

GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS



BRAISE
LOCAL IS ON
THE MENU

PAGE 14

SUGAR RIVER
CULTIVATING
YOGURT SUCCESS

PAGE 8

| *Springtime*

BREAKFAST

HEAD BACK TO YOUR BED FOR
THIS ROMANTIC SPRING REPAST



PURPLE DOOR
ICE CREAM HEATS
UP WALKER'S POINT

PAGE 24

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A WORD FROM
THE EDITOR.



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 WILL BE
PUBLISHED QUARTERLY,
WITH NEW ISSUES
EACH SEASON.

DEAR READERS,

IN THE DIRT THAT FROZE HARD AND SOLID, IN THE COLD STILLNESS THAT SUFFERED SHORT DAYS AND LONG DARK NIGHTS, IN THE ABSENCE OF WARMTH AND UNDER THE PALE LIGHT OF A DISTANT SUN, HOPE SLUMBERED, AND DREAMT OF SPRING.

It is an annual miracle, perhaps more amazing in this year of recurrent polar vortices, that life survives the unforgiving winter and, coaxed by sunlight, eventually ignites.

At the cooperative, we wait breathlessly for the first tender shoots of local asparagus, all purple and new green, that only weeks earlier began their climb through the softening earth, reaching for daylight.

More foods will follow. From seeds and roots and tubers, new life will unfurl and snake to the surface or uncurl from clenched buds on skeletal branches, winding skyward and then twisting and turning on a path to our shelves and produce tables.

Asparagus, lettuce, spinach, parsley, peas, green onions, beans... the world becomes green in spring.

And hope becomes real. Becomes food.

We love spring. As long as the earth tilts on its axis, as long as it swings wide and then close on its orbit of the sun, as long as sunrises break each night's spell, there is reason for hope.

Welcome to spring. Feel free to Graze.

MALCOLM MCDOWELL WOODS
editor

WHO IS GRAZE ?

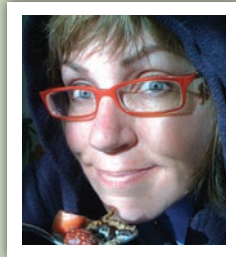


i am **LISA MALMAROWSKI.**

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 **PAUL SLOTH.**

I've been eating for decades. It's good to think about food, not only what we're eating, but about those who aren't eating. While some people today search the world over for the perfect truffle, others continue to go to bed hungry. That's crazy, but that's what's so awesome about food. It's a complex issue, one that is worth all the attention it gets.



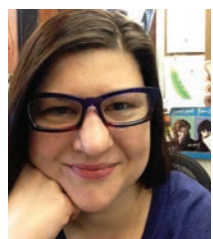
i am **CARRIE ROWE.**

My Grandmother had a glorious garden. I'd spend hours eating sunshine-warm raspberries and often just sitting, listening to the buzz and hum of all the critters hard at work making all of this magic possible. To me food is magic. And sharing it with people who make me smile is about the nicest thing a girl could ask for.



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, organizing my closet by season, color and sleeve length. My passions are laughing, traveling and sampling all of Milwaukee's newest restaurants.



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



- GRAZE.

A QUARTERLY PUBLICATION OF
OUTPOST NATURAL FOODS COOPERATIVE

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GRAZE @ OUTPOST.COOP





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Classic Popovers from the Breakfast in Bed feature. Photo by Paul Sloth.



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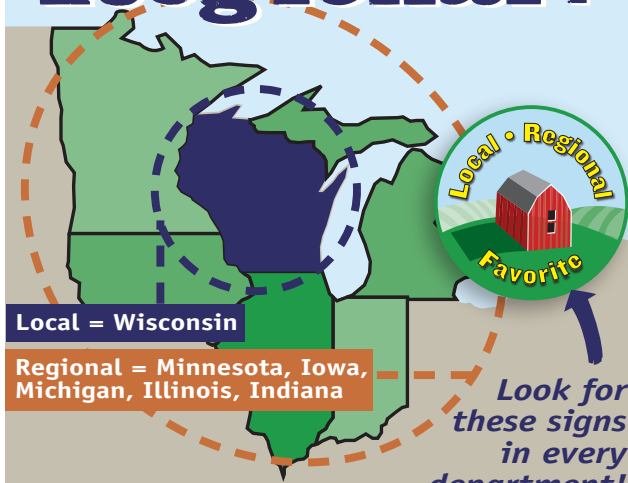
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What is
Local & Regional?



