

# GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS CO-OP

## *Fire Up* THE GRILL

PAGE 14

MEET THE  
FORCE BEHIND  
FUNKY FRESH  
SPRING ROLLS

PAGE 12

LOCAL GOAT  
CHEESE FROM  
BLAKESVILLE  
CREAMERY

PAGE 20

PLU 3010  
SPRING 2021

FREE WITH ANY PURCHASE



## FIRST WORD.

*Spring was even more special when I got to spend it with my great grandma, Martha Wagner, in her greenhouse.*

### THE PROMISE OF SPRING

*"If we had no winter, the spring would not be so pleasant." Anne Bradstreet*

As the earth springs back to life with the smallest of buds emerging from the ground and on the trees, I'm longing to be outdoors in my garden, on my bike, in front of the grill or hanging out with friends – something that I've missed the most these past long winter months.


Here at the co-op new things are budding as well! For our 16 year-old Bay View location we are planning a major remodel that will expand the shopping area of the store with an additional 4,000 square feet. Our bulk hub (where we purchase bulk by the pallet to package and distribute to our stores and wholesale accounts) was housed behind the scenes at this location and recently moved to our central services location, both to improve operations and free up the additional space we need to make Bay View our largest store! Look for more details about this remodel by the beginning of summer.

Also, 414 Flowers will return around May 1 (weather dependent) at our Bay View store and will make their debut at our Wauwatosa location. This independent garden center works with local Wisconsin growers providing perennials, annuals, seedlings and other gardening supplies. We're excited to work with this local company for a third season.

We've also been doing a lot of thinking about outdoor dining at all of our stores. With the indoor seating areas still closed for the foreseeable future, we are planning on larger outdoor seating options where feasible, at all of our locations starting in late spring. While some of our stores are a bit landlocked, we recognize the need for folks to gather in a safe environment, as our small, indoor seating areas will remain closed until it is truly safe to reopen them.

But wait, there's more! New seasonal entrees, salads and bakery will also appear at all of our stores throughout the season. Can I say I'm bursting with excitement about the vegan donuts from East Side Ovens bakery? Bursting!

Enjoy the wonder of the season, stay safe and please don't forget to support the co-op. Together we are building a healthy, diverse and sustainable community.



PAM MEHNERT  
General Manager



## WHAT IS GRAZE?

### AUTHENTICALLY LOCAL

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

### FRESH

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

### SMART

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

### FUN

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

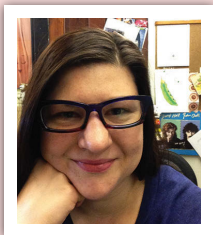
GRAZE IS PUBLISHED  
QUARTERLY, WITH NEW  
ISSUES EACH SEASON.



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# WHO IS GRAZE ?

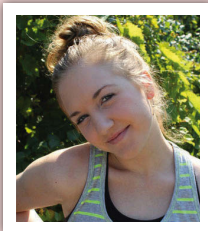


## *i am* CARA BERKEN.

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

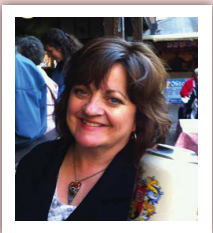
## *i am* HANNAH EVANS.

*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.*



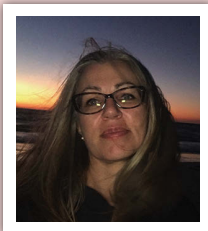
## *i am* LISA MALMAROWSKI.

*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.*



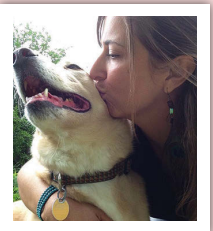
## *i am* MARGARET MITTELSTADT.

*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.*



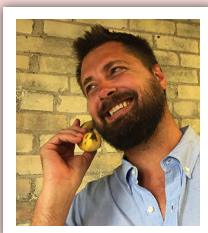
## *i am* DIANA SCHMIDT.

*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.*



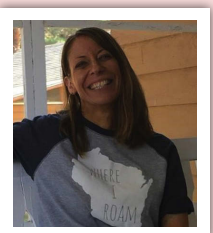
## *i am* MICHAEL SORENSEN.

*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.

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

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*...features.*

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



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# (you'll) SWOON.

THINGS WE LOVE.



## MILAEGER'S MICROGREENS

GOODNESS GREENNESS THESE SPROUTS ARE STUPENDOUS

We know - 'microgreens' sound so bougie, but here's the deal - they are mini flavor bombs with an irresistible texture. So, when family-owned Milaeger's, just down the road in Racine, started growing these little green jewels, we jumped at the chance to bring them to our co-op. Not just for fancy-pants chefs, we home cooks use them just like regular sprouts as a garnish on salads and sandwiches, sprinkled in soups, tossed in stir-fries, or topping pizzas or burgers, because they're loaded with vim, vigor, snap and so much flavor. And if that's not enough, these mini microgreens contain 40-60% higher levels of vital nutrients than their mature counterparts! With a boost of flavor and a boost of nutrition, these teeny leaves definitely best your usual sprouts.

## JAKE'S STRONGGINGER DRINK

GINGER HOT SHOTS WE GOT

Straight outta' Sheboygan comes Jake's StrongGinger Drink. Micro-brewed in small batches, using 100% fair trade, pure Peruvian organic ginger and whole organic lemons. Jake's started when Frank "Jake" Jacobson became well known around his hometown for his natural remedies for physical, mental and spiritual health. It was on his travels to Machu Pichu that he stumbled upon the gnarly, golden ginger root that the locals referred to as the "Miracle Cure" and so began his fascination with ginger. Soon, ginger, juicers, kettles, pulpers and strainers, funnels and bottlers took over his kitchen until he moved to a larger space. Jake's StrongGinger is still exclusively made in small batches and is incredibly versatile: Cook with it. Bake with it. Mix it into your favorite salad dressing or hot toddy or smoothie. Or drink it straight up! Every sip packs a spicy, yet tart punch. But get ready - this shot is quite the kick!



## TROUBADOUR BAKERY

### ENGLISH MUFFINS

MUFFINS ARE THE NEW BUNS

The year 2020 was rough, but we did get one good thing out of it: Troubadour, Colectivo's outta' this world bakery, debuted their crunchy-on-the-outside, fluffy-on-the-inside, totally legit English muffins. These are not like your usual packaged English muffins. They're more portly, full of rich, homemade flavor, and dare we say life changing, when toasted and topped with a little butter. But why stop there? They're even better as a breakfast sandwich and sturdy enough to handle anything you want to put between them: a juicy burger, BBQ pork, egg salad, sloppy Joe's...you name it - Troubadour's muffins can take it. Made with all-natural ingredients these are the muffins with the "most-est." Look for them in the fresh breads aisle! They're better than anything you'd bake, and besides, isn't it nice to have someone do the baking for you?



## TUCSON TAMALES

YOUR INSTANT TAMALADA WITHOUT THE FUSS

We just learned the word "tamalada." What?! It's a tamale making party, folks. Sherry Martin and her husband, Todd, the geniuses behind these tasty tamales, honed their mad skills at these family parties through-

out the Tucson area. Handmade with fab fixings, like 100% organic corn masa, antibiotic-free pork or chicken, lush cheese and perfectly prepared beans, they're not only easy to prepare, but incredibly authentic and tasty to boot. Each corn-husk wrapped tamale starts with perfectly creamy masa encasing a savory filling. From Pork & Cheese to Black Bean & Cheese, and Green Chili & Cheese to Vegan Blue Corn & Veggie, we suggest hosting your own tamalada the easy way. Pick up a few packages from the freezer section, pop them in the microwave for a few minutes, and you're ready to unwrap the authentic taste of the Old West right here in the good ole Midwest.



**ASH-APOPS** ..... THIS NIFTY SNACK IS NOTHING TO SNEEZE AT

We get it – Ashapops sounds like a sneeze, but move past the unusual name and prepare to be amazed. These tasty snacks are crafted with the seeds of the Euryale Ferox, a water lily plant, and hail from India where they’re called Makhana. That’s right...we’ve got popped water lily seeds for your snackable cravings! Recommended by the Indian holistic healing science Ayurveda, they’re a delicious plant-based superfood that’s also vegan, paleo, gluten-free, non-GMO, corn-free and sugar-free. Needless to say, we’re in love. Why? Well, the texture reminds us of cheese balls (you know...the ones that come in giant buckets and get cheese dust everywhere), but these are actually good for you. The Chili Lime has a nice little heat, the vegan cheese dances with savory notes, and the chocolate has a subtle hint of sweetness. Each bag is only 100 calories and packs around four grams of plant protein. They’re also a great source of magnesium, which helps you relax...and who doesn’t need a little relaxation nowadays?

