

GRAZZE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS CO-OP

AMERICA'S BLACK
COOPERATIVE
EXPERIENCE

PAGE 24

Sunday
SIMMERS

PAGE 14

GETTING
GLUTEN-FREE
WITH KALYANA
ORGANICS

PAGE 28

PLU 3010
WINTER 2021

FREE WITH ANY PURCHASE



FIRST WORD.

BY THE TIME THIS ISSUE GOES TO PRESS, I'M USUALLY POLISHING UP PLANS FOR A WINTER GETAWAY. NOTHING TOO FAR FLUNG, BUT MAYBE A JOG TO SOMEWHERE WARM LIKE KEY WEST WITH A FEW CLOSE FRIENDS. WE ALWAYS RENT A HOUSE SO WE CAN COOK AND KICK BACK ON THE PORCH AFTER DINNER, SAY HELLO TO COLORFUL FOLKS PASSING BY, AND WAIT FOR THE NIGHT BLOOMING JASMINE TO START HER NIGHTLY SHOW.

Yeah, that's not happening this year. I'm not sure what's happening this year. Is anyone?

This is the part when I should share some advice or tips on how to make the most of winter, but I don't know beans about how to help with that. My new planning "technique" is to simply make the most of the reasonable opportunities that pop up. An unexpectedly warm day calls for a fire pit in a friend's backyard cuddled under blankets with each of us toting our own hot toddies to the circle. If it snows, a cozy blanket, a book and a warm mug of tea should do the trick. Or maybe I'll just watch the icicles grow on the sunny side of our bungalow where the water always runs just so, year after year, and eat a sandwich made from last night's roast?

What I can tell you is that we did our best to give you a variety of recipes in this issue. Some are so full of flavor you'll take a trip to a different country through your tastebuds. Others are meant to simmer away while you relax and watch the snow fly.

And if the idea of cooking anything is unbearable, turn to page 24 to learn about the history of Black cooperatives and be prepared to be proud that cooperatives are a business model that uplifts everyone.

Here's one thing I'm certain of – Most of us have been doing way more cooking that we've ever done before. We're right alongside you as you wash those dishes (again) and try to come up with a meal from a pantry and fridge you're tired of peering into.

We are in this together in so many ways and through so many meals. So, if you need a tip for using up all those beans you stocked up on, feel free to drop us a line.

Be well,



LISA MALMAROWSKI

Director of brand & store development



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.

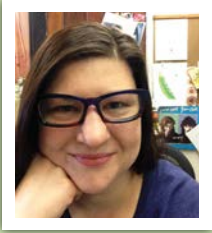
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WHO IS GRAZE ?

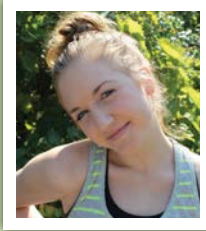


i am **CARA BERKEN.**

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

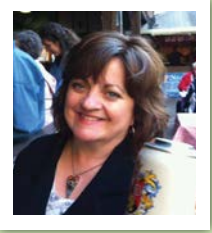
i am **HANNAH EVANS.**

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.



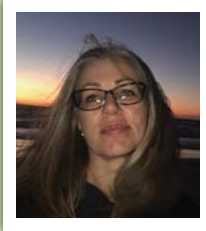
i am **LISA MALMAROWSKI.**

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.



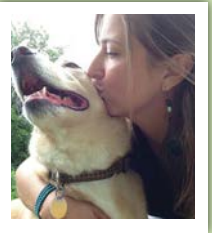
i am **MARGARET MITTELSTADT.**

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.



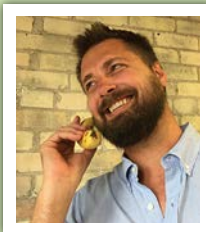
i am **DIANA SCHMIDT.**

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.



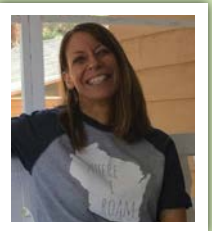
i am **MICHAEL SORENSEN.**

Born and raised 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 **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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...in the aisles.

YOU'LL SWOON

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WE'RE HIRING!

ISN'T IT TIME YOU LOVED YOUR JOB?



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*We are proud to enforce strict safety measures for our staff and customers!**

Current openings at
www.outpost.coop/careers



**All photos in this ad were taken prior to March, 2020 - Masks are now required at all locations.*

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



WANT MORE OUTPOST?

WWW.OUTPOST.COOP



(you'll)

SWOON.

THINGS WE LOVE.



TETA FOODS GARLIC DIP & SPREAD

MOVE OVER MAYO, THERE'S A NEW SAUCE IN TOWN

This light, fluffy Lebanese garlic spread (or toum) is just a jar away for when you want something garlicky, velvety and different. It's a sauce, a condiment and a dip all in one. Loaded with pungent all-natural garlic that's been emulsified in oil, this delicious Middle Eastern condiment is perfect for grilled meat and kebabs, chicken dishes or as a bold (and egg-free) alternative to mayonnaise. It's our favorite shortcut ingredient for jazzing up pasta, pizza, hummus, salad dressing, mashed potatoes, sandwiches, yogurt sauces or just about anything you can dream up – And, best of all, it's vegan and gluten-free!



GARDEIN CRUMBLES

YOU WON'T HAVE ANY BEEF WITH THESE "MEATY" CRUMBLES

With the explosion in plant-based alternatives coming to store shelves it's great to report that one of our favorites is still one of the best – Gardein's Beefless Ground continues to "wow" us with its taste and versatility. Anything beef can do, Gardein's can do better! Gluten-free, dairy-free and vegan these plant-based nuggets of perfection are our go-to when we make everything from tacos to chili, and lasagna to the "meat" in our homemade biscuits and gravy. These crumbles are a great option for vegans as well as anyone looking to replace meat in their diet without sacrificing texture and taste. Even the carnivores in the household will be shook to know their favorite dishes are just as good when they are meat-free.



INDULGENCE HOT COCOA

YOUR WISCONSIN WINTER REINFORCER IS HERE

So, here we are...winter in Wisconsin. The holiday lights are back in the attic, you've spent a small fortune on rock salt and you can't look at your snow shovel without bursting into tears. The only thing getting you through the next subzero day is the thought of a warm, cozy cup of hot chocolate. Milwaukee's very own Indulgence Chocolatiers is here for you. With three great varieties to choose from (including a spicy Mayan Chocolate and a tantalizing Dark Chocolate Sea Salt), we've fallen in love with their Vanilla Bean Malt. We're malt-heads (Maltophiles? Malt-maniacs?) around here and each sip is like a warm hug (remember those?) from an old friend. Indulgence's all-natural, quality ingredients speak for themselves in every comforting sip. Sometimes it's the little things that keep us going to spring...sometime in June.





SAN PELLEGRINO MOMENTI ITALIAN SPARKLING DRINKS
SAVOR THE MOMENTI MIO CARO

Close your eyes and be transported to the sunny shores of the Amalfi Coast when you pop the top and tuck into these low calorie sparkling water sippers from San Pellegrino. When the usual seltzer water has become a bit too pedestrian this sassy, fruity, bubbly sparkler hits just right with a subtle hint of sweetness. Available in Pomegranate & Black Currant, Clementine & Peach and Lemon & Raspberry each citrusy can is a mere 40 calories and is made with no artificial flavors and real fruit juices. They're perfect on their own over ice or even better as a mixer with your spirit of choice. They're as carefree as taking a ride on the back of a Vespa.

SARTORI DOLCINA GORGONZOLA

THIS SUCCULENT SARTORI CHEESE
WILL CHASE AWAY YOUR BLUES

For centuries the lush plains of Gorgonzola, Italy had a lock on their decadent, blue-veined cheese that gave the region its claim to fame. Fortunately, for us Wisconsinites, the fourth-generation of Italian cheesemakers at Sartori settled in the Dairy State and have given us a variety of award-winning cheeses and their Gorgonzola is one of the best. A Sartori-family original, this extra smooth, silky cheese is creamy and soft but with a firm texture and a spicy aroma. With its distinct look, Sartori's Gorgonzola is great for adding a punch to risottos, pastas or pizzas and its white and blue marbling stands out gracefully on



a cheese board, pairing wonderfully with grapes, honey and pistachios. It's also a fantastic and audacious addition to burgers and steaks, and goes down like a dream with everything from a Merlot to a Riesling.