Local = Wisconsin

Regional = Minnesota, Iowa, Michigan, Illinois, Indiana

Look for these signs in every department!



(you'll)

SWOON!

THINGS WE LOVE.



BIONATURÆ ORGANIC PAPPARDELLE EGG NOODLES

LITTLE NOODLE NESTS OFTEN TASTE THE BEST

We know, we know... it's so easy to make your own egg noodles. Get the flour, water, eggs, drag out the rolling pin, mix the dough, roll the dough, cut the dough... But will you? Yeah, we didn't think so.

Don't feel bad, though. We've found the homemade noodle taste and texture you're looking for, conveniently packaged in the pasta aisle. These noodles hold their own against any lush sauce and, best of all, don't require your mixing and rolling expertise or time. They're tender and soft and have a rich, almost buttery taste that complements any kugel or stroganoff. Mostly, we just love them buttered and served with a sprinkling of salt, pepper, Parmesan and parsley.



NATURE'S PATH HERITAGE FLAKES

THIS ORGANIC CEREAL IS THE REAL BREAKFAST OF CHAMPIONS, MY FRIENDS

Face it, you are way too grown up for sugary, morning swill. It's time you traded up to a toasty, complex, full-of-flavor bowl of flakes. With its extra crispy texture and slightly sweet tang, this morning treat has become our go-to cereal. The intriguing blend of grains – kamut, oats, wheat, spelt, barley, millet and quinoa – combine in a nutty way that is addictive, especially when served up with icy cold milk and fresh berries. Chock full of protein and fiber, this medley of ancient grains truly will have you singing. We highly recommend using your spoon as a microphone!



TORIE & HOWARD ORGANIC HARD CANDY

JOLLY RANCHERS, YOU JUST MET YOUR MATCH

We admit that some of us harbor a secret stash of fluorescently colored, overtly sweet, wrapped candies. That's because most natural candies we've tried just haven't satisfied the over-the-top fruitiness we're looking for. Thankfully, Torie and Howard figured out how to deliver a punch of real fruit flavor perfectly balanced with the sweet tartness we crave in an organic hard candy. With grown up flavors like pear and cinnamon, and grapefruit with tupelo honey, tucking into one of these candies is like enjoying a gourmet dessert with Carmen Miranda in a Fiat 500.



OUTPOST'S OWN CHOCOLATE COVERED MACAROONS

WE'RE COCO-NUTS FOR THESE MOUND-LIKE COOKIES

It's no secret that our bakers are wizards, practicing their alchemy with pans and flours. But this magical treat relies on neither of those tools. Instead it packs a punch with a few simple ingredients like shredded coconut, almond and vanilla extracts and just the right amount of sweetness. These classic macaroons bake up chewy and toasty and while some would say the topping of chocolate ganache is like gilding the lily, we think that it turns these treats into gold – something precious, rare and naturally gluten-free.

FREIS VON KIEL'S BUTTER

A SLAB OF WISCONSIN HERITAGE COVERED IN AN UNASSUMING WRAP

Butter is butter, right? Ah, no. If you line up butters - and we're not talking the fancy pants double churned ones - you'll discover subtle nuances and flavors between them and soon figure out some taste like, well, nothing. And if Freis Von Kiel's is in the line up, you'll stop tasting all the rest. It's smooth and full of butter fat flavor and it's salted enough to bring out the inherent sweetness of the cream. It's the perfect fat for frying an egg or buttering a roll and we've even been known to bake with it - just leave out any added salt in the recipe.

EPIC BARS

EAT LIKE A CAVEMAN WITHOUT SAYING UGH

We know the toughest thing about going 'paleo' is finding a tasty snack bar. Well, these are no sugary granola bars, these are meaty bars created for the Neanderthal in all of us. Moist and savory, they're fashioned from 100% grass-fed meats and seductively seasoned with fruits, nuts, herbs and spices. We're partial to the bison with bacon and cranberry, but if you like spice give the beef with habanero a whirl. Looking for something sweeter, are you? Then the turkey with almond and cranberry has your stone ax marks all over it. Hunted and gathered for our busy modern times.