**WATERFORD IRISH BUTTER** ..... IT’S NOT ILLEGAL TO LOVE IRISH BUTTER

Fun fact: Once upon a time it was illegal to buy European butter in Wisconsin. According to a state-wide regulation dating back to 1970, all butter sold in Wisconsin had to bear either a federal or Wisconsin grade mark. Fortunately, our state came to terms with Ireland back in 2017 and now Irish butter manufacturers pay to have it inspected by a certified Wisconsin dairy inspector. Weird story, but it all worked out for us because now we can slather some of the world’s best butter on our toast. Since the 1700s, Ireland’s southwest coast has been known for its rich, pasture-raised butter that has more butterfat than its American counterparts. We think Waterford’s kosher, non-GMO butter is one of the best. Its deep yellow color (full of beta-carotene from the grass cows eat) makes it a true delicacy, no matter how you spread it or what you bake with it!



**OUTPOST’S OWN MEDITERRANEAN LUNCHBOX** ..... THIS MEZZE DOESN’T MESS AROUND

In any sun-kissed town on the coast of the Mediterranean Sea the mezze (the fancy way of saying a selection of small, tasty dishes) makes the perfect snack between meals, or even as the meal itself. That’s why we find ourselves reaching for our version of these handy “lunchables” again and again because they really do deliver just the right dash of worldly delicacies to satisfy any craving. Briny olives, chewy pita and salty feta cheese are just the warm-up for our classic creamy and delicious hummus, tender bursting-with-flavor stuffed grape leaves filled with spices and rice and the coup de grace, a hearty portion of our signature Orzo Spinach Feta Salad. When we’re in a rush and need a little break, it’s all right there in one handy container just waiting for us to tuck in, fill up and dream of blue skies, white beaches and calm seas.



# (our) SPRING KITCHEN TABLE

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

## Ra RAMPS



**PEAK .** APRIL, LIMITED  
**BENEFIT .** HIGH IN VITAMINS A, C, CHROMIUM, & SELENIUM. CARDIOVASCULAR HEALTH BENEFITS & IMMUNE SYSTEM BOOSTER.

## Sp SPINACH



**PEAK .** APRIL  
**BENEFIT .** HIGH IRON, VITAMINS K, A, C, MAGNESIUM, MANGANESE, & FOLATE. VITAL FOR BONE HEALTH.

**O**UR KITCHENS ARE READY FOR THE SWEET TASTE OF SPRING! FROM SALADS BRIMMING WITH CHEERFUL RADISHES, TO TARTS WITH THE SEASON'S BEST RHUBARB, THE BRIGHT FLAVORS WE ALL CRAVE ARE ALL COMING INTO SEASON LOCALLY. OUTSIDE OF YOUR GARDEN AND THE FARMERS MARKETS, OUTPOST IS WHERE YOU'LL FIND THE BEST OF THE BEST. SO MANY OF THESE SPRING FAVORITES ARE AVAILABLE ALL YEAR LONG, BUT HERE'S WHEN OUR LOCAL FARMERS START BRINGING THEM TO US!

## Mo MORELS



**PEAK .** MAY, LIMITED  
**BENEFIT .** POTASSIUM & VITAMIN D POWERHOUSE, ANTI-INFLAMMATORY, IMMUNE SYSTEM BOOSTER.

## Rd RADISH



**PEAK .** MAY  
**BENEFIT .** HIGH IN VITAMIN C, FOLATE & B2. GREAT FOR DIGESTION.

## As ASPARAGUS



**PEAK .** MAY  
**BENEFIT .** HIGH IN FIBER, FOLATE, VITAMINS A, C, & K. EXCELLENT SOURCE OF ANTIOXIDANTS.

## Rh RHUBARB



**PEAK .** MAY  
**BENEFIT .** RICH IN ANTIOXIDANTS & ANTI-INFLAMMATORY PROPERTIES.

## Ga GARLIC SCAPES



**PEAK .** JUNE  
**BENEFIT .** GOOD SOURCE OF FIBER, HIGH IN ANTIOXIDANTS, & ANTI-INFLAMMATORY PROPERTIES.

## Tm MINI TURNIPS



**PEAK .** JUNE  
**BENEFIT .** VITAMINS A, C, E, K, B1, B3, B5, B6, B2, & FOLATE! HIGH IN MINERALS LIKE MAGNESIUM & IRON.

## Ch CHARD



**PEAK .** JUNE  
**BENEFIT .** A GREAT SOURCE OF VITAMINS K, A, C, MAGNESIUM, & IRON.

## Bo BOK CHOY



**PEAK .** JUNE  
**BENEFIT .** FOLATE, POTASSIUM, VITAMIN C & B-6, ALL HELP TO MAINTAIN A HEALTHY HEART.

*Due to market variances and seasonality, some items may not be available at all stores, at all times.*



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

**Ba**

BASIL



**PEAK .** LOCAL ALL YEAR  
**BENEFIT .** BOTH DIGESTIVE AID & ANTI-INFLAMMATORY PROPERTIES.

**Ss**

SPROUTS



**PEAK .** LOCAL ALL YEAR  
**BENEFIT .** ALL THE NUTRITION OF THEIR NAMESAKE, BUT EASIER TO DIGEST THAN THE VEGETABLES THEY GROW INTO.

**Wa**

WATERCRESS



**PEAK .** MAY, LIMITED  
**BENEFIT .** EXCELLENT SOURCE OF VITAMINS A, C, E & K AND MINERALS LIKE CALCIUM & POTASSIUM. SHOWN TO LOWER GLUCOSE LEVELS.

**Sn**

SNAP PEAS



**PEAK .** JUNE  
**BENEFIT .** EXCELLENT SOURCE OF VITAMIN K, VITAL TO PROCESSING CALCIUM. BONE HEALTH BOOSTER.

**Ll**

LEAF LETTUCES



**PEAK .** JUNE  
**BENEFIT .** EXTREMELY HYDRATING & LOADED WITH ANTIOXIDANTS, PLUS VITAMINS A & K.

**Da**

DANDELION GREENS



**PEAK .** JUNE  
**BENEFIT .** VITAMINS A, C, & K, & MINERALS IRON, CALCIUM, & POTASSIUM. REGULATES BLOOD SUGAR & SUPPORTS IMMUNE SYSTEM.

## (a) recipe

### SIMPLE GARLIC HERB AIOLI

MAKES 1¼ CUPS Vegetarian • Gluten-free



*If you like mayonnaise, you will love this. Some kind of magic happens when you add fresh garlic and herbs to an already excellent condiment. It's lush, flavorful and just a little tangy from the lemon juice.*

1 cup high-quality mayonnaise or plain aioli  
 2 garlic cloves, very finely minced or mashed  
 ¼ cup fresh herbs such as chives, dill and parsley, finely chopped  
 Juice of ½ lemon  
 Salt and pepper to taste

Put mayonnaise into a small mixing bowl and add all ingredients. Mix well and refrigerate before serving. Great with veggies or as a sandwich spread.

## (another) recipe

### DANDELION SPRING GREEN PESTO

MAKES ABOUT 1 CUP Vegan • Gluten-free

¼ cup unsalted, hulled (green) pumpkin seeds  
 2 garlic cloves, minced  
 ¼ cup grated vegan Parmesan  
 1 bunch dandelion greens (about 2 cups, loosely packed)  
 1 tablespoon lemon juice  
 ½ cup extra-virgin olive oil  
 Salt and black pepper, to taste

1. Over medium heat in a skillet, toast pumpkin seeds until just fragrant, about 5 minutes. Remove from the skillet and cool.
2. Pulse the garlic and pumpkin seeds together in the bowl of a food processor until very finely chopped.
3. Add vegan Parmesan cheese, dandelion greens and lemon juice, process until combined, scraping sides as needed.
4. With the blade running, slowly pour in the olive oil and process until the pesto is smooth. Add salt and pepper to taste.

# black garlic

## TWO WAYS

**W**E DIDN'T THINK GARLIC COULD BE IMPROVED UPON UNTIL WE TASTED BLACK GARLIC! THIS ANCIENT SUPERFOOD HAS PROPERTIES THAT BOOST THE IMMUNE SYSTEM, IS HIGH IN AMINO ACIDS AND HAS TWICE THE ANTI-OXIDANTS OF REGULAR GARLIC. YOU CAN USE IT IN ANY RECIPE WHERE YOU WOULD NORMALLY USE ROASTED GARLIC.

As we crave to expand our pantries to include more flavor and celebrate cultures around us, it's a perfect time to explore unique garlic. Its depth of flavor is just as complex as its 4,000 year old history. Some sources give credit to Japan for its origins, while others are firm that it originated in Korea and was developed to strengthen the immune system. The beauty of this ancient ingredient with complex East Asian roots isn't just the enchanting hue—black garlic is an umami dream.