WHOLE WHEAT HONEY FIG BAR

YOUR HIPPIE GRANDMA REALLY DOES GIVE A FIG

Maybe you've seen these little packages of snacks (looking very reminiscent of those cookies in the yellow package from your youth) near our baked goods or the checkout lanes and wondered what they were all about. We're here to tell you they're all about a delicious, satisfying and healthy (without tasting too healthy) snack. Each diminutive bar is made from organic wheat flour and wrapped around a chewy, comforting fig center with a touch of honey just the way grandma would have baked them. The little fig seeds give a tiny, crunchy pop with every bite and nature's natural sugars will keep you reaching for more. We love to eat them with a nice, cold glass of milk when we crave a little something – no tie dye required!



ALAFFIA KIDS BUBBLE BATH

SPLISH SPLASH THIS IS YOUR NEW FAVORITE BUBBLE BATH

Giving a baby a bath can be an action-packed adventure: It could be a relaxing moment of bonding or a battle of wills with water on the ceiling. Either way, Alaffia's Everyday Shea Lemon Lavender Bubble Bath will make it all better. Made with ethically traded unrefined shea butter, protective shea leaf, calming lemon balm and fragrant lavender these plentiful and silky bubbles are sure to nourish and soften the skin while leaving baby smelling like a stroll through a spring garden after a gentle rain. It's naturally foaming, gentle and non-irritating for clean, relaxing fun. Even better? Each bottle is vegan, paraben-free and cruelty-free. We like it so much we think babies shouldn't have all the fun and have been known to use it for ourselves. Who's going to stop us? A bunch of babies?



(a) recipe

LION'S MANE KRAB CAKES

MAKES 6 Vegetarian • gluten-free with substitutions



8 ounces fresh Lion's Mane mushrooms
1 tablespoon olive oil, plus more for baking
½ cup red bell pepper, minced
½ cup zucchini, finely diced
1 celery stalk, diced
¼ cup sweet onion, minced
½ teaspoon salt, divided

½ teaspoon freshly ground black pepper, divided
1 teaspoon Dijon mustard
2 tablespoons mayonnaise
1 egg
1 teaspoon Old Bay seasoning
½ cup panko breadcrumbs
Lemon wedges, hot sauce for serving

1. Preheat the oven to 425 degrees. Line a sheet pan with parchment paper or a silicone baking mat.
2. Prepare the Lion's Mane mushroom by pulling it apart into chunks, about 1-2 inches, like lump crab.
3. Place a large skillet over medium-high heat. Add the mushrooms to the hot pan before adding oil. Let cook for about five minutes, to allow some of the moisture to evaporate. Then add the oil to the pan, along with the pepper, zucchini, celery and onion. Season with ¼-teaspoon of the salt and pepper.
4. Cook for 10 minutes, stirring often, until the mushrooms are golden brown, and the vegetables have softened. Transfer to large bowl and set aside to cool slightly.
5. In a small bowl, whisk together the mustard, mayonnaise, egg, Old Bay seasoning and remaining salt and pepper. Add to cooked mushroom mixture and mix well.
6. Then fold breadcrumbs into the mixture with a spatula, until just combined.
7. Using wet hands, shape the mixture into six patties. Place each one on the prepared sheet pan, leaving plenty of space between them and press slightly to flatten each to about ½-inch thick. Brush with more oil and sprinkle with salt.
8. Bake for 20 minutes, then turn them over and bake another 20 minutes, until they are golden brown and cooked through.
9. Serve immediately, with lemon wedges and hot sauce. You can also serve these burger style tucked into a toasted bun with lettuce, a tomato slice and a bit of mayonnaise.

MUSHROOM MAGIC

Here's the dirt on these earthy treasures!

- All varieties of mushrooms are low in calories and carbohydrates but full of nutrients from B vitamins to minerals.
- They are one of the richest plant sources of selenium, an essential trace mineral that is important for many processes in your body including cognitive function, building a healthy immune system and fertility, as well as contributing to thyroid metabolism.
- They are prebiotic foods which help keep your gut healthy and contain beta-glucan, the same healthy fiber found in oat products.
- Mushrooms have been used in Eastern medicine for thousands of years to help ease anxiety, encourage sleep, improve brain cognition, lower inflammation and even to promote heart health. Each mushroom variety provides different benefits.

COOKING WITH MUSHROOMS

Hint – Never eat them raw!

- All mushrooms should be cooked for safety reasons as well as flavor and nutritional benefits.
- Mushrooms can and should be washed in water. Trim off any rough ends and wash away. You can spread them in a single layer on a clean towel to help dry them a bit if necessary.
- Eating a poisonous mushroom is no joke. Unless you are a trained forager, never eat a mushroom you discover on your own and only enjoy wild mushrooms from expert sources.
- The good news is that many harder to find varieties are now being safely cultivated.
- When using dried mushrooms, always rinse them first – they grow in the ground and can be sandy. After soaking them, SAVE that delicious broth. It's super flavorful, "meaty" and great for adding to soups, stocks and braising liquids.
- Try substituting minced button or cremini mushrooms for part of the ground meat in burgers or other dishes. You'll increase the fiber and lower the calories, while adding a depth of flavor.

gochujang

(two ways)

WHEN OUR CO-OP FIRST ADDED GOCHUJANG, TO OUR SHELVES IN 2016, NOT MANY OF US KNEW HOW TO USE KOREA'S POPULAR CONDIMENT. NEARLY 5 YEARS LATER, IT IS ONE OF THE MOST SOUGHT-AFTER HOT SAUCES IN THE AISLE, ADDED TO EVERYTHING FROM KOREAN BIBIMBAP TO GRANDMA'S CHICKEN SOUP RECIPE. IF YOU KNOW, YOU KNOW AND IF YOU DON'T, LET'S GET YOU IN THE KNOW SO YOU CAN ADD THIS VERSATILE KOREAN HOT SAUCE TO YOUR NEXT EVERYTHING.

What does Gochujang taste like? It has a balanced, sweet and spicy flavor with a consistency of tomato paste. It's deep, sweet, tangy and spicy all in one! That complexity, that's equally complex to describe, comes from gochugaro peppers mixed with fermented rice and soybeans.

Unlike Sriracha or cayenne hot sauce (hi, we still love you guys), gochujang isn't necessarily something to top dishes with straight out of the jar. While you certainly can slather the thick, rich paste on your food as a topping or marinade, it's more easily enjoyed when mixed with oil or soy sauce to the consistency of the hot sauce you grew up with. Straight out of the jar, it can be added when cooking to bring a depth and sweet mellow heat, elevating any dish it's introduced to.

A lot of us new to gochujang at the co-op fell in love with it by simply adding it to chili, giving our favorite recipes magic that we couldn't quite describe. Adding to familiar recipes was just a jumping off point, bringing those spicy, sweet and earthy flavors that we didn't know were missing. However you bring it to your meal, you won't be sorry.

YOUR NEW FAVORITE GOCHUJANG SAUCE

This keeps in the refrigerator for two weeks, making it a great sauce to keep on hand for dumplings or any stir-fry, veggie or rice bowl.

- 2-3 tablespoons gochujang paste
- 1½ tablespoons rice vinegar
- 1 tablespoon sesame oil
- 1 teaspoon maple syrup or honey

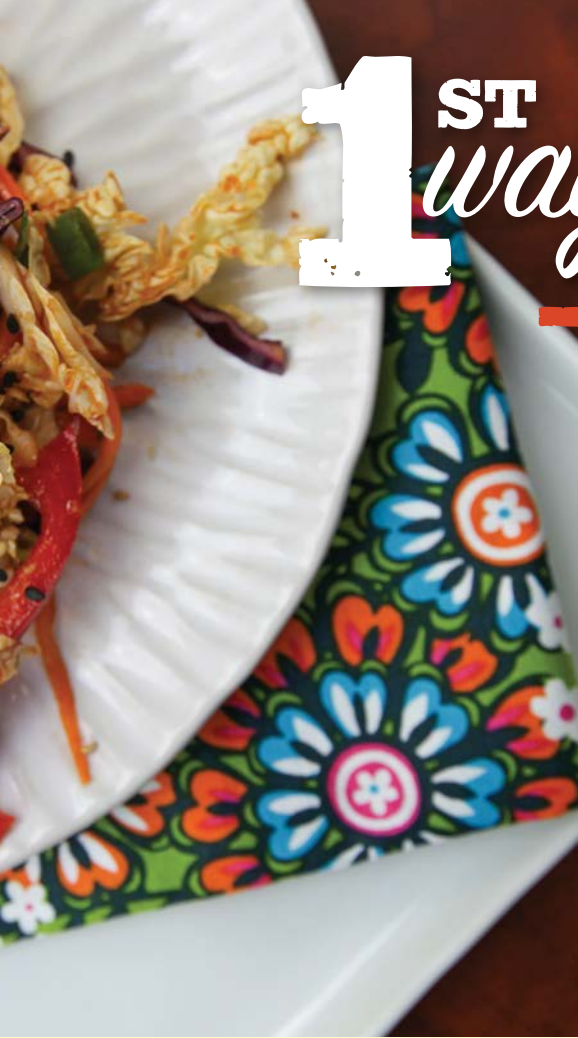
1. In a small bowl, whisk together the gochujang paste, vinegar, sesame oil and maple syrup. Use less gochujang paste for a mild sauce, use more for a spicier sauce.
2. Spoon onto EVERYTHING.



