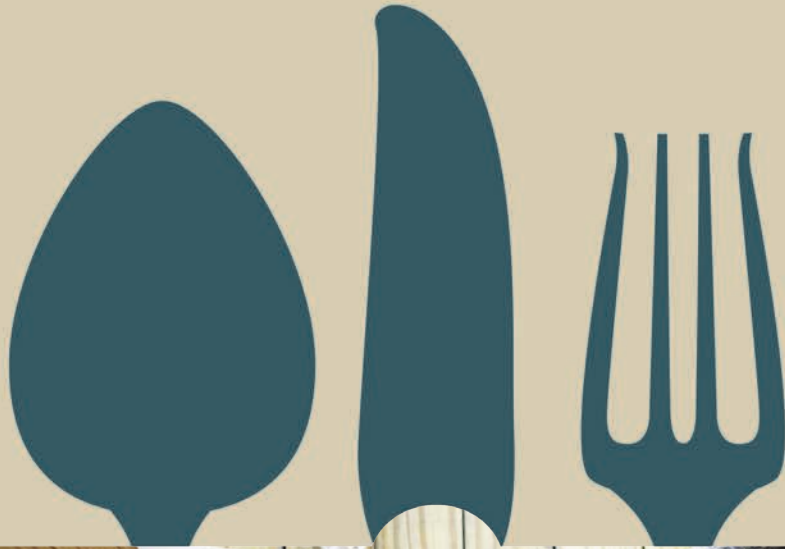


WHEN . **JULY 2, 2020**

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MEQUON STORE'S GARDEN**

WHERE . **7590 W MEQUON ROAD**

community ~ cooperation ~ good food



Sitting down to dinner since 1970.

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