Writing about black garlic was a process for me. As a white woman living in Milwaukee, I know that my Asian friends grew up being made fun of for the food that is finally reaching my pantry. Experimenting with traditional recipes for black garlic is not only out of my culinary league, but it felt disingenuous to attempt. Ultimately, these complicated origins and feelings are both part of how I celebrated the cultures that brought us black garlic. I'm excited to continue to find ways to bring its umami magic into my kitchen!

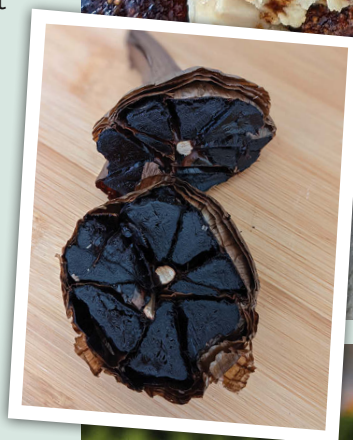
### BLACK GARLIC & ASPARAGUS FRITTATA

SERVES 6 *Gluten-free*

*This was my version of just popping the black garlic clove in my mouth, getting to know the flavors and umami power. The result was an out-of-the-ordinary egg experience, featuring the funky flavors that black garlic is known for. I highly recommend this flavor-forward frittata, which led to my dreaming of other ways to bring umami to my plate. For the leftovers, I drizzled a small amount of toasted sesame oil on top after reheating in the microwave, topping with Eden Gomasio (sea salt and roasted sesame seeds).*

1/2 pound asparagus, ends trimmed and chopped	12 large eggs
1 tablespoon butter	4 ounces feta or chevre, crumbled
1 medium potato (optional), sliced thinly	6 black garlic cloves, roughly chopped
	Salt and pepper to taste

1. Bring an inch of salted water to a boil in an ovenproof frying pan. Add the asparagus to the pan and par boil for 3 minutes then drain.
2. Preheat oven to 375 degrees. In a bowl, whisk together the eggs, then crumble in the feta, add the asparagus and black garlic and season with pepper and salt.
3. Clean and dry the frying pan used to par boil the asparagus. Over medium heat add a knob of butter to the pan and arrange the thinly sliced potatoes to cover most of the bottom of the pan. Cook for 5 minutes until the potatoes are just tender.
4. Pour in the egg mixture on top of the potatoes and cook over a low heat for 5 minutes. Transfer to the oven and cook for another 20 minutes or until the frittata is set. When the center doesn't jiggle, you know it's done. Cut and serve warm or at room temperature.



**1**ST  
*way.*



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



## BLACK GARLIC MARINATED FIG (OR TOMATO) TARTS MAKES 6 TARTS

*If you crave sweet and salty, you're not alone. Never have I ever seen a test recipe get devoured as quickly as these. It was hard to choose which to highlight, tomato or fig, so I've included both versions. LaClare honey chèvre or honey fig chèvre are our favorites for this recipe, but unflavored chèvre (from Blakesville Creamery, see page 20) works just as well. The variations are endless; pears, asparagus, roasted butternut, whatever the season's best is, and the directions are the same! These reheat beautifully the next day at 350 degrees for 10 minutes.*

### For the black garlic and honey sauce:

2 tablespoons balsamic vinaigrette  
2 tablespoons honey  
6 black garlic cloves, chopped  
4 tablespoons extra virgin olive oil  
Salt and pepper

### For the tarts:

1 puff pastry sheet (12 x 8 inches),  
defrosted  
1 pint fresh figs, dried figs, or cherry  
tomatoes  
2 ounces chèvre, crumbled

1. For the sauce, using a blender, whisk or immersion blender, combine the vinegar, honey, cloves and oil to combine. This will be thick for the pastry. Any extra can be thinned with a little more olive oil and balsamic to make a fantastic vinaigrette.
2. For the tarts, preheat oven to 400 degrees. Place your puff pastry on a parchment paper-lined tray. Using a knife, divide the pastry into 6 pieces and fold edges in to create a little pastry fence to keep the filling from falling out.
3. Place the tray in the refrigerator to rest while you prepare the other ingredients.
4. Choose your filling: for cherry tomatoes, cut in half; fresh figs cut into rounds; dried figs should be soaked in boiling water for 2 minutes to soften before cutting into rounds. Toss your filling in a couple spoonfuls of the black garlic honey sauce. Set aside.
5. After 20 minutes of resting, pierce your pastry several times with a fork or paring knife. Spoon the filling evenly onto each pastry, avoiding the rolled edge.
6. Turn the temperature down to 375 and bake for 20-30 minutes until the edges of the tart rise and turn golden brown.
7. Remove from oven and sprinkle with chèvre and drizzle with the sauce to serve.



### what is black garlic?

Black garlic is garlic that's been transformed through low and slow heat into the texture of dates. The slow cooking process also mellows the sharp bite of fresh garlic, replacing it with flavors of figs, balsamic and soy sauce, with a hint of garlic. The result is umami magic! If you're new to umami, it's that 5th taste: a description for savory that Asian cultures have understood for generations.

### how do you use it?

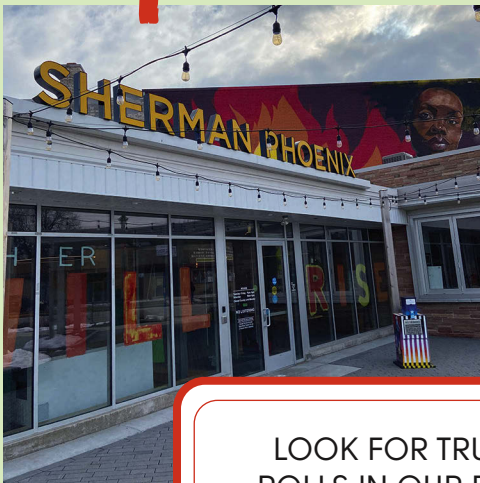
Really, you can just pop it in your mouth. One of my favorite customers pops a couple black garlic cloves a day into smoothies or just eats them out of the bag. Black garlic contains more antioxidants than regular garlic and is used for its anti-inflammatory benefits. If that's too intimidating, grab a good baguette and smooch the garlic on with a knife and drizzle with olive oil (really)!

### ready to experiment?

After getting acquainted, simple sauces or adding to mayonnaise is a great second step for vegetables, sandwiches and burgers (ok, maybe I stole the burger idea from watching Bob's Burgers). Black garlic lends its savory flavor to pesto, sauces, soups, marinades and stir-fries, becoming your secret ingredient that no one can guess. Bottom line, if you love garlic, but don't love garlic breath, black garlic is the way to go.



*let the good times*  
**ROLL!**



LOOK FOR TRUEMAN'S SPRING ROLLS IN OUR FREEZER SECTION.  
[WWW.FUNKYFRESHSPRINGROLLS.COM](http://WWW.FUNKYFRESHSPRINGROLLS.COM)



story & photos by MICHAEL SORENSEN  
 additional photos by Kelly Wallschlaeger

**"A** LOT OF GOOD STORIES START WHEN THE HERO'S BACK IS AGAINST THE WALL," TRUEMAN MCGEE TELLS ME IN HIS MAKESHIFT OFFICE SPACE IN THE BASEMENT OF THE SHERMAN PHOENIX. "FOR ME, IT STARTED WITH BEING LAID OFF AT 28 WITH A TWO-YEAR OLD SON AND HAVING TO MOVE BACK IN WITH MY PARENTS."

It was a tough time for TrueMan but it was also a moment of clarity. "I realized I'm in control of my life and the only person who can get me out of this is me." And this is where the inspiration for Funky Fresh Spring Rolls began.

Step one involved taking better care of himself by reading and learning about the importance of diet and nutrition on, not only the body, but the mind. In six months, TrueMan put in the work and lost 50 pounds by changing the way he looked at food.

"I realized which foods make you feel better. Food isn't supposed to weigh you down. It isn't supposed to make you feel groggy or sleepy. I didn't feel that way anymore after I started eating better."

His success was so inspiring he went into business for himself as a personal trainer. In 2012, with the help of a 400-pound tractor tire, he started Getting Tired Fitness to help other people take charge of their weight.

He soon discovered it wasn't so much the workouts as it was eating habits that made the biggest difference in his client's weight loss, so he started creating healthier food options which led to experimenting with one of his favorite foods: the spring roll.

"I loved egg rolls and spring rolls. The problem was they don't have that many nutrients and the wrapper is deep fried. I thought I could change this by using healthier ingredients like kale, sweet potatoes and black beans and, instead of deep frying, I'm going to bake it with a little brush of olive oil. The way we cook food and how way we prepare food is just as important as what we put into food. It all started just from me making healthier substitutions and I ended up with this product that I was like, 'Whoa, this is pretty good.'"