2ND way.



1ST way.



KIMCHI-INSPIRED SPICY SLAW

SERVES 4-6 Vegan

Gochujang takes the front seat with cabbage for a spicy slaw that is as delicious on its own as it is on top of your next BBQ sandwich. This versatile slaw also works well on top of burgers, rice bowls or nestled inside a quesadilla. If you love crunchy slaw, this is best the day of, but it is equally as delicious up to 2 days later and keeps well in the refrigerator.

6 tablespoons rice vinegar	1 small head Napa cabbage, thinly sliced
2 tablespoons gochujang	1 cup red cabbage, thinly sliced
2 tablespoons olive or grapeseed oil	4 green onions, chopped
2 cloves garlic, pressed or minced	1 large carrot, shredded
1 tablespoon fresh ginger, grated	1 red bell pepper, thinly sliced
1 tablespoon soy sauce	2 tablespoons sesame seeds

1. In a large bowl, whisk together rice vinegar, gochujang, oil, garlic, ginger and soy sauce. Continue whisking until incorporated. Set aside.
2. Chop all of the vegetables and add to the bowl of gochujang mixture. Toss to coat well. Refrigerate for 15 minutes and top with sesame seeds before serving.

SWEET & SMOKY CHILI

SERVES 6

Pineapple and gochujang are the surprise stars in this, soon to be your favorite, batch of chili. Quick to assemble, this comes together in your slow cooker in just a few hours. We love this topped with a squeeze of lime, chopped green onions and a dollop of sour cream. Leftovers of this chili are great with tortilla chips as a warm dip.

1 pineapple, peeled, cored, and diced (2 cans or 1 fresh pineapple)	1 red bell pepper, diced
1 15-ounce can navy or cannellini beans, drained	4 cloves of garlic, chopped
1 28-ounce can diced tomatoes	1 6-ounce can tomato paste
2 tablespoons chipotle in adobo, sauce only (or to taste)	3 tablespoons gochujang
1 pound ground pork, beef, or turkey	3 tablespoons cocoa powder
1 large onion, diced	1 ½ teaspoons ground cumin
	1 tablespoon fish sauce
	2 tablespoons maple syrup
	Favorite chili toppings

1. Add diced pineapple, drained beans and tomatoes to a slow cooker. Set to low and cover, while the rest of the ingredients brown.
2. In a frying pan over medium-high heat, add oil, onion and peppers until browned, about 5 minutes. Add garlic, cumin, cocoa, tomato paste and gochujang. Toast the mixture for about 3 minutes, stirring the thick mixture frequently.
3. Add ground meat and mix well with the paste mixture, breaking meat into bits until brown, about 7 minutes. Add to the slow cooker with pineapple mixture. Stir to combine.
4. Start by adding chipotle in adobo with one tablespoon of the sauce only, taste and proceed to the second (or third!) tablespoon. If spicier chili is your preference, chop one chipotle and stir into the slow cooker.
5. Set the cooker for 3 hours on high. After 3 hours, stir in fish sauce and maple syrup. Taste test for the right amount of sweet and salty and adjust seasonings. Garnish and serve.





Pat Molter is... ALIVE & VIBRANT



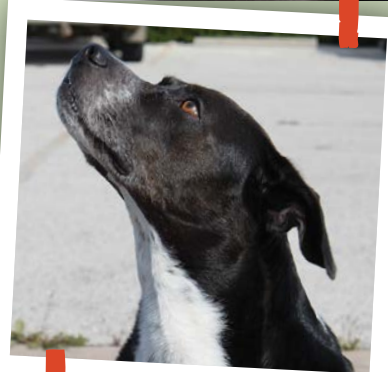
story and photos by MICHAEL SORENSEN

“IN THE BEGINNING, WHEN I GOT THE DIAGNOSIS, I THINK I DID WHAT EVERYBODY ELSE DOES—I SAT DOWN AND HAD A GOOD CRY.” IT WAS THE NEWS PAT MOLTER AND HER HUSBAND, ELDEN, NEVER WANTED TO HEAR.

“Cancer is rampant in my family and I thought I was the generation to beat it,” Pat says. “But I hadn’t been feeling well and was lethargic and I went to the doctor and was diagnosed with colon cancer. It had spread into my lymph nodes. I had surgery and had very aggressive chemo—too aggressive for me. I knew I had people praying for me so we made the decision I was going to quit chemo and, if I was going to have six months to live, I was going to hang out with my kids and check a lot of things off my bucket list.”

That bucket list Pat started checking off fifteen years ago included sky-diving, spending time with loved ones and even learning to ride a motorcycle. It also involved changing her diet in order to give her body a fighting chance at success.

“I wasn’t as unhealthy as an eater as a lot of people are, but I wasn’t very healthy either. I ate a lot of red meat; meat was always in our diet. Salads were not a daily occurrence on our table.



I'd been a drinker and a smoker, and I had gone through a lot of stress. Lots of stress on top of unhealthy eating got me to where I was."

A good friend of Pat's introduced her to a raw foods lifestyle which led Pat to start experimenting with a green smoothie diet to help heal her body from the ravages of chemotherapy and, little by little, Pat began to feel better. Along the way Pat discovered that she had a knack for creating her own nutritional powder from scratch. "As an aromatherapist I knew how to blend ingredients and I knew I could create a better product than what I was spending quite a bit of money on, so I started making a superfoods powder for myself and when friends started asking for it I got licensed by the State of Wisconsin to start making my own."

Pat's 100% organic, vegan nutrient powders are a tastier and better way to help your body get the vitamins it needs and come in three varieties: Green Powder, Berry Powder and Protein Powder. "Research says that we don't get 100% of our nutrition when you take a vitamin capsule and so these are all real food. I don't have any additives in there, so you're getting 100% of the nutritional value of everything you're taking. I knew what I needed to heal myself, so I worked off that."

During the pre-COVID times, chances are you saw Pat smiling and handing out samples at your local Outpost. "I'll make smoothies, I'll put it in applesauce. It's great in your Sumi Slaw. I love to have people try it and say, 'Oh it's good and it's good for you?' Some people think since it's green it must be horrible. Well it's not—those are all of the good ingredients in there working for you."

Pat's powerful powders can be added to just about anything. The day we talked to Pat at her commercial kitchen near the airport one of her customers stopped by to use Pat's Raw Protein Powder for her dog Sammie's lunch. Judging by the pooch's wagging tail, you can add healthy pet benefits as well.

Now, fifteen years after that devastating diagnosis, Pat is cancer-free with more energy than a teenager. "I just try to encourage people to make healthy choices. We can all do things to improve our lifestyle and food has an amazing ability to heal. If we're putting good nutrition into our bodies it's amazing how much better we're going to feel. You'll have more energy, you won't get sick as often, and if you do it won't last as long. It's just a win-win."

WWW.PATMOLTER.COM
LOOK FOR PAT'S VIBRANT POWDERS
IN OUR PERSONAL CARE SECTION

SUNDAY SIMMERS



DOROTHY'S PASTA SAUCE

CURRIED CAULIFLOWER & CORN CHOWDER

BISTRO STYLE CHICKEN & MUSHROOM STEW

CIDER BRAISED PORK ROAST

GREEN ONION QUICK BREAD

LEMON PUDDING CAKES

(our)
MENU

by LISA MALMAROWSKI
photos CARA BERKEN

SUNDAYS WERE MADE FOR COOKING... AND PLAYING GAMES, HANGING OUT WITH FAMILY, READING A BOOK, KNITTING OR JUST WATCHING THE SNOW FALL. THAT'S WHY WE COOKED UP THIS BATCH OF RECIPES, ANY OF WHICH CAN BE PULLED TOGETHER PRETTY QUICKLY AND LEFT TO SIMMER AND COOK, WHILE YOUR HOME FILLS WITH DELICIOUS AROMAS.