CENTRAL GREENS MICRO GREENS

MOVE OVER CALIFORNIA, MILWAUKEE IS THE NEW SPROUT CAPITOL



Like any good hippie worth their weight in macramé, we've topped our tahini and flavored our falafels with all manner of sprouts, but none has come close to these miniscule micro buds of deliciousness. Maybe that's because these are greens like amaranth and mustard and arugula and radish - all tossed together like an excessively gorgeous miniature salad. They are crisp and zesty with a fresh 'green' flavor and they'll add a bold, crunchy note to salads, sandwiches and even soups. Aquaponically grown right here in Milwaukee, the mix of greens varies by season, so your taste buds will never zone out, dude.



A CULTURE *of* SUCCESS.



Albany,
Wisconsin
104
Miles to Market

SUGAR RIVER BRINGS
FARMSTEAD YOGURT
TO THE DAIRY STATE.

story & photos by PAUL SLOTH



EVERY MORNING, BEFORE DAWN, RON PARIS DRIVES THE MILE AND A QUARTER TO A NEARBY DAIRY FARM WHERE HE PICKS UP A BATCH OF FRESH WHOLE MILK. WITHIN THE HOUR, THE MILK WILL BE BACK AT RON'S SUGAR RIVER DAIRY, WHERE HE'LL TURN IT INTO ONE OF THE DAIRY STATE'S UNSUNG HEROES – YOGURT.

He didn't necessarily set out to become an expert on farmstead yogurt making, but that's exactly what Ron has become. Ron chalks it up, in part, to being in the right place at the right time. After attending a conference on value-added dairy products, Ron started studying the dairy business, especially in Green County, south of Madison, where he and Chris live.

"There's just an awful lot of cheese made here, so I didn't want to try to go the same route everybody else had," Ron said.

It's been 12 years since Ron and his wife, Chris, moved their family out to the country and decided to start their own business. They'd always wanted to do something on their own, so they figured, why not yogurt.

Ron and Chris started out small. Back then, there was no yogurt manufacturing on the scale that they were considering. Most yogurt was made (and still is) in much larger batches by much bigger companies.

When they started Sugar River Dairy, Ron noticed there were a lot of cheese factories (grade B plants), but very few grade A plants and none of them were south of Madison. Ron saw his farm's location as the ideal place to build a grade A dairy plant, between Madison and Chicago.

He also noticed that most of his cheese-making neighbors were selling their products on the east and west coasts. Naturally, that's what he thought Sugar River would do. But the emerging buy local trend changed their plans.



"Turns out, about 8 years ago, the idea of buying food locally kicked in and it's really been a big benefit to us," Ron said.

Their idea was to recreate a model more commonly seen in Europe and Israel by making yogurt right on the farm. There were a few minor obstacles. There really was no template, at least not in this country and, surprisingly, not in Wisconsin. If you want to learn to make cheese, there are plenty of models here in the dairy state. You want to learn to bottle milk? Wisconsin basically wrote the book. If butter's your thing, you can learn how to make that, too. But yogurt? There weren't many places for Ron and Chris to turn, so they figured it out themselves.

They started with filling equipment they had to import from Israel. And in the beginning, there was no one making the type of containers Ron and Chris needed for their yogurt. Those they imported from South America.

With all of this firsthand experience, Ron is now beginning to teach others how to do what he and Chris are doing.

He sees small-scale, farmstead yogurt making as a possible option for helping smaller farms, considering the price they get for their raw milk and the price producers get for the products they make with that milk. "I actually want to reintroduce farm families to the idea that it can be done. What they receive for milk and what the final outcome for milk can be is quite dramatic and farms need to realize that," Ron said.

First things first: there are basically two methods of making yogurt commercially – blended and cup set. The big guys typically use the blended method, which involves putting all of the ingredients (milk, cultures, flavoring, fruit) into a large container and mixing it all together.

The yogurt sets inside the large container before it's transferred to the smaller containers you find in the store. This process disturbs the yogurt's original texture.

At Sugar River, they use the cup set method. Everything is incubated right in the cup. The ingredients are placed into the

containers. Then the containers are moved into a warm room where they're held for six hours at about 108°. This is what sets Sugar River Dairy apart.

"We want people to have the original texture when (the yogurt) comes out of the cup. We don't have to disturb it, we don't have to add something to make it thicker and we like that process," Ron said.