His clients agreed and TrueMan started making his Funky Fresh Spring Rolls grilled to order at farmers markets, the Innovation and Wellness Commons on North Avenue and the Grand Avenue. It wasn't until 2019 that he found his new permanent home at the Sherman Phoenix.

"The Sherman Phoenix has been pivotal to our success. To have a steady location and to be embraced by the community, the community I grew up in just ten blocks away, and to bring healthier options to a food desert... well, on a personal level I am extremely grateful. I feel like we're a big part of this community."

Being a part of that community and being a Black business owner in Milwaukee is also something TrueMan takes seriously.

"As a Black business owner, I want to inspire other black people to be proud of themselves and take pride in their work and become the best they can be. I feel like 2020 was such an awakening and it was something that we needed. As Americans, we just ignore the tough conversations," TrueMan pauses. "Let me put it this way: If I'm working out, the only way to get stronger is to put your body through some resistance, to go through some struggle. It's the same as people—we have to have those uncomfortable conversations for growth, and I'm ready to have those conversations."

As for having his products on Outpost's shelves well... "Let me tell you. I am so excited for this. From day one getting into Outpost was always on my to-do list. Now that it is actually happening I am ecstatic. I'm going to be the first customer to buy my own product so I can send a picture to my mom. I love that Outpost gives small business an opportunity and I am forever grateful for the opportunity. It's a dream come true."





# CAMP CHOW *for the* GREAT OUTDOORS

*(our)*  
**MENU**

GRILLED STREET CORN SALAD  
GRILLED SWEET POTATOES WITH  
CHIMICHURRI  
COWGIRL SKILLET BEANS  
GRILLED SONORAN-STYLE HOT DOGS  
MINI CHEEZECAKES IN JARS



by LISA MALMAROWSKI  
photos CARA BERKEN

**G**O BEYOND YOUR USUAL WARM WEATHER FOODS WITH THESE EASY TO MAKE, AND EASY TO TOTE, DISHES. WITH A LITTLE PREP WORK YOU'LL BE READY TO ANSWER THE CALL OF THE WILD WHETHER IT'S YOUR BACKYARD OR A SECLUDED CAMPSITE, NO CHUCKWAGON REQUIRED!

## GRILLED SWEET POTATOES *with* CHIMICHURRI

**SERVES 4-6**

*Vegan • Gluten-free*

*When you fire up the grill remember the sweet potatoes. This recipe tosses thick potato slices with some oil and salt, and after about 10-15 minutes on the grill they'll be sweet and tender with a hint of smokiness from the flames. To up the ante, toss the still-warm potatoes in an intensely flavored Argentinian chimichurri sauce for a real showstopper.*

- 1 ½ pounds sweet potatoes (about 3 medium)
- 1 bunch flatleaf parsley including stems, washed and dried
- 2 cloves garlic, peeled
- 1 tablespoon smoked sweet paprika
- 2 tablespoons fresh oregano
- ¼ teaspoon cayenne pepper (or to taste)
- ⅔ cup extra virgin olive oil plus 2 tablespoons
- ⅓ cup white wine vinegar (red wine or sherry vinegar will work too)
- Salt and pepper to taste

1. Prepare a grill to medium-high heat. About 350 degrees.
2. While the grill is heating, peel and cut the sweet potatoes crosswise on a slight diagonal into ½-inch-thick slices. Place in a large bowl, drizzle with 2 tablespoons olive oil, season with salt, and toss to combine.
3. Add the parsley, garlic, paprika, oregano, cayenne, olive oil, vinegar, 1 teaspoon salt and pepper to a blender. Blend until smooth.
4. Grill sweet potatoes about 5-7 minutes per side. When soft transfer to a platter.
5. Pour sauce over top of sweet potatoes. Serve.

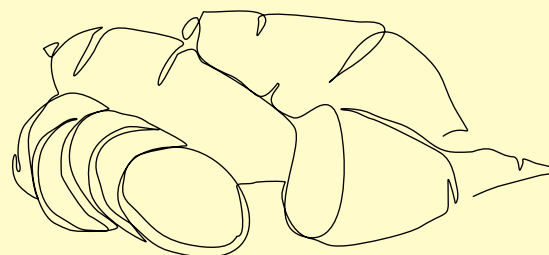
## CHIMICHURRI SAUCE MAKES ABOUT 1½ CUPS

*Vegan • Gluten-free*

*This Argentinian-inspired sauce is great on most any grilled food and classic on grilled meats. Our version features smoked paprika which works great on vegetables to add just the right smoky note. This recipe makes more than you'll need for the sweet potatoes which is great because you'll be wanting to eat it on everything and it's especially good drizzled atop avocado and grilled sweet potato toast.*

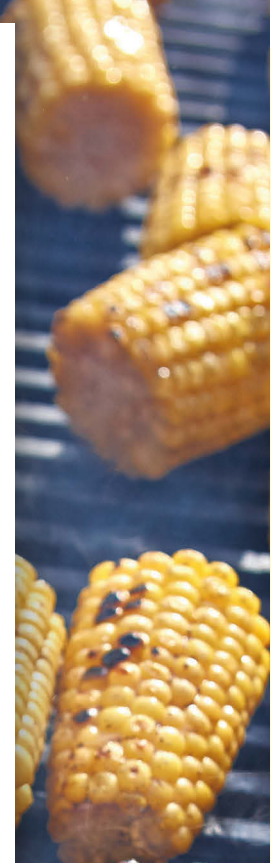
- 1 bunch flatleaf parsley, washed, shake off extra water
- 2 cloves garlic, peeled
- 1 tablespoon smoked paprika
- 2 tablespoons fresh oregano
- ½ teaspoon cayenne pepper or to taste
- ⅔ cup extra virgin olive oil
- ⅓ cup red wine vinegar
- Salt and pepper to taste

Put all ingredients (except salt and pepper) into a blender and process until smooth. Add salt and pepper to taste. Refrigerate until using.



*(continued)*





## GRILLED CORN SALAD

**SERVES 4-6** Vegetarian • Gluten-free

*Elote, also known as Mexican street corn, is ubiquitous and found all over Mexico. This popular snack is usually made with mayo and cotija cheese, but we're mixing it up a little by turning it into a salad and adding basil, a splash of citrusy lemon and creamy goat cheese.*

- |   |  |
|---|--|
| 5 ears corn, husks removed (or 1, 12-ounce package frozen corn kernels) | ¼ cup diced green onion  |
| 2 medium zucchinis  | 1 pint cherry tomatoes, halved   |
| 1 tablespoon olive oil  | 2 tablespoons basil, chopped   |
| 1 tablespoon apple cider vinegar  | ½ cup plus 2 tablespoons fresh Blakesville chèvre cheese (see page 20) |
| 1 teaspoon lemon juice  | Salt and freshly ground black pepper to taste                          |
| 1 teaspoon fresh lemon zest   |  |
| ½ teaspoon red pepper flakes  |  |

1. Grill corn over medium-high heat, turning ears as they color, until kernels are deeply golden on all sides, about 10-12 minutes. Alternatively, you can roast frozen corn kernels in a skillet until they turn golden, about 10-12 minutes. Transfer whole corn to a cutting board to cool and then remove kernels with a sharp knife. Allow packaged corn to cool in skillet.
2. Slice zucchini lengthwise into large planks. Brush both sides with olive oil and sprinkle with salt and pepper. Grill on both sides until softened and showing grill marks, about 2-3 minutes per side. Dice into ½-inch cubes.
3. Transfer corn kernels and zucchini to a large bowl.
4. In a small bowl add olive oil, cider vinegar, lemon juice and zest and red pepper flakes. Mix well to combine, then add to corn and zucchini and mix well. Add green onion, cherry tomatoes, basil and 2 tablespoons chèvre and toss to combine.
5. Season with salt and pepper to taste, then add some large dollops of fresh chèvre on top and serve.