CURRIED CAULIFLOWER & CORN CHOWDER

SERVES 6 Vegan • Gluten-free

This flavor-packed, hearty chowder is loaded with vegetables and warm spices. It's easy to make – just remember to reserve half of the onions and cauliflower to add in after you purée the base, you'll need them for texture. If you don't like cilantro, try topping with a different chopped herb like parsley or chives, but don't skip the lime juice – it adds the perfect tangy sparkle to this comforting dish.

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| 1 13-14-ounce can full-fat coconut milk – coconut solids separated from liquid | ½ head fresh cauliflower, chopped, divided |
| ½ tablespoon vegetable or coconut oil if needed | 1½ cups water |
| 1 tablespoon ginger, freshly peeled and minced | 3 medium red potatoes (about 12 ounces), diced |
| 2 cloves garlic, minced | 1 tablespoon low-sodium tamari |
| 1 tablespoon curry powder | 1 teaspoon salt |
| 1 medium yellow onion, finely chopped, divided | 1 cup frozen corn kernels |
| | Salt to taste |
| | Lime wedges |
| | Chopped fresh cilantro for garnish |

1. Heat coconut solids in large saucepan or soup pot over medium-high heat. Add ginger, garlic and curry powder, reduce the heat to medium, and cook until fragrant, about 2 minutes. Add more oil if needed.
2. Add half of the onion and half of the cauliflower, season with salt, and cook, stirring occasionally, until the cauliflower is tender, about 10 minutes. Stir in coconut milk liquid and scrape up any browned bits at the bottom of the saucepan.
3. Transfer to a blender or use an immersion blender to blend until smooth. Return the soup to the pan over medium heat.
4. Add the remaining onion, water, potato, tamari and salt. Simmer uncovered, stirring occasionally and reducing the heat as needed, until the potatoes are tender, about 10 minutes.
5. Add the remaining cauliflower and corn and cook until the cauliflower is tender, about 10 minutes more.
6. Taste and season with salt. Garnish with cilantro and serve with lime wedges.

DOROTHY'S PASTA SAUCE

MAKES 8 CUPS Vegan • Gluten-free

Don't let the simple ingredients fool you, this is one of the best and easiest pasta sauces to make. And this sauce is loaded with history. Back in our co-op's Holton Street days, Dorothy Cataldo worked in our deli as a volunteer, wearing her handmade apron. She was a snowbird traveling between Wisconsin and Florida but always looked forward to summer so she could volunteer at Festa Italiana and make her beloved cannoli. She shared this recipe with Pam, our general manager, after the staff raved about the "gravy" she brought to a work potluck. Hailing from a favorite restaurant of hers in Cooper City, Florida, and based on a Sicilian family recipe from the 1800s, it's just as delicious today. Feel free to double or triple the recipe because it freezes beautifully. Thanks Dorothy, your joyful generous spirit lives on every time we make this sauce.

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| ⅓ cup virgin olive oil | ¾ cup Italian dry white wine |
| 1 large onion, finely chopped | 1-2 tablespoons salt |
| 3 garlic cloves, minced | 1-2 tablespoons sugar |
| 2 28-ounce cans of whole Italian-style tomatoes | 3 teaspoons dried oregano |
| | 12-18 fresh whole basil leaves |

1. Heat olive oil in a stock pot over medium heat. Add onion and garlic and cook until lightly browned, being careful not to burn the garlic.
2. Add tomatoes with juices and wine. Using the back of a large wooden spoon or a potato masher, break up the tomatoes. You can also crush them with your hands as you add them.
3. Add wine, 1 tablespoon sugar, 1 tablespoon salt and oregano. Mix well and taste. Add more salt or sugar as needed (it will depend on how acidic and salty the tomatoes are – all brands can differ). Then add basil.
4. Mix well and simmer over low heat for at least an hour, stirring occasionally. You can simmer longer for a more concentrated sauce.

(continued)

BISTRO STYLE SLOW COOKER CHICKEN & MUSHROOM STEW

SERVES 6

Gluten-free with substitutions

With a little pre-cooking to develop layered, rich flavors, the majority of prep time is completely hands-off. The trick to getting that authentic bistro flavor is building up the umami notes with layers of mushrooms, sautéing and a generous dash of quality wine or dry sherry. We are big fans of Better Than Bouillon soup bases but if you have hearty, rich chicken stock, use that instead. This is wonderful served with mashed potatoes and fresh, steamed carrots and a hunk of bread. Note, if using sherry, look for dry sherry and do not use cooking sherry. Cooking sherry is mostly salt and lacks any real flavor.

8 ounces white button or cremini mushrooms, halved	1 cup very hot water
1 onion, finely chopped	¼ cup full-bodied white wine or dry sherry
3 cloves garlic, minced	¼ cup reserved mushroom soaking liquid
1 tablespoon olive oil	1 heaping tablespoon Dijon mustard
½ ounce dried porcini mushrooms, plus ½ cup boiling water	¼ cup all-purpose flour or a favorite gluten-free flour
½ teaspoon dried thyme	¼ cup fresh parsley, chopped
½ teaspoon dried tarragon	¼ cup half and half
¼ teaspoon salt	A generous squeeze of fresh lemon juice or 2 tablespoons white vinegar
¼ teaspoon pepper	
12 boneless skinless chicken thighs, quartered (about 2 pounds)	
1 teaspoon Better Than Bouillon Chicken base	

1. Put dried mushrooms in a heat proof bowl or cup and pour in ½ cup of boiling water and cover; steep for 10-15 minutes, drain and reserve liquid. (You'll have a bit more than you need, but it freezes well and is a great addition to just about any sauce and soup).
2. Meanwhile, lightly salt and pepper chicken thighs and set aside.
3. Heat oil in a sauté pan over medium heat. While pan is heating, finely chop reconstituted mushrooms and set aside. When oil is shimmering, add chopped onion and sauté until slightly softened, then add both types of mushroom and continue cooking until fresh mushrooms are softened. Add tarragon, thyme, salt and pepper and cook for a minute more.
4. While mushroom mixture is cooking, add 1 teaspoon of Chicken Better than Bouillon base to 1 cup of very hot water and stir to dissolve (or measure out 1 cup of rich chicken stock if you're using that instead).
5. Add mushroom and onion mixture to slow cooker and top with chicken.
6. Heat pan used for mushrooms and onions over low heat and whisk dissolved chicken base (or broth), wine or sherry and Dijon together to deglaze pan. Pour sauce over the chicken, cover slow cooker and cook on low until juices run clear when chicken is pierced, about 6 hours.
7. Remove chicken pieces and set aside and cover. Whisk flour with 1 cup of the cooking liquid until smooth and pour into slow cooker. Cook, covered, on high until thickened, about 15 minutes. Then add half and half and lemon or vinegar. Add chicken back to pot and stir in parsley. Add salt and pepper to taste.





APPLE CIDER BRAISED PORK ROAST

SERVES 4-6 *Gluten-free*

Pork shoulder requires a long, slow braise to become moist and “fall apart” tender. The richness of the meat is perfectly paired with the apple cider sauce. Pork this succulent is excellent served with a crusty baguette and braised, red cabbage. This can be made on the stove top, in the oven or even in the slow cooker for an easy fix it and forget it meal.

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| 1 (3-4 pound) pork shoulder roast | 3 apples, cored and cut into wedges |
| 1 teaspoon salt | 1 whole bay leaf |
| 1½ teaspoons black pepper | 3 medium onions, thickly sliced |
| 3 tablespoons olive oil | 1-2 sprigs fresh thyme |
| 2 cups apple cider | 1-2 sprigs fresh rosemary |

1. Rub the salt and pepper onto the pork roast. Heat olive oil in a Dutch oven over medium-high heat. Brown the pork on all sides.
2. Add apple cider, onions, fresh thyme, fresh rosemary and bay leaf to pan. Bring to a boil, reduce heat, then cover and simmer gently for 1 hour.
3. After an hour, add apple wedges to pot. Cook until roast is fork tender, approximately another 2 hours, or until internal temperature reaches 145 degrees.
4. Remove the roast, apples and onions to a platter. Cover to keep warm. Increase heat to medium-high and boil the liquid left behind, reducing it until it's thick and rich. If you want to thicken further, stir in 1 tablespoon cornstarch mixed with 2 tablespoons cold water and simmer for 1 minute.
5. Slice roast and spoon sauce over slices. Serve with potatoes or braised red cabbage.



GREEN ONION SODA BREAD

Vegetarian

This simple bread is lot like a savory scone. We added green onions, but 1 cup caramelized onions would work as well. The dough will be a bit sticky and the temptation to knead it into submission will be great, but resist it. Over-kneading will make this delightful little loaf rather tough.