They use two sources of milk at Sugar River Dairy. The whole milk Ron picks up is used to make a Greek-style yogurt. The truck also makes a run to Sassy Cow Creamery in Columbus, where they get the 1-percent milk used to make Sugar River's low-fat yogurt. None of the milk is homogenized, so there's often a layer of cream on top (remove it if you're concerned about calories). The yogurt is made with two active cultures – *streptococcus thermophilus* and *lactobacillus bulgaricus*.

If you're looking for a way to measure Sugar River Dairy's success, squeeze into the facility in rural Albany, Wis. and you can see for yourself just how successful Ron and Chris have become. The room used to feel bigger.

While the room was the same size, the equipment Ron and Chris used to use to make their spectacular Sugar River Dairy yogurt was a lot smaller. As the business has grown, the equipment has grown, too. And, as you might have guessed, sales are good.

"We had to do a lot of experimentation and we've felt that we made every mistake possible. Because we've gone through that we really have a strong foundation, a foundation that we can reproduce at other places," Ron said. "It works well. There's a pattern that's reliable. The product itself has improved because of that continuity."

(a) RECIPE.



ORGANIC BLACK FOREST MIX MAKES ABOUT 2 POUNDS

Chock full of antioxidants, omega-3's, protein and just enough sweetness for the mid-afternoon sweet tooth.

- 1/3 pound organic roasted, no-salt almonds
- 1/4 pound organic roasted, no-salt hazelnuts
- 1/2 pound organic walnut pieces
- 1/2 pound organic dried cherries
- A little less than 1/2 pound organic chocolate cocoa nibs or chocolate chips

Just mix it up and enjoy!

Butter Up

WHY SHOULD PEANUTS HAVE ALL THE FUN?

- Everybody knows and just about everybody loves peanut butter, the quintessentially American food, but many other culinary nuts take just as well to being buttered up.
- Nuts are energy dynamos, densely packed with nutrients, protein and fat and it's that fat which helps make it easy for most nuts to be turned into a rich, creamy paste (some nut butters do contain additional ingredients such as small amounts of other oils – read labels carefully).
- On our shelves, you'll find jars of pre-packaged hazelnut, almond, cashew, sunflower seed, sesame seed and coconut butters alongside the venerable peanut butter varieties. We also package and sell several varieties in our bulk foods section, including cashew, almond and tahini (sesame seed).
- So, next time you're reaching for the good ol' peanut butter, change it up a little. Go nuts.

OUTPOST'S OWN
CREAMY ALMOND
BUTTER

OUTPOST'S OWN
CRUNCHY PEANUT
BUTTER

OUTPOST'S OWN
CASHEW BUTTER

OUTPOST'S OWN
CREAMY PEANUT
BUTTER



SPRING. I

(two ways)

FENNEL

PERPLEXED BY FENNEL? YOU'RE NOT ALONE. WITH FLAVOR AND AROMA REDOLENT OF ANISE, LONG, FEATHERY STALKS AND A LARGE, PALE BULB, FENNEL REMAINS A BIT OF A MYSTERY VEGETABLE TO MANY COOKS.

Turns out, it's incredibly versatile and can lend a subtle and sophisticated nuance or bright crispness to many dishes, depending on what parts you use and how they are handled. The entire plant – bulb to leaves – can be used, as well as the dried seeds, and its mild licorice flavor gets along smashingly with many wines, especially whites. Fennel is an excellent source of vitamin C, fiber and potassium and its abundant phytonutrients and antioxidant properties are great for the immune system. What else could we ask for?

FENNEL, ASPARAGUS & MUSHROOM RISOTTO

SERVES 6 AS A SIDE

Bringing together some of our favorite springtime harvests, this risotto is rich, creamy and earthy and well worth all the stirring. Enjoy alongside roasted chicken, grilled salmon or with a big green salad.

- | | |
|---|---|
| 5 cups chicken broth | ¼ cup dry white wine |
| 2 tablespoons olive oil | 1½ cups asparagus, diagonally cut into ½-inch pieces |
| 1 cup fresh mushrooms of choice, sliced | ½ teaspoon fresh rosemary, chopped (or ⅛ teaspoon dried rosemary) |
| ¾ cup fennel bulb, thinly sliced (reserve the leaves for garnish) | Salt and pepper to taste |
| 2 cloves garlic, minced | |
| 1½ cups Arborio rice, uncooked | |

1. Bring broth to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
2. Heat the olive oil in a large saucepan over medium-high heat, add the mushrooms and fennel, and sauté for 5 minutes or until tender. Add garlic and sauté another minute or so.
3. Add the rice and rosemary, cook for 1 minute, stirring constantly. Stir in the wine, and cook for 1 minute or until the liquid is nearly absorbed, stirring constantly.
4. Stir in 1 cup broth and cook until the liquid is nearly absorbed, stirring constantly. Add the remaining broth, ½ cup at a time, stirring constantly until each portion of the broth is absorbed before adding the next.
5. After about 3 cups of broth have been added, add asparagus and continue adding broth.
6. Add salt and pepper to taste and garnish with reserved fennel leaves.