## COWGIRL SKILLET BEANS

SERVES 8 – 10

Vegan • Gluten-free with substitutions

*Nothing says camping like a hearty skillet of beans. Cowboy beans are a meaty favorite – usually loaded with beef and bacon—but our version is decidedly lighter but just as tasty. Much like chili, this dish can be customized to your taste. You can mix up the beans by adding your favorite varieties, or spice it up with hot peppers or hot sauce. This dish is meant to be a little sweet and you'll want to adjust it depending on how sweet the BBQ sauce is that you use.*

¼ cup olive oil + extra for sautéing as needed

12-16 ounces ground beef alternative (we like Lightlife Crumbles)

1 medium onion, chopped

1½ cups mixed peppers, like poblano and red or green bell, chopped

2 cloves garlic, minced

1, 15 ounce can kidney beans, drained

1, 15 ounce can white beans, drained

1, 15 ounce can black beans, drained

½ cup BBQ sauce, your favorite

½ cup ketchup

⅛ – ¼ cup brown sugar, to taste

1 tablespoon yellow mustard

1 tablespoon vegetarian Worcestershire

1½ tablespoons smoked paprika

1 cup water, divided

Salt and pepper to taste

Cilantro, optional

1. Add oil to a large cast iron skillet and heat over medium heat, stovetop or grill. Add ground beef substitute and sauté until browned. Remove from pan and set aside.
2. Add a bit more oil if pan is dry. Add chopped onion and peppers and sauté until slightly softened then add minced garlic and sauté until fragrant.
3. Add beans, BBQ sauce, ketchup, brown sugar, yellow mustard, Worcestershire and paprika. If mixture seems dry, add a little water until the sauce is to your liking.
4. Heat until bubbling. If using grill, cover pan with foil until heated. Add salt and pepper to taste, garnish with chopped cilantro (if desired) and serve.

(continued)

## SONORAN-STYLE HOT DOGS

SERVES 8

Deep in Southern Arizona and throughout Sonora, Mexico you'll find casual food stands selling these over-loaded (is there such a thing?) Southwestern twist on hot dogs. There's not a lot to cooking these up because the joy is in the toppings. Don't skimp, pick a bunch of toppings, and let friends and family load up on their favorites. But honestly, it wouldn't be a true Sonoran 'dog without the addition of bacon, smashed pinto beans and jacked-up mayo drizzled over the whole happy and delicious mess.

¼ cup mayonnaise

1 tablespoon hot sauce

Zest of one lime

Generous squeeze of fresh lime juice

8 large hot dogs

8 thin slices bacon

8 soft rolls or soft baguettes cut into smaller sized "rolls"

1 cup cooked pinto beans, lightly smashed and warmed

1. Make lime mayonnaise: Add mayo, hot sauce and zest and juice of one lime to a bowl and mix well. Refrigerate until serving.
2. Wrap each hot dog with 1 slice of bacon. If grilling, secure bacon ends to hot dog with a wooden toothpick or small skewer that has been soaked in water to prevent scorching. If oven roasting, just tuck bacon on the bottom of the hot-dog when you place it on the sheet pan. You can refrigerate the wrapped hot dogs until cooking – this will help the bacon adhere better.
3. **To Grill:** Grill the hot dogs on a medium-hot section of the grill or until the bacon is cooked through and starting to crisp. Turn often for even cooking. This will take 10-20 minutes depending on the thickness of bacon and size of the hot dogs.

**To Oven Roast:** Heat oven to 400 degrees. Transfer hot dogs to an aluminum foil-lined baking sheet. Roast the hot dogs until the bacon is browned, about 25 minutes. You can check and turn the hotdogs about halfway through the cooking process.

4. To serve: Spread about a tablespoon of warm pinto beans inside of bun and add a bacon-wrapped hot dog, then load up on your favorite toppings!
5. Drizzle lime mayonnaise over the top of each dressed hot dog, garnish with chopped cilantro, then dig in and get messy already.

### TOP THAT DOG!

- Avocado slices
- Pickled jalapeños
- Diced white or red onion
- Chopped cilantro
- Salsa – green or red
- Pico de gallo
- Chopped tomatoes
- Yellow mustard
- Cheddar cheese
- potato chips, crumbled (yes, really)
- Grated cheese or crumbled Mexican cheese like cotija



## MINI CHEEZCAKES IN JARS

SERVES 6 Vegan • Gluten-free • Raw

When is a cheesecake not a cheesecake? When it's made with cashew "cheez". These no-bake cakes are creamy and not overly sweet. Packed into little jars they travel well in a cooler. You can make the crust by chopping ingredients very, very finely, but a good blender is necessary for the cashew cream cheez.

### Cashew Cream Cheez

1½ cups raw cashews  
¾ cup water  
1 tablespoon coconut oil  
1 tablespoon coconut cream  
3 tablespoons maple syrup  
1 teaspoon vanilla extract  
1 tablespoon lemon juice

### Topping

2 cups of frozen blueberries  
1 tablespoon fresh lemon juice  
2 tablespoons brown sugar  
1 teaspoon cornstarch or arrowroot dissolved in ¼ cup hot water

### Crust

½ cup raw almonds  
1/3 cup dates  
1 teaspoon maple syrup  
Pinch of salt

*Special Equipment:*

Six, 4-ounce canning jars with lids, high speed blender, food processor



## ROAD OR YARD READY SNACK MIXES

Whether you're hosting guests in the great outdoors of your yard, or hiking the trails, these snacks are ready to grab from our bulk food department.

1. Place cashews in a medium bowl and cover with  $\frac{3}{4}$  cup water. Set aside at room temperature for at least an hour.
2. Meanwhile, add blueberries and brown sugar to a small saucepan. Heat over medium heat until sugar melts, stirring occasionally, then add cornstarch mixture a little at a time until berries start to thicken. You may not use all of it (and it will thicken more as it cools). Set aside to cool completely.
3. Make the crust by adding raw almonds, dates and a pinch of salt to a food processor and pulse. As they start to chop up, add 1 teaspoon maple syrup. This will add a little sweetness and help bind the crust. Remove "dough" from processor and divide into 6 sections. Press one section into the bottom of each jar to form a crust.
4. Drain cashews and reserve liquid. This works best if you save liquid in a glass measuring cup.
5. Add drained cashews, coconut oil, coconut cream, 3 tablespoons maple syrup, vanilla extract and 1 tablespoon lemon juice to blender and start blending on low speed. Slowly add water to loosen up the mixture. Keep adding water until the mixture resembles silky peanut butter. You may not need all of the reserved water. Keep blending until very smooth.
6. To finish assembling, add a layer of cashew cream cheez to each jar, then a layer of blueberries. Seal and refrigerate. You can also be freeze, just thaw before serving.

### 1. Organic Coconut Almond Treasure

A backpacker's dessert! This tasty Outpost mix is basically a deconstructed Almond Joy candy bar—organic toasted coconut chips, organic chocolate chips, organic raw almonds and organic chocolate covered almonds.

### 2. Organic Sweet & Salty Mix

Satisfy both your sweet tooth and salty cravings with this crunchy Outpost snack mix featuring honey sesame sticks, dark chocolate and peanut butter covered pretzels, milk chocolate rainbow drops, roasted salted peanuts, fancy pecans and mini peanut butter cups.

### 3. Organic High Antioxidant Trail Mix

Made by Grandy Oats, Sierra Magazine named this healthy snack the "#1 Trail Mix." It's a vegan superfood blend of organic jumbo raisins, organic roasted pumpkin seeds, organic almonds, organic dried cranberries, organic walnuts, organic dried mulberries and organic dried goji berries.

### 4. Organic Sweet N Spicy

Made by Sunridge Farms, a delightfully crunchy combo of organic roasted peanuts, organic honey sticks, organic red chili banana chips, organic roasted almonds, organic roasted chickpeas, organic roasted pumpkin seeds and organic red chili roasted cashews.

### 5. Organic Snack Bites

Made by Pure Bliss Organics, these small but mighty chunks are offered in a variety of nutrient packed, rich satisfying flavors to boost your moment and energize your day. Great for snacking, breakfast or dessert. Grain Free, Ayurvedic Herb and Nut Butter options. Stash...but share!





# GOT *your* GOAT

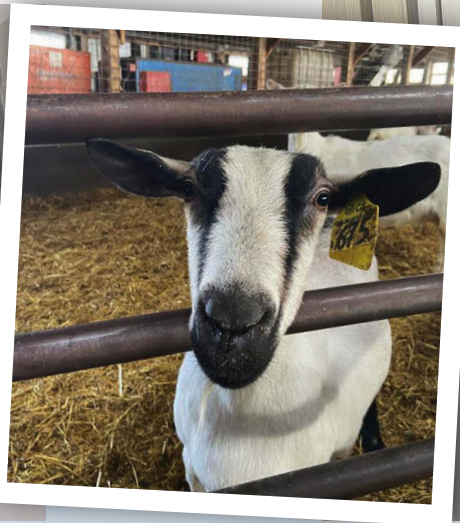
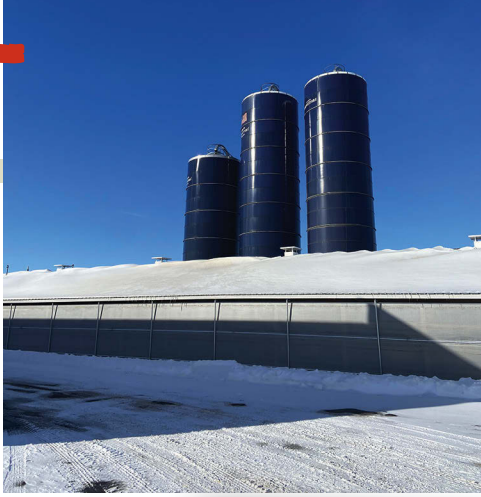


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*story & photos by* MICHAEL SORENSEN

**T**WELVE HUNDRED GOATS. A SLEEK NEW STATE-OF-THE-ART DAIRY. UPGRADED BARNs. NEW EMPLOYEES. A HUGE INVESTMENT IN THE FUTURE AND THEN...COVID SHUT DOWN THE WORLD.