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| 1 cup all-purpose flour | ½ teaspoon table salt |
| 1 cup whole wheat flour | 1 cup green onions, sliced |
| 2 teaspoons baking powder | ¾ cup buttermilk |
| 1 teaspoon unbleached sugar | 3 tablespoons butter, melted |
| ½ teaspoon baking soda | 1 large egg |

1. Preheat oven to 350 degrees.
2. In large bowl, whisk together all-purpose flour, whole wheat flour, baking powder, sugar, baking soda and green onions.
3. In smaller bowl whisk together buttermilk, butter and egg and pour over flour mixture, tossing with fork to form sticky dough.
4. Scrape onto floured surface and gently knead 10 times. You'll be tempted to knead more, but don't – over-kneading will impede rising.
5. Transfer to parchment paper-lined baking sheet and press into 7-inch round. Score top of round into 8 wedges with a sharp knife.
6. Bake 35-45 minutes or until the bread forms a crust and sounds hollow when tapped.
7. Serve while warm with butter. This bread is best when fresh, but any leftover wedges can be warmed by grilling with a little butter in a warm skillet.

(continued)



LEMON PUDDING CAKES

MAKES 6

Rich but surprisingly light, these little cakes are a snap to prepare and look so fancy! These bake like a custard but are so much more complex. The cake will naturally rise to the top leaving a delicious lemon curd-like pudding layer on the bottom. We used fresh berries, but even frozen berries made into a quick sauce would work. Or, got jam? Go for it!

$\frac{3}{4}$ cup granulated sugar
 $\frac{1}{3}$ cup all-purpose flour
3 large eggs (separated)
2 tablespoons unsalted butter (at room temperature)
1 cup skim milk
5 tablespoons fresh lemon juice
1 teaspoon lemon zest, finely grated
 $\frac{1}{4}$ teaspoon salt
Fresh raspberries or blackberries for serving

1. Preheat the oven to 350 degrees. Spray or brush six 6-ounce ramekins with vegetable oil.
2. In a medium bowl, whisk the sugar with the flour. In another bowl, whisk the egg yolks with the butter until well blended. Whisk in the milk, lemon juice and lemon zest. Pour the lemon mixture into the sugar mixture and whisk until smooth.
3. In a medium bowl, beat the egg whites with the salt until firm peaks form. Gently fold the egg whites into the lemon mixture. Pour the batter into the prepared ramekins and transfer them to a small roasting pan. Place the pan in the oven and pour in enough hot water to reach halfway up the sides of the ramekins.
4. Bake for 35 minutes or until they are puffy and golden on top. Using tongs, transfer the ramekins to a rack to cool for 20 minutes. Serve the cakes in the ramekins or run a knife around the edge of each cake and unmold onto plates. Serve warm or at room temperature with the berries. Cakes can be refrigerated for a few days, just cover tightly.



OUTPOST'S

(secret recipe)

Alpha Omega Salad

SERVES 8 *Vegan*

THIS IS, HANDS DOWN, OUR MOST REQUESTED RECIPE. IT'S PROBABLY BECAUSE THIS IRRESISTIBLE GRAIN SALAD IS CRUNCHY AND CHEWY AT THE SAME TIME - IT MAKES YOU FEEL HEALTHY JUST BY EATING IT. IF YOU'RE NOT IN THE MOOD TO COOK, LEAVE IT TO OUTPOST - THIS SALAD IS FEATURED THROUGHOUT THE YEAR AT ALL OF OUR LOCATIONS!

2 cups kamut, cooked
1 tablespoon red wine
1 tablespoon lemon juice
2 tablespoons sunflower oil
2 tablespoons flax oil
½ teaspoon garlic, minced
2¼ cups carrots, grated
½ cups onion, chopped
1 red bell pepper, chopped
1 green bell pepper, chopped
3 tablespoons parsley, chopped
2 tablespoons chives, chopped
½ cup frozen peas
¾ cup plus 2 tablespoons dried cranberries
½ cup plus 2 tablespoon sunflower seeds
Salt and freshly ground pepper to taste

1. To make the vinaigrette, whisk together red wine vinegar, lemon juice, sunflower oil, olive oil, flax oil and minced garlic. Set aside.
2. In a separate large mixing bowl, mix together kamut, carrots, onions, peppers, parsley, chives, peas, ¾ cup dried cranberries and ½ cup sunflower seeds. Fold in the vinaigrette and thoroughly combine. Season with salt and freshly ground pepper to taste. Set in refrigerator for at least one-half hour before serving to marry the flavors.
3. To serve, sprinkle the reserved dried cranberries and sunflower seeds on top. Garnish with a few sprigs of chives or parsley.



KAMUT IS THE BRAND NAME FOR KHORASAN WHEAT, AN ANCIENT GRAIN TYPE. TWO TIMES LARGER THAN MODERN DAY WHEAT, IT'S BELOVED FOR ITS RICH NUTTY FLAVOR.



A MATCH MADE IN WISCONSIN

WHILE THE WORLD TENDS TO FAVOR WINE AND CHEESE PARTNERED TOGETHER, AT HOME IN WISCONSIN, WE DO IT OUR WAY WITH THE DAIRYLAND'S FAMOUS EXPORTS: BEER AND CHEESE.

With nearly as many Wisconsin-crafted beers as there are cheeses made in Wisconsin (or is it the other way around?) there are endless pairings to be discovered. From classic cheddars to bloomy rind goat cheeses, and IPAs to Porters, we have our work cut out for us this winter to entertain our tastebuds, Wisconsin-style.

Where to start? Our best advice is to just start with your favorite of each! It's likely what you gravitate to is one of the classic pairings. Sharp cheddars tend to love sweet and spicy porters and fruity red ales, while the creamier cheeses like Brie or gorgonzola shine with brighter beers like IPAs or Weissbiers. It's all about what you like. Endless combinations are awaiting your cheese board and stein! It's beer and cheese, what could go wrong?





1. GAME-TIME BOARD + Good City Pilsner



Game day cheese boards need to grab your attention and still keep your head in the game. We paired the loud and proud, hop forward Good City Pilsner for the huddle with some of our favorite snacking cheeses. The creaminess of each cheese on the board was balanced by the sharp hops of the Pilsner for an overall winning pairing.

- Saxon Big Ed's Gouda (cow)
- Cesar's String Cheese (cow)
- Clock Shadow Cheese Curds (cow)
- Sartori Black Pepper Bellavitano (cow)

2. WISCONSIN CHEDDAR BOARD + Lakefront Brewery Fixed Gear Red IPA

Following our own advice of starting with your favorites, cheddar and Lake Front Brewery are as about Wisconsin as you can get. The sharp, caramel notes that cheddar is known for brings out the sweetness in Fixed Gear. Taste your cheddars alongside your glass of red ale from youngest (mild) to oldest (sharp) to best see how the pairings elevate one another.

- Hooks 10-year cheddar (cow)
- Vern's 6-year cheddar (cow)
- LaClare Goat's raw milk cheddar (goat)
- Sartori Old World Cheddar (cow)



3. WISCONSIN BLUE-RIBBON BOARD + O'SO Brewing Company Convenient Distraction



Award winning cheeses with so many different flavors require a beer with abounding flavors or a couple of different beers to compare and contrast. O'SO Brewing Company's Convenient Distraction is an Imperial porter masterfully blended with coffee beans from Columbia as well as Madagascar bourbon vanilla beans, creating a pairing adventure that was a trip for this board.

- Blakesville Creamery Lake Breeze (goat)
- Sartori Dolcina Gorgonzola (cow)
- Carr Valley Mobay (sheep and goat)
- Pleasant Ridge Reserve (cow)

(a) recipe

Sure, you can nibble on some cheese and sip a beer but why not combine them into this delicious, comforting classic? Unlike some beer cheese soups that are a bit goopy, this recipe is as smooth as the cheddar is sharp. You want to use a good lager for the beer (no bitter IPA's!); their maltiness creates a pleasant hint of beer behind the cheddar's bite.



WISCONSIN BEER CHEESE SOUP SERVES 6-8

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|---|--|
| 2-3 tablespoons olive oil | 1/3 cup butter |
| 1 1/2 cups carrots, diced | 1/3 cup flour |
| 1 1/2 cups onion, diced | 4 cups whole milk |
| 1 1/2 cups celery, diced | 6 cups shredded sharp Cheddar cheese (the sharper, the better) |
| 4 cloves garlic, minced | 1 tablespoon Dijon mustard |
| 1 teaspoon hot pepper sauce | 2 teaspoons Worcestershire sauce |
| 1/8 teaspoon cayenne pepper | 1 teaspoon dry mustard |
| 1/2 teaspoon salt | Popped popcorn, for garnish |
| 1/4 teaspoon black pepper | |
| 3 cups chicken broth | |
| 2 cups beer (we used Capital Brewery's Wisconsin Amber) | |

1. Heat oil in a large saucepan over medium heat, stir together carrots, onion, celery and garlic. Sauté until veggies get soft about ten minutes. Stir in cayenne pepper, salt and pepper. Pour in chicken broth and beer; simmer until vegetables are tender, about 20-30 minutes. Remove from heat.
2. Meanwhile, heat butter in a large soup pot over medium-high heat. Stir in flour with a wire whisk; cook, stirring until the flour is light brown, about 3 or 4 minutes. Gradually stir in milk, whisking to prevent scorching, until thickened. Remove from heat, and gradually stir in cheese. Keep warm.
3. Add beer mixture into cheese mixture. Stir in Dijon mustard, Worcestershire sauce and dry mustard along with hot pepper sauce to taste. Bring to a simmer and cook 10 minutes. You can serve this "as is" but we like to use an immersion blender to smooth it out a bit. Top with popcorn and enjoy!

GOING WITH THE GRAIN

by MARGARET MITTELSTADT
photos CARA BERKEN

ONE-BOWL MEALS ARE THE REAL DEAL, AND THEY ARE HERE TO STAY. WHETHER IT'S BREAKFAST, LUNCH OR DINNER, THERE ARE AS MYRIAD OF FLAVOR CONSTELLATIONS IN A ONE-BOWL MEAL AS THERE ARE STARS IN THE SKY. AND WELL, FOOD JUST SEEMS TO TASTE BETTER WHEN YOU'VE FISHED IT OUT OF A BOWL WITH A BIG SPOON. OUR THREE RECIPES ARE JUST THE TIP OF THE ICEBERG AND WE HOPE THEY WILL INSPIRE YOU TO SEEK OUT MORE. SO, LEAVE THE PLATES IN THE CUPBOARD, BREAK OUT THE SLANKET AND CURL UP WITH A ONE-BOWL MEAL. IT'S INFORMAL DINING AT ITS BEST.

CHEESY SAVORY OATMEAL BREAKFAST BOWL

SERVES 2 Vegetarian • Gluten-free with substitutions

Move over sweet oatmeal. There's a savory new sheriff in town. Oats are like any other grain and lend themselves nicely to a hearty egg and veggie breakfast that will really stick to your ribs. This recipe is just the starter. Feel free to mix it up by adding additional goodies like crumbled bacon bits, sausage or even other cheese flavors. Don't like sprouts? Swap in cabbage or other green cruciferous veggies. It's really up to you.

3 tablespoons olive oil, divided
2 tablespoons shallots, minced
1 cup steel cut oats
½ cup old fashioned rolled oats (not quick oats)
2½-3 cups water or more depending on your preference of cooked oats
¼ cup cheddar cheese, shredded
1 cup Brussels sprouts, shredded or very thinly sliced
1 small sweet potato, peeled and diced
Salt and pepper to taste
2 eggs, cooked to preference
Favorite hot sauce, like Cholula, to taste

1. Heat one tablespoon of the oil in a large skillet over medium heat then add the shallots and stir for 1-2 minutes. Next, add the oats and water, stir, and bring to a boil, then reduce heat to low and simmer oats for 15-20 minutes, stirring occasionally until oats are cooked. Add cheese and stir until melted. Cover and set aside.
2. While oats are cooking, to a mixing bowl add Brussels sprouts and sweet potatoes. Drizzle on the remaining olive oil and season with salt and pepper to taste. Toss to combine. In a skillet over medium heat, add the sprouts and potatoes and sauté until sprouts are cooked and potatoes are soft, about 5-7 minutes. Transfer vegetables to a separate bowl and set aside.
3. Returning the skillet to medium heat, prepare 2 eggs, cooked to preference. We liked eggs over easy as the liquid yolk centers blend nicely with the oats and vegetables.
4. To assemble, divide the cheesy oats into two bowls then add to each the brussels sprouts and potatoes. Top with an egg. Sprinkle with hot sauce to desired taste.





SCANDINAVIAN SALMON BOWL **SERVES 2** *Gluten-free*

Did you know that Scandinavian countries tend to rank in the top happiest countries on the planet? This recipe is a Nordic happy meal that also packs a protein punch. Resplendent with colorful beets, tangy veggies and succulent salmon, it's perfect for those cold dark nights when the requisite dinner fashion is thick cable sweaters, buffalo plaid flannels and woolen mukluks.

- 3-4 small to medium sized beets, trimmed and peeled (we used red beets)
- Salt and pepper to taste
- 4 tablespoons olive oil, divided
- 1 cup red quinoa, uncooked and rinsed
- 1½ cups water
- 1 cup cucumber, peeled, seeded and thinly sliced
- 1 cup red radishes, trimmed and thinly sliced
- 2 tablespoons red wine vinegar or apple cider vinegar
- 1 teaspoon prepared horseradish
- ¼ cup sour cream
- 2 salmon fillets, about 4 ounces each
- 1 tablespoon fresh dill, coarsely chopped plus sprigs for garnish

1. Preheat oven to 450 degrees with a rack in the upper third. Quarter the beets and then cut into ¼-inch thick slices. Place beets in the center of a piece of foil large enough to fold into a pouch. Drizzle with 1 tablespoon olive oil and season with salt and pepper. Gather two opposite sides of the foil together, roll down and press together to make a seal. Roll up each of the ends in the same fashion. You should now have a pouch. Place the foil pouch on a rimmed baking sheet. Roast on upper oven rack until beets are tender, about 20–25 minutes. Remove from oven and carefully open (steam will be hot).
2. While the beets are roasting, place quinoa and water in a small saucepan along with a pinch of salt. Bring to a boil over high heat. Reduce heat to low, cover and cook until water is absorbed, and quinoa is tender, about 15 minutes. Set aside, covered.
3. In a medium bowl, whisk to combine vinegar and 2 tablespoons olive oil. Add cucumbers and radishes and toss to combine. Season to taste with salt and pepper. Set aside to marinate.
4. In a small bowl, combine sour cream and horseradish.
5. Pat salmon dry and season on both sides with salt and pepper. Heat remaining tablespoon of olive oil in a medium nonstick skillet over medium-high until shimmering. Reduce heat to medium, then add salmon fillets to the skillet, skin side down. Press each fillet firmly in place for 10 seconds. Continue to cook, occasionally pressing gently on fillets, until skin is well browned and very crisp, and salmon is almost cooked through, about 5–7 minutes. Flip salmon; cook 1–2 minutes more. Remove salmon from heat. Let cool about 5 minutes. Remove skin from underside.
6. Stir chopped dill into the bowl with marinated vegetables. Spoon quinoa into bowls. Top with marinated vegetables, roasted beets and salmon. Add a dollop of the horseradish sauce. Garnish with dill sprigs.



PUNJABI KADHI *with* DUMPLINGS **SERVES 2** *Vegan • Gluten-free*

Coconut milk and curry are two ingredients that always seem to go hand-in-hand. We simmered creamy dumplings in a rich coconut curry sauce and then piled them on two pillows of nutty brown rice topped with savory spinach. It's a comfort food flavor bomb for your mouth.