“We got the keys to this place the last week of March 2020,” artisan cheesemaker Veronica Pedraza tells me with a chuckle. She can laugh about it now but, at the time, there was nothing funny about it. “I was set to make my first batch of cheese the first week of April when the Department of Agriculture told me they were suspending inspections and licensing while the stay-at-home order was in place. So, here I was ready to make cheese, but I couldn’t.”

It was a stressful time for Veronica whose 13-year journey in food production and cheesemaking led her to this small goat farm near the shores of Lake Michigan in Port Washington. Originally from Miami and a graduate of Beloit College, Veronica fell in love with food while working in a high-end Chicago restaurant as a line



cook, but it was cheese that really piqued her interest. “I became fascinated by the fact that all of the cheeses we were getting in were just from four ingredients: milk, cultures, rennet and salt and it was like, ‘how do you get all of this variety from just these four ingredients?’”

Her search to answer that question led her to an apprenticeship with Sweet Grass Dairy in Georgia, a creamery manager at Jasper Hill Farm in Vermont, and a cheese maker at Meadowood Farms in upstate New York where she won numerous awards. But it was a serendipitous encounter at the annual Vermont Cheese Council Pancake Breakfast where she was seated next to Andy Hatch from Wisconsin’s Uplands Cheese that brought her back to the Dairy State.

“I lamented to Andy that my time at Meadowood was probably coming to a close and he said, ‘Well, I know someone who has a goat farm and they’ve always wanted to make cheese. Would you like me to put you in touch?’ I didn’t really expect anything to come of it.”

Instead she got a call from Milwaukee’s Juli Kaufmann, president of Fix Development LLC (the group behind such redevelopment projects as The Sherman Phoenix, the Clock Shadow Building and other Milwaukee landmarks). Juli put Veronica in touch with the owner of a goat dairy in Port Washington. It was a job Veronica was particularly well suited for. “A lot of farmstead creamery start-ups have this problem where they start with 150 goats or something and they start making cheese and then the demand for

the cheese starts surpassing the supply of raw milk and they’re sort of put in this position of scaling up their herd which requires more investment and it becomes hard to get out of that cycle.”

Blakesville Creamery, however, was ready when they opened for people to discover their fantastic goat cheese varieties, including the delectable, creamy fresh Chevre and their incomparable Lake Breeze variety that has a velvety texture and an herbal, minerally earthiness.

“Milk is alive,” Veronica tells me as she uses a white board to diagram how goat cheese differs from cow’s milk cheese. “It’s a living thing and so is cheese. I like to think of cheese as an uncolonized planet when it’s first made, and then you have all of these microorganisms—whether they’re lactic acid, bacteria or yeast molds—they’re all kind of working in symbiosis with each other to colonize something, but it’s never the same and that’s what makes it so interesting.”

And like a true artist, she’s always looking to improve. “Sometimes it’s hard to enjoy it and not be critical of it. I can always find something that needs work, but that’s also what I really love about it. It’s never boring.”

Try some of Blakesville’s creamy goat cheeses at Outpost today and discover the goat’s milk difference.

Learn more at:  
[WWW.BLAKESVILLEDAIRYFARM.COM/CREAMERY](http://WWW.BLAKESVILLEDAIRYFARM.COM/CREAMERY)

# TAPAS TO THE RESCUE!

by LISA MALMAROWSKI  
photos CARA BERKEN

**A**H, SPRING IN WISCONSIN. ONE DAY YOU'RE BUNDLED UP AGAINST THE COLD RAIN, BUT BY THE NEXT DAY THE SUN SHINES AND THE PROMISE OF SUMMER IS IN THE AIR. SOAK UP EVERY MOMENT OF NICE WEATHER WITH THIS QUICK-TO-MAKE APPETIZER NOSH THAT IS PERFECT FOR YOUR NEXT POP-UP "SEIZE THE MOMENT" ALFRESCO—OR AS THEY SAY IN SPAIN "AL AIRE LIBRE"—PARTY. WE LOVE ADDING AN ASSORTMENT OF OLIVES, PEELING OPEN A CAN OF SARDINES, PLATING UP A COUPLE OF EXCELLENT WISCONSIN CHEESES, ADDING CRACKERS AND ENDING WITH CHOCOLATES OR FRUITS FOR A SWEET PARTY FINALE.

## CAULIFLOWER AL AJOARRIERO

*(Tangy Cauliflower)*

**SERVES 6-10** Vegan • Gluten-free

*The tangy-savory blend of flavors—from garlic to red wine vinegar—make this simple-to-prepare dish irresistible. You can even make the cauliflower ahead of time and finish the dish right before serving.*

- 1 large head of cauliflower
- 5 cloves of garlic, divided
- 3 tablespoons parsley, roughly chopped
- 3 tablespoons olive oil
- 1 teaspoon sea salt
- 4 tablespoons olive oil, divided
- 2 teaspoons sweet paprika
- 1 teaspoon red wine vinegar, or to taste

1. Wash cauliflower and cut or break into small florets. Simmer in salted boiling water until just tender. Reserve 3 tablespoons of the cooking water.
2. While cauliflower is cooking, using a mortar and pestle, crush 4 garlic cloves, the parsley and salt together, then add 3 tablespoons olive oil and 3 tablespoons of the cauliflower's cooking water to create a sauce. Thinly slice remaining garlic clove and set aside.
3. In a large pan, add 1 tablespoon of olive oil and sauté 1 sliced clove of garlic for about 1 minute, do not brown. Turn heat down to low, add the paprika and wine vinegar, and stir in the garlic sauce. Bring to a simmer.
4. Drain the cooked cauliflower well and transfer to a serving dish, top with sautéed sauce and serve.



88.9 DJ Marcus Doucette gets ready to dig into some tapas.





## SANGRIA SANS ALCOHOL

**SERVES 8**

*There are as many recipes for sangria as there are wines in Spain, so we decided to go for a wine-free version that everyone can enjoy. The addition of strong, black tea and cinnamon add just the right rich flavor to this fruit-based drink. If you want to add wine, feel free. Just be sure to use a full-flavored red variety.*

- 2 cups boiling water
- 2 black tea bags
- 2 cinnamon sticks
- ½ cup sugar
- 3 cups pomegranate juice
- 1 cup freshly squeezed orange juice
- 1 orange, sliced into thin rounds
- 1 lemon, sliced into thin rounds
- 1 lime, sliced into thin rounds
- 1 apple, cored and cut into ½-inch chunks
- 3 cups carbonated water

1. Pour boiling water over tea bags and cinnamon sticks and steep for 5 minutes. Discard tea bags and stir in sugar to dissolve.
2. In a large jar or pitcher, combine tea, cinnamon sticks, pomegranate juice, orange juice, orange, lemon, lime and apple. Refrigerate for at least 1 hour, preferably overnight.
3. Just before serving, stir in carbonated water. Serve over ice.



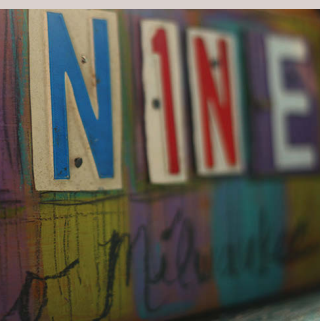
## GAMBAS AL AGILLO *(Garlic Shrimp)*

**SERVES 6-10** *Gluten-free with substitutions*

*In Spain, many tapas feature fresh seafood. We like shrimp because it is readily available, even here in the Midwest. Something magic happens when you combine dry sherry and smoked paprika. Be sure to serve with plenty of fresh, sliced baguette so you can enjoy the extra sauce.*

- 1 pound fresh gulf shrimp, peeled, cleaned with tails on
- 4 cloves of garlic, finely minced
- 1 teaspoon smoked paprika
- 1 teaspoon red pepper flakes
- ¼ cup dry sherry
- ½ cup good quality olive oil
- Juice of 1 lemon
- 3 teaspoons fresh parsley, chopped
- Salt and pepper to taste
- Sliced baguette

1. In a sauté pan, warm the olive oil over medium heat. Add the garlic and red pepper flakes and sauté for about one minute or until they just begin to brown.
2. Raise the heat to high and immediately add the shrimp, lemon juice, sherry and paprika. Stir well, then sauté, stirring briskly until the shrimp turn pink and curl, about 3 minutes depending on size of shrimp.
3. Remove from heat and transfer shrimp with oil and sauce to a warm plate or serve right from the pan. Season to taste with salt and pepper then top with parsley. Serve with sliced baguette.