- ¾ cup short grain brown rice
- 1¾ cups water, plus 2 tablespoons water
- 8 ounces baby spinach, divided
- ½ cup onion, diced, divided
- ⅔ cup garbanzo bean flour, divided
- ¼ cup plain plant-based yogurt
- ¼ teaspoon baking powder
- 3 tablespoons vegetable oil, divided
- 4 cloves garlic, minced
- 1 tablespoon fresh ginger, minced
- 3 teaspoons curry powder
- 1 13.5-ounce can coconut milk
- 1 teaspoon salt, divided
- 1 small jalapeño, seeds removed and thinly sliced
- 2 tablespoons mango chutney (we like Patak's Sweet Mango Chutney)

1. Add the brown rice, 1¾ cups water, and a pinch of salt to a small saucepan and bring to a boil. Reduce heat, cover and simmer until cooked, about 30-35 minutes. Remove from heat and set aside.
2. For dumplings, roughly chop half of the spinach. Place a medium sized saucepan over medium heat. Add the chopped spinach and two tablespoons of water and cook, stirring occasionally, until bright green and wilted, about 1-2 minutes. Transfer spinach to a mixing bowl. Add two tablespoons of the diced onion, garbanzo bean flour, yogurt, baking powder, two tablespoons vegetable oil and ¼ teaspoon salt. Mix until just combined. Set aside.
3. Return the saucepan to medium heat and heat remaining vegetable oil. Add the remaining diced onion, minced garlic and minced ginger. Cook until aromatic, about 1-2 minutes. Add the curry powder and stir. Mix in the coconut milk and ½ teaspoon salt and bring sauce to a simmer. Cook until slightly thickened, about 2-3 minutes.
4. To cook the dumplings, reduce the curry sauce heat to low. Using a spoon, drop a heaping spoon-full of the dumpling mix into the sauce. You should get 6-8 dumplings. Cover and gently simmer dumplings until they expand and are firm to the touch, about 5-7 minutes.
5. Prepare the remaining spinach by placing a skillet over medium-high heat with 1 tablespoon vegetable oil. Add the sliced jalapeño, remaining baby spinach and a pinch of salt. Cook until the spinach is bright green and wilted, about 2-3 minutes.
6. To serve, divide the brown rice between two large bowls. Top each bowl with sautéed spinach, some of the curry sauce and then dumplings. Dollop with the mango chutney.





Ella Jo Baker, 1903–1986, began her extensive civil rights career in the co-op world as the first executive director of the Young Negroes' Cooperative League.

A BOOK WORTH SHARING:

COLLECTIVE COURAGE

Fills Gaps in Co-op History

by MARI WOOD

HAVE YOU EVER READ A BOOK THAT IMPACTED YOU SO GREATLY THAT YOU FELT YOU HAD TO TELL EVERYONE YOU KNOW ABOUT IT? I HAD THIS EXPERIENCE AFTER READING *COLLECTIVE COURAGE: A HISTORY OF AFRICAN AMERICAN COOPERATIVE ECONOMIC THOUGHT AND PRACTICE* BY JESSICA GORDON NEMBHARD (COPYRIGHT 2014, THE PENNSYLVANIA STATE UNIVERSITY PRESS). IN THE PAST, I'VE CONSIDERED MYSELF A FAIRLY WELL-INFORMED STUDENT OF CO-OP HISTORY. HOWEVER, THIS OPINION OF MYSELF CHANGED AFTER HAVING READ *COLLECTIVE COURAGE* WHERE I DISCOVERED THAT LARGE SWATHS OF U.S. COOPERATIVE HISTORY HAVE BEEN IGNORED AND NEARLY FORGOTTEN IN RELATION TO AFRICAN AMERICANS' INVOLVEMENT IN THIS MOVEMENT. IN CELEBRATION OF BLACK HISTORY MONTH, I'D LIKE TO SHARE A SMALL PORTION OF WHAT I'VE LEARNED WHILE READING THIS IMPORTANT BOOK.

Jessica Gordon Nembhard notes in *Collective Courage* that collectivism has always been present in African American culture; from slaves sharing garden plots to freed individuals pooling their money to buy the freedom of others, the act of cooperation was not a new concept in black communities in the Antebellum South. In fact, the very existence of the Underground Railroad exemplifies a dedication to the act of working together as one.



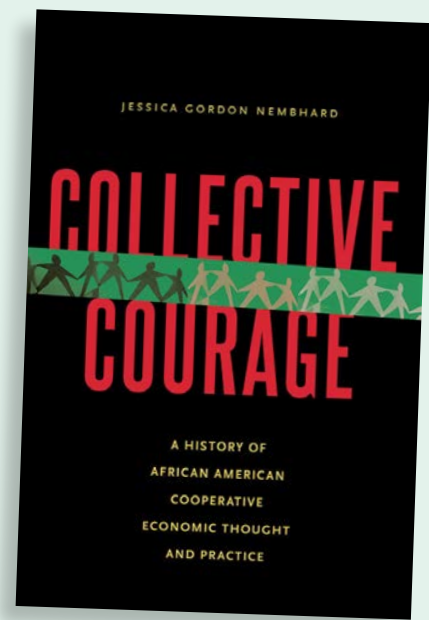
W.E.B. Du Bois, 1868–1963, was a sociologist, historian, civil rights activist, writer, editor and advocate of cooperative economics.

At the same time in the northern states, African Americans created their own mutual aid societies (that provided members with clothing, shelter and health needs), mutual insurance companies, buying clubs, joint-stock businesses and collective farming to improve their economic situation.

Sociologist, historian and proponent of cooperative economics, W.E.B. Du Bois, documented 154 African American-owned co-op organizations in 1907. Nembhard notes, “While most of the cooperative businesses were joint-stock companies or collectively owned enterprises rather than Rochdale cooperatives, he made a case for how often it occurred, how necessary joint ownership was, and how difficult it was for African Americans” (page 72).

Carrying their tradition of mutual self-help forward, the 1930’s proved to be an especially active time for African American cooperatives. It is noted that “eleven active Black cooperatives around the country and ten Black credit unions (nine in New York city)” existed in the 1930’s (page 128). Of these, at least three were consumer grocery co-ops located in Virginia, Indiana and Illinois. Also, from 1928 to 1936, the Paul Laurence Dunbar Apartments, a large housing cooperative built to provide garden apartments for middle-class African Americans and the first of its kind, opened in Harlem.

Another important milestone in African American cooperative development in the 1930’s was the formation of the short-lived Young Negroes’ Cooperative League. Their goal was to “form a coalition of local cooperatives and buying clubs loosely affiliated in a network of councils” and by doing so, “gain economic power thru consumers’ cooperation” (page 113). During its three-year existence, the YNCL’s early work paved the way for the development of young black leadership and redefined the role of African American women in the cooperative movement. For instance, Ella Jo Baker (whose career as a civil rights activist including working with the likes of W.E.B. Du Bois, Martin Luther King Jr. and Rosa Parks to name a few) was hired as the executive director of the YNCL,



You can purchase *Collective Courage* at Outpost!

\$39.95 + tax

an unlikely profession for any woman at that time, African American or otherwise.

After a lull in African American cooperative development in the 1950’s, Nembhard says, “The later twentieth-century urban projects used cooperatives as part of a larger strategy of Black empowerment, and while they were often deliberate about creating cooperatives, co-op development was a minor aspect of a larger strategy” (page 190).

That’s not to say that these cooperative efforts didn’t have an impact. For example, prior to starting his political career, Congressman John Lewis became head of the Southern Regional Council’s Community Organizing Project in 1967 whose “main focus was to establish ‘cooperatives, credit unions and community development groups’ throughout the deep South” (page 218). This cooperative project was also active in the civil rights movement and student activism that included the Greensboro lunch counter sit-in.

In 1967, the Federation of Southern Cooperatives was also founded to support independent Black-owned farms and to help protect landowners’ rights. Over the past five decades the FSC has helped to develop co-ops and credit unions, protected and expanded Black-owned family farms and has provided education and advocacy for their members. The FSC celebrated their 53rd anniversary in 2020.

It’s reassuring to know that all the hard work of African Americans who bettered their lives through collective self-help, is now recorded in Jessica Gordon Nembhard’s *Collective Courage* for generations of readers to access. This book is a humbling read for those of us who thought we knew the whole story of U.S. cooperative history and serves as a reminder to look for the gaps in history, because someone’s story is most likely not being told.

AFRICAN AMERICAN Cooperation & Activism

1



UNDERGROUND RAILROAD

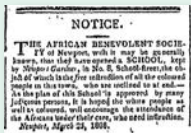
Late 1700's to 1863

One of history's most famous cooperative efforts, the underground railroad helped over 100,000 enslaved people escape bondage

MUTUAL AID SOCIETY

1790's

Free black women formed mutual aid societies whose members pooled their dues to pay sick and death benefits



19



CAP

1970's

The Congress of African People, founded by Amiri Baraka, supports African American communities to form consumer co-ops and credit unions

2

3

4



ICA

1895

The International Cooperative Alliance was founded in Europe and defines the Cooperative Principles



THE THIRTEENTH AMENDMENT

December 6, 1865

The U.S. Constitution abolished slavery and involuntary servitude

COMBAHEE RIVER COLONY

1863

This was a collective founded by several hundred African American women in the South Carolina Sea Islands



5

6



MRB & PA

1896

The National Ex-Slave Mutual Relief, Bounty & Pension Association was lead by Callie House, seeking reparations for ex-slaves



NC MUTUAL

1903

The North Carolina Mutual Insurance Company becomes the largest African American-owned insurance company in the world

20



CHCA

1985

Cooperative Home Care Associates was founded in New York. They became the largest worker cooperative in the U.S. and still exist today

7

8

CITIZENS' CO-OP STORES

1919

The African American owned Citizens' Cooperative Stores opened in Memphis which grew to five locations and served over 75,000 people



W.E.B. DU BOIS

1907

William Edward Burghardt Du Bois publishes *Economic Cooperation Among Negro Americans*, documenting 154 African American owned co-ops



21



Images: 1. Portrait of Harriet Tubman by Harvey B. Lindsley, printed between 1895 and 1910 2. Newport Mercury Newspaper, March 25, 1808 advertises the availability of a school for all African persons in Newport, at no charge to students 3. The Combahee River, South Carolina by Martin Sanders 4. Amendment XIII in the National Archives, bearing the signature of Abraham Lincoln,

NARA 5. International Co-operative Alliance Logo 6. Callie House, Records of the Department of Veterans Affairs 7. Memorial sign of Black Wall Street in Durham Downtown 8. W.E.B. Du Bois (1868–1963), photographed by Cornelius Marion Batten, 1918 9. Executive Committee of the National Negro Business League, c. 1910. NNBL founder Booker T. Washington (1856-1915) is seated,

second from the left. From the Bain News Service collection, Library of Congress. (2015, October 5). 10. An entranceway at Dunbar Apartments, Beyond My Ken. (2014, February 1) 11. Ella Baker, 1964 12. Surplus Foods Are Quality Foods" over Surplus Commodities Program display in 1936, Franklin D. Roosevelt Presidential Library and Museum 13. Freedman's Savings Bank on Pennsylvana

GO CO-OP!

10 11



HARLEM'S DUNBAR APARTMENTS 1928 - 1936

The first housing cooperative of its kind, provided housing for middle-class African Americans

YNCL 1930

The Young Negroes' Cooperative League was formed with Ella Jo Baker as their executive director



12

CONSUMERS' COOPERATIVE 1936

The Consumers' Cooperative Trading Company in Gary, Indiana was considered to be the largest grocery co-op ran by African Americans



CREDIT UNIONS 1940's

African American credit unions continue to expand, especially in rural areas



22

ICC 1999

The Ella Jo Baker Intentional Community Cooperative was founded in Washington, D.C. to save affordable housing due to gentrification



COLLECTIVE COURAGE

2014

Jessica Gordon Nembhard published *Collective Courage* by Penn State University Press

13

14



BSCP 1948

The Brotherhood of Sleeping Car Porters Cooperative Buying Club was the only co-op of its era to be founded and ran by African American women



GREENSBORO SIT-INS

February 1 – July 25, 1960

Greensboro Lunch Counter Sit-in which spread to more than 55 cities in 13 U.S. states within three months

15

16

17

18



BLOODY SUNDAY

March 7, 1965

The crossing of the Pettus Bridge in Selma, Alabama

BLACK PANTHER

1966

The Black Panther Party was founded in Oakland, California. They provided cooperative housing and bakeries for their community as well as other social needs



FSC 1967

The Federation of Southern Cooperatives was founded to provide self-help economic opportunities for low-income farming communities across the South



23

50 YEARS

2017

Federation of Southern Cooperatives celebrates its 50th anniversary



nia Avenue in Washington, D.C. (U.S. Capitol Visitor Center) 14. Members of the National Council of Negro Women 15. L-R: David McNeil, Franklin McCain, Ezell Blair and Joseph McNeil walking in downtown Greensboro, North Carolina to protest the local merchant practices of refusing service to African-American customers, *The Greensboro Four*

(February, 1960) 16. Police watch marchers turn around on Tuesday, March 9, 1965 (U.S. Department of Justice) 17. Original six members of the Black Panther Party (1966) Top left to right: Elbert "Big Man" Howard, Huey P. Newton, Sherwin Forte, Bobby Seale Bottom: Reggie Forte and Little Bobby Hutton (Book Cover of *Strong Poison*) 18. Remem-

bering *Shade Tobacco* (State Archives of Florida) 19. Baraka in 2013 for *Swing333* (2015, November 1) 20. Cooperative Home Care Associates logo 21. Foundation for Intentional Community logo 22. Jessica Gordon Nembhard photographed by Bob Nichols (2015, October 19) 23. Mural at FSC



it's all **IN THE MIX**

story and photos by MICHAEL SORENSEN

"IT'S NEVER TOO LATE TO BE WHAT YOU MIGHT HAVE BEEN." FOR YEARS SUSIE ROBERTS, OWNER OF KALYANA ORGANICS, WOULD SHARE THIS QUOTE BY ENGLISH POET GEORGE ELIOT WITH ANYONE WHO WOULD LISTEN AND FINALLY, AFTER YEARS OF QUOTING IT, SHE GOT THE CHANCE TO PRACTICE WHAT SHE PREACHED.

In 2017, Susie found the opportunity to follow her dreams through a serendipitous encounter at a local health food store where she met a fellow baker whose gluten-free products impressed her so much, she bought her business.

"My friend and I decided we'd go to Delafield where her products were being sold and spy on her," Susie tells me, as she adds butter bit-by-bit to a mixing bowl in her bright Dousman kitchen. "I had

discovered one of her organic coconut flour banana chocolate chip muffins at a local store. It was gluten-free, dairy-free and soy-free. I gave it a try and I thought 'These are the best muffins I've ever tasted!' I was determined to find out what made these muffins taste so good."

So, in the middle of a health food store Susie confessed she was looking to get into the gluten-free baking game at the same time the other gluten-



free baker was looking to hang up her apron. “It was kismet,” Susie remembers. “We were both like, ‘what’s happening?’ We both had this incredible feeling.”

It turned out to be a pivotal moment for Susie. Years earlier, her grandson, Aiden, was diagnosed with Autism Spectrum Disorder and Susie had been on a quest to find healthy, tasty foods for him to eat. “I wanted him to have all the treats the other grandkids had. I read how gluten can sometimes affect the gut of autistic children and sometimes it can be a good idea to take gluten out of their diet. But I thought, what’s he going to eat? He couldn’t eat grandma’s goodies, so I started experimenting with gluten-free baking.”

Along with the KalyANa name (and the banana chocolate chip muffin recipe) Susie was also able to purchase all of

the baking equipment and continue baking in the same commercial kitchen in Dousman where the products were originally made. It might be a drive from her Milwaukee home, but she says she’s come to enjoy the peaceful location.

However, this location will be changing soon. Susie won Rev-Up MKE 2018, an annual “shark tank” like competition. The prize included a ten thousand dollar cash prize, twenty-five thousand dollars’ worth of services and a building with a store front in the Near West Side of Milwaukee. COVID put everything on hold, but KalyANa is hoping to make the move in 2021.

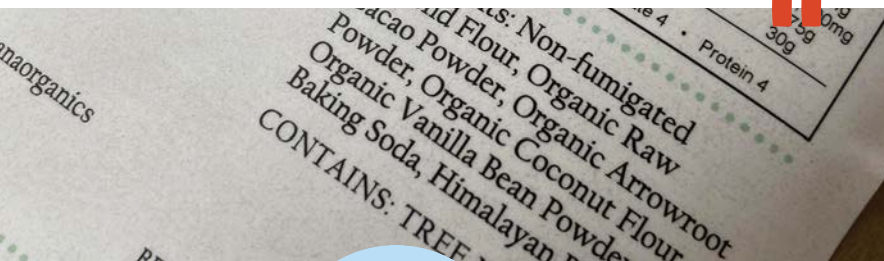
“It’s truly never too late to pursue your dream, I started my business one month before my 59th birthday. Three years later... I’m embracing life and I love my business. I

(continued)

LOOK FOR SUSIE'S TASTY TREATS IN
OUR BAKERY & BAKING SUPPLIES AREA
WWW.KALYANAORGANICS.COM

love it when people say, 'Ew...gluten-free' and then they taste what I've made, their faces light up, and they love it! Trust me, all they have to do is taste it."

You can taste KalyANa's ready-baked organic coconut flour muffins and delicious packaged mixes at your local Outpost. The packaged mixes include: Brown Butter Chocolate Chip Cookie Mix, Double Chocolate Almond Flour Brownie Mix, Power Pack Pancake Mix (with hemp and flax seed), Sweet Potato Chai Pancake Mix, Deep Chocolate Almond Flour Cake Mix, Organic Sprouted Grain Pizza Crust Mix, and of course, Coconut Flour Banana Chocolate Chip Muffin Mix. If they're not on the shelves, just ask and we'll be glad to have Susie drop off more!



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