## THE PERFECT PARTY PLAYLIST FROM 88.9 RADIO MILWAUKEE

The days are getting longer and warmer, which means BBQ season is just around the corner! Here's a groovy li'l playlist that just might be the missing ingredient from your backyard hangs. Enjoy!

### (a) playlist

- "Bar-B-Q" by Wendy Rene
- "Can You Feel the Beat" by Lisa Lisa & Cult Jam with Full Force
- "Watermelon Man" by Mongo Santamaria
- "Flashlight" by Parliament
- "Maybe Chocolate Chips" by CHAI & Ric Wilson

For the complete playlist visit 88.9 Radio Milwaukee on Spotify:

<https://open.spotify.com/user/radiomilwaukee>

Or go directly to the playlist at [tinyurl.com/y2e558vv](https://tinyurl.com/y2e558vv)



*Listener-supported 88Nine Radio Milwaukee is your friendly neighborhood public radio station – and more! Tune in on your smart speaker around the house; listen to their podcasts about Milwaukee food, film and architecture; or check out their website—chock full of uplifting Community Stories. They've got music, stories and more that connect you to Milwaukee.*

# ASK *the* EXPERT



WHAT ARE SOME THINGS THAT WILL EASE STRESS & ANXIETY?

## TRY LAVENDER

"I personally like it because of the pleasant scent and the beautiful color of the flowers. I use it in my diffusers, as a room spray, in fragrance oils and bath products. I've even placed fresh cut sprigs from my own lavender plant on my nightstand for a restful night's sleep."

Exposure to the vapors of linalool, the sweet-smelling compound present in lavender essential oils, affects the brain through smell, not through bloodstream absorption from the lungs. It has been used for anxiety, depression, insomnia, menstrual cramps and skin irritations like eczema among many other things. It is also found in teas and even in foods from shortbreads to savory dishes. Herbs de Provence, anyone?

For a relaxing bath, look for mineral baths from AURA CACIA and locally-made bath bomb "fizzies" from local vendor SUNRISE SHOWERS, light a lavender candle and follow-up with a lavender scented body oil for the ultimate home spa experience. To add to the ambiance, add your favorite soothing music or nature sounds.

To promote relaxation in a room, or to set the tone for a deep sleep, try a lavender essential oil or lavender blend in a diffuser, or use a room spray. Most sprays can also be used to lightly scent your bed pillows.



## SOOTH YOUR STRESSED SKIN

"I've found that applying a facial mask is not only soothing, but it also forces me to slow down and take time just for myself."

Single use mask packets are a great way to try a variety of masks to find your favorites. From a soothing mask with rosewater to clay masks that help to minimize pores, ANDALOU has masks for most any skin type. Or try DERMA-E's charcoal mask with marine algae to gently exfoliate stressed skin.

Also try:

CANNACELL'S GET STARTED KIT – These five skin care essentials feature hemp stem cells blended with 100% pure, organic hemp seed oil, rich in vitamins, proteins and omega 3 and 6 fatty acids to soothe distressed skin, and improve the skin's natural defense for a healthy, restored, glowing complexion.

DERMA-E RADIANT GLOW FACIAL OIL –

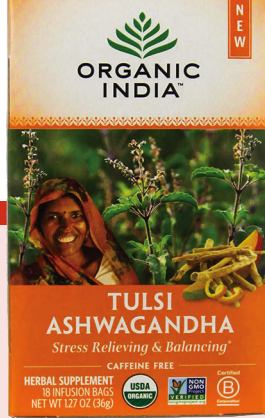
Not only nourishing to stressed dry skin, there's just enough sparkle from mica for a natural shimmer that complements all skin tones.

EARTH SCIENCE APRICOT FACIAL SCRUB –

This foaming scrub has been beloved for decades. It features ground walnut shells and apricot kernel oil for a gentle, but thorough cleansing treat.







## TAKE TIME OUT FOR TEA

"I believe that taking time for tea is a great way to unwind after a stressful day. It's also the perfect complement to any home spa treatment. Look for teas that feature herbs that are naturally caffeine-free."

**PUKKA TEA** – These organic, herbal teas are inspired by the ancient practice of Ayurveda. Skip your usual red wine and try the deep red, berry-filled Blackcurrant Beauty tea instead. With rosehips for vitamin C and floral notes from hibiscus, this tea is rich and soothing.

**RISHI TEA** – A local favorite, these organic, hand-blended herbals are vibrant and fresh. Try Lavender Mint for not only the touch of lavender, but also for the sage and other tasty herbs. Valerian Dream, with its blend of valerian, cardamom, fennel and other herbs, is a perfect go-to for those sleepless nights.

**ORGANIC INDIA TULSI TEAS** – This herbal tea features tulsi (holy basil), revered for its stress-reducing, energy-boosting and immune-enhancing properties. To mix up a stress-soothing tonic, add a swirl of local honey to bring out tulsi's slightly minty/spicy flavors, along with ashwagandha's earthy flavors.



Jill Hackbarth knows personal wellness. You'll find Jill at our Mequon store where she is the Personal Wellness Manager and is instrumental in making the wellness department a pleasure to shop. She's been in the beauty business, focusing on healthy and organic living, for most of her life and, before joining Outpost, contributed to the opening of a destination spa in Green Lake, Wisconsin where she served as Spa Director.

Jill is also an International Association of Wellness Professional Certified Wellness Coach who enjoys helping people on their journey to wellness by getting the right products into customers' hands. She says that her background, combined with working at Outpost, is the perfect marriage of everything she needs to help people find what they're looking for. If you've got any questions about personal care products, supplements, or makeup tips—as well as ingredients to avoid and to understand—Jill is a great person to ask!



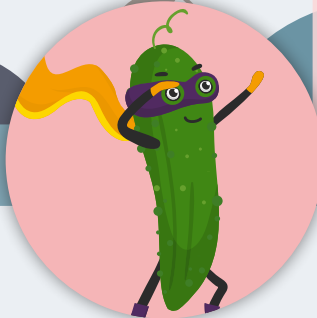
# the INS & OUTS

HERE'S THE DIETARY SCOOP TO MAINTAIN A SMOOTH MOVE!

**M**OST OF US AMERICANS DON'T EAT ENOUGH DIETARY FIBER. WE FIGURE IF WE CAN "GO," WE'RE GOOD TO GO, RIGHT? UM, NOT NECESSARILY. FIBER'S FAB BENEFITS GO FAR BEYOND THE IMPACT OF MAINTAINING REGULARITY. ON THE WHOLE, WOMEN NEED AT LEAST 28 GRAMS AND MEN 34 GRAMS PER DAY. FIBER CAN HELP US BE OUR PHYSIOLOGICAL BEST. THE MORE WHOLESOME FOODS WE ADD TO OUR MEAL PLANS, THE BETTER FOR OUR BOD. IF WE EAT A WELL-BALANCED DIET THAT KEEPS PROCESSED FOODS TO A MINIMUM, AND DRINK PLENTY OF WATER, CHANCES ARE WE ARE GETTING WHAT WE NEED FOR HOLISTIC HEALTH. IN THE END, IF YOU'RE STILL FEELING STUCK WHEN IT COMES TO UNDERSTANDING THE ROLE OF DIETARY FIBER, IN YOUR LIFE, CONSULT WITH YOUR HEALTHCARE PROVIDER AS TO THE BEST COURSE OF ACTION FOR A HAPPY, SNAPPY GUT.

## SOLUBLE FIBER

Soluble fiber breaks down easily in the intestinal tract and bulks you up to help create digestive harmony by bringing more water to the bowels. Choose from foods like onions, shallots and leeks, and cereal grains like oats and bran, nuts and seeds, beans, legumes, lentils and fruits. Even dried fruits like plums, raisins, figs and apricots.



## INSOLUBLE FIBER

Insoluble fiber does not break down, and its role is to actually help move everything along in the intestinal tract, like a big push broom. This type of dietary fiber can help kick hemorrhoids and diverticulosis to the curb, too. Find it in vegetables like celery, cucumbers, cauliflower, potatoes, parsnips and green beans, as well as whole grains like oats and wheat bran.

# of Dietary Fiber

## LIQUIDS

Liquids are essential for cellular health. Even mild dehydration can cause constipation in your digestive system. The best source of hydration is water. Fruit juices can also give a liquid fiber boost, as some fruits are high in sorbitol, a sugar alcohol that actually pulls water into your large intestine. Add juices made with apples, pears, grapes and pitted fruits (plums, peaches and apricots). Just beware that juices can also be high in sugar. Try adding water to your juice!



## PREBIOTIC FOOD

Prebiotics is a new term to become familiar with. These dandy organisms feed the friendly probiotic bacteria that live in your gut and can help to increase overall microbial biodiversity. All good stuff! Look for chocolate, underripe bananas, beans, peas and lentils, alliums (garlic, onions, etc.), spinach, oats, blueberries, asparagus, apples, whole grains.



## FIBER SUPPLEMENTS

Still looking for an added lift? Another convenient way to support your fiber intake is through natural fiber supplements. Rather than an all-out laxative which can be dehydrating and can throw off the balance in the gut flora, ask about gentle aids and softeners the next time you shop the co-op.



Photo courtesy of Hunger Task Force of Milwaukee



# Local Non-profits Adapt as Hunger Increases in Milwaukee

by MARI WOOD

**S**INCE MARCH 2020, THE COVID-19 PANDEMIC HAS HAD VARYING EFFECTS ON INDIVIDUALS' LIVES; SOME MERELY INCONVENIENCED, WHILE OTHERS HAVE EXPERIENCED DEVASTATING HARDSHIPS, SUCH AS UNEMPLOYMENT, HOMELESSNESS AND HUNGER. LOCAL NON-PROFIT, HUNGER TASK FORCE OF MILWAUKEE, HAS BEEN ACTIVELY AND CREATIVELY ADJUSTING THEIR OWN SYSTEMS SINCE THE BEGINNING OF THE PANDEMIC IN ORDER TO MEET THE INCREASED NEED FOR NUTRITIOUS FOOD FOR THOSE WHO HAVE BEEN SEVERELY IMPACTED BY THE EVENTS OF THIS PAST YEAR.

Hunger Task Force remains the only food bank in Milwaukee that does not charge their network of food pantries for food, delivery, or a network membership despite the unprecedented need for their services since the pandemic began. With COVID-related unemployment rates continually increasing in Milwaukee County, Cameron Perra, Hunger Task Force's Nutrition Policy Analyst, says that they saw an immediate need in our community for emergency food: "In April, while the pantry network was operating at 58% of their normal business hours, they served 11% more individuals than the year before. In July 2020, our pantry network served approximately 30 individuals per open hour (35,000 people during the entire month), compared to 19 individuals per open hour in July 2019."

Area non-profit, COA Youth & Family Centers, runs one of Hunger Task Force's partner food pantries. Located in the Amani neighborhood, their Goldin Center's Ethel Nutis Gill Family Resource Center offers emergency food staples and meals to local people



COA Youth & Family Centers employees and volunteers working at the Goldin Center food pantry. Photo courtesy of COA Youth & Family Centers.



Photo courtesy of Hunger Task Force of Milwaukee



## Think Outside the Lunchbox Virtual Summer Food Drive & Fundraiser to Benefit Hunger Task Force of Milwaukee

**June 1–August 31**

in need. Nicole Thompson, Director of Programs at COA, says it's hard to watch the impact COVID-19 has had on this community, especially families with young children. "Our pantry never closed during the pandemic...When it first hit, I remember seeing a line form out our door that wrapped around the building."

According to Thompson, the COA Youth & Family Centers food pantry was used to providing approximately 800 community meals to individuals per month in February and March 2020; by April, over 4,000 people were being served per month. Since April, over 36,000 meals have been distributed through their food pantry; of which approximately 10,000 were served to children.

In a part of our community that was already facing some of the highest unemployment rates in Milwaukee, COVID-19 stressed the well-being of some of these families that were already food insecure. Thompson says, "In this community, there are a lot of factors that affect nutrition, especially during the pandemic. From transportation to child-care, there are many reasons why families are having a hard time putting food on their tables. That's why we want to make sure that our food pantry is stocked with food to share with these families."

Faced with a huge surge in traffic at their partner food pantries, an uncertainty of the safety of collecting donations from public food barrels and the inability to gather groups of volunteers to sort donated food, Hunger Task Force needed to quickly reevaluate their systems in order to provide much-needed food to area pantries. One solution was to shift their food drives to an online format. Supporters can now donate food items to Hunger Task Force by virtually shopping their website and paying with a tax-deductible donation on their credit card.

Despite the challenges Hunger Task Force faced in 2020, they managed to deliver 13 million pounds of food to their partner food pantries (an increase of 78 semi-truckloads from the previous year) and were able to deliver nearly 4 million pounds of Wisconsin dairy products through the Dairy Recovery Program, a partner program with Dairy Farmers of Wisconsin and the Wisconsin Department of Agriculture, Trade and Consumer Protection.

"It's our job to make sure local families have food to eat," says Nicole Thompson of COA. "I'd like for there to be a day when my job is no longer needed in the community, but until then, we're here to help people get the food and services they need."

Hunger doesn't take a vacation. That's why Outpost joins forces with Hunger Task Force every summer to help end hunger for our community's families in need. Started in 2003, Think Outside the Lunchbox annually raises funds and educates Outpost shoppers about the effect hunger has in our community, especially its impact on those kids who rely on school meals as a part of their daily nutrition.

### *Donating is easy!*

- Round up your grocery total to the next dollar amount at check-out
- Donate online at [www.hungertaskforce.org/give/think-outside-the-lunchbox/](http://www.hungertaskforce.org/give/think-outside-the-lunchbox/)



**HUNGER TASK FORCE**  
FREE & LOCAL

# OUTPOST'S

(secret recipe)



## Carrot Cupcakes with Cream Cheese Frosting

MAKES 18-20 CUPCAKES    *Gluten-free*

*Admit it. You have a tough time passing by those dreamy slices of Outpost's delicious carrot cake. For those who shy away from gluten, we are sharing our delightful wheat-free version, switched up to make cupcakes. Perfect for an afternoon tea or for treating your officemates just because it's spring. These little cakes are light and bouncy like the first May day wearing shorts. So wonderfully carrot-y you might have to scare off a few inquisitive rabbits.*

2 <sup>2</sup> / <sub>3</sub> cups white rice flour (brown rice flour works too)	2 teaspoons baking soda
1/2 cup granulated sugar	4 large eggs
1 teaspoon xanthan gum	2 cups grated carrots, packed
2 teaspoons cinnamon	1 1/2 cups canola oil
1/2 teaspoon salt	1/2 cup crushed pineapple, drained
1 1/2 teaspoons baking powder	1/2 cup walnuts, chopped
	1/2 cup raisins

1. Preheat oven to 350 degrees.
2. Drain crushed pineapple and set aside 1/2 cup.
3. Sift together flour, sugar, xanthan gum, cinnamon, salt, baking powder and baking soda into a mixing bowl. Set aside.
4. In a separate bowl, add eggs, carrots, canola oil, drained pineapple, walnuts and raisins and mix until thoroughly combined.
5. Mix wet ingredients into dry ingredients.
6. Line a cupcake pan with paper cups. Fill each cup to just about full. Bake for 20-25 minutes or until toothpick inserted in the middle comes clean.
7. Let cool completely before frosting.

### Cream Cheese Frosting

*Carrot cake cupcakes can be eaten as is, like a muffin, but we think a puffy white cloud of cream cheese frosting is what Mother Nature intended.*

1/2 cup unsalted butter, softened	1 teaspoon vanilla extract
8 ounces room temperature Neufchatel cheese	1/4 teaspoon salt
	4 cups powdered sugar, sifted

1. Using a stand mixer, combine butter and cream cheese and beat until creamy without any lumps. Add in the vanilla and salt and further combine.
2. Put the mixer on low and slowly add in powder sugar until completely combined.
3. Immediately frost cooled cupcakes while frosting is soft and spreadable. Refrigerate when decorated.



## CHECKOUT



PHOTO CREDIT: SHIQUITA MANN



**WHEN:** MARCH 8, 2021.

**WHO:** BLOSSOM CANDLE CO. OWNER SHIQUITA MANN'S DAUGHTER, RYLEIGH, SHOWING OFF HER MOM'S NEW LINE OF LOCAL, ECO-FRIENDLY CANDLES.

**WHERE:** MEQUON OUTPOST.

**ON THE  
EPA**

**GREEN POWER  
PARTNERSHIP**

**TOP 30 RETAIL LIST  
7 YEARS RUNNING**



**264**

**OF OUR LOCAL  
& REGIONAL  
VENDORS  
ARE WITHIN  
100 MILES**



**Celebrate  
Earth Day!**

**Our current Sustainability Report  
debuts on April 22, 2021.**

**88%**

**OF OUR PRODUCE  
IS ORGANIC**

**(INDUSTRY AVERAGE IS 15%)**

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

**13,000 GALLONS  
OF WATER  
EACH YEAR**



**THAT'S ENOUGH TO FILL  
A SWIMMING POOL**