1ST way.



CARAMELIZED FENNEL TARTS

MAKES 12-18 TARTS, DEPENDING ON THE SIZE OF YOUR MUFFIN TIN

These delicate custard tarts are delicious straight from the oven or wrapped in parchment paper and packed in a picnic lunch, paired with an oaked Chardonnay. Caramelizing the fennel bulbs results in soft licorice notes and the fennel seed-infused custard is light and subtle. Feel free to skip the filo dough and bake the custard alone in ramekins.

Caramelized Fennel:

2 pounds fennel
2-3 tablespoons olive oil
Juice from half a lemon

1. Cut the top and bottom from the fennel bulbs and remove any tough or bruised outer layers. You will end up with a bulb about the size of your fist.
2. Slice the bulbs in half and cut lengthwise into $\frac{1}{8}$ -inch slices.
3. Chop the fennel greens and set aside.
4. Heat a large skillet over medium-high heat and add about 2 tablespoons olive oil. Caramelize the fennel in batches, spreading the slices out in the pan to encourage browning. Sprinkle each batch with a pinch of sugar.
5. Cook for 10-12 minutes, flipping every few minutes, until golden brown.
6. Remove fennel from the pan and drain off excess oil. Season with a squeeze of lemon juice.

Fennel Custard:

3 cups cream or half and half
2 tablespoons fennel seeds, toasted and ground
1 tablespoon sugar
5 egg yolks
1 whole egg

1. Pour the cream, ground fennel seeds and sugar into a saucepan over medium heat. Bring to a simmer then turn off the heat and let the fennel seeds steep for 10 minutes.
2. In another bowl, whisk together egg yolks and the whole egg. Allow the cream mixture to cool a bit, then slowly incorporate the steeped cream into the eggs, one ladle at a time, whisking constantly.

3. Scoop the cream from the top of the pan – the fennel seeds will settle to the bottom of your saucepan and can be discarded after all the cream is removed.
4. Add a pinch of your reserved chopped fennel greens and stir to combine.

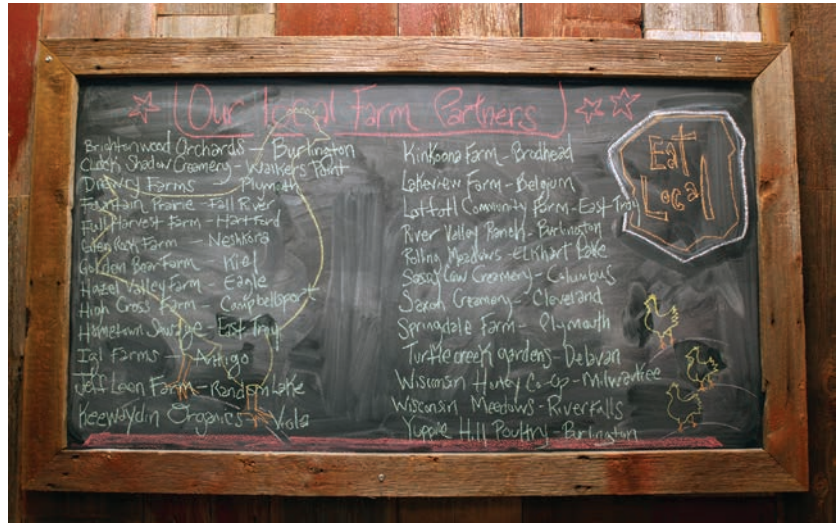
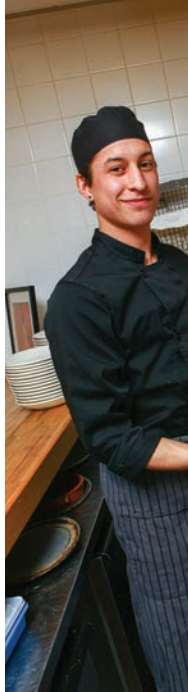
Prepare filo dough:

1. Defrost the filo dough in the refrigerator the night before making the tarts.
2. Heat oven to 350°.
3. Melt 3 tablespoons of butter in a small dish. Unroll filo sheets and spread melted butter over one half of the top sheet. Fold in half so the buttered side is covered.
4. Butter half of the sheet and fold over again. Cut folded sheet into four equal rectangles.
5. Place paper baking cups into each muffin tin. Use melted butter or cooking spray to coat the inside of the paper cups.
6. Press a rectangle of folded filo dough into each paper cup. Bake empty filo cups for 10-12 minutes until the bottoms feel slightly crisp.

Assemble tarts:

1. Reserve 12 to 18 nicely caramelized pieces of fennel. Coarsely chop the rest and divide among the filo cups. Pour custard over the fennel, filling to the top of the shell. Place a reserved piece of fennel in the center of each tart.
2. Set muffin tin into a large roasting pan or baking dish and place in hot oven. Carefully add enough water to the roasting pan to come about half way up the bottom of the muffin tin – this will help to steam and set the custard.
3. Cook tarts for 30-40 minutes until just set. Sprinkle each with a healthy pinch of chopped fennel greens and a dollop of soft goat cheese.

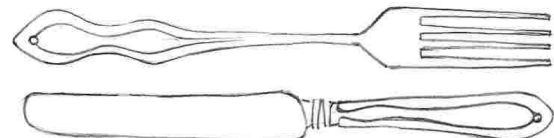




EAT HERE!

WALKER'S POINT PIONEER
IS ALL ABOUT LOCAL.

by MALCOLM MCDOWELL WOODS
photos by PAUL SLOTH





LOCAL IS ON THE MENU. IN RESTAURANTS ACROSS THE COUNTRY, LOCAL IS THE HOT BUZZWORD, AS CHEFS WORK TO FEATURE LOCALLY GROWN FOODS IN THEIR DISHES AND ON THEIR MENUS.

Often, the attempts come up short. Finding local sources for foods is difficult work and supplies can be inconsistent, both in quantity and in quality. As a result, restaurants touting local cuisine often end up with a single ingredient spotlighted - such as a local pork chop from a nearby farmer, prominently mentioned in the menu.

But stop in at Braise Restaurant, in Walker's Point, and take a gander at the menu. Not a word about the guy down the road with the heirloom pigs. Nothing on the little old lady next county over with the ducks. Zero copy about the hip urban farmer with the micro greens.

It's not that Braise isn't into local. If anything, Braise founder and chef David Swanson is the champion of the local food dining scene here in Milwaukee. The menu at Braise doesn't highlight any of its local food sources because David doesn't want the ones not mentioned to feel left out. And there just isn't room on the menu to list ALL of the local suppliers.

David got the idea for Braise two decades ago, when he was cooking at restaurants in New Orleans. He crafted a business plan then, but the restaurant was only part of it. David was excited about the idea of a restaurant featuring regional seasonal cuisine, but he also wanted to offer cooking classes, deliveries and, biggest of all, a restaurant supported agriculture (RSA) program that would forge connections between restaurants and farmers.

"People who knew me then, knew this (Braise) was a long time coming," he said. "All I did in New Orleans was cook, and research."

After he'd been in Milwaukee several years, working at Sanford, he refined his plans and started out by offering a traveling culinary school, cooking meals for diners out in the middle of farm fields using local foods. In 2008, he began the RSA, establishing local buyers for area farmers and helping kick start the local dining movement here in Milwaukee.

The restaurant opened two years ago, with this vision: "To try to use local food on an entirely

new level. Not just in the center of the plate with a single local pork chop, but with the other ingredients as well." With suppliers across the state and even a rooftop garden providing greens this coming summer, the vision has been well realized.

And for the increasing number of diners venturing into Walker's Point for dinner, what will they find at Braise? "They'll find a local, seasonal, American menu," said David. "They'll find straightforward, approachable and affordable food - a convivial, communal place."

Did we mention local?

FOUR THINGS ABOUT DAVID SWANSON

YOUR THREE MUST-HAVE FOOD ITEMS:

- Gotta be some sort of jam
- Salsa
- A box of cereal

WHAT DO YOU EAT ON A DAY OFF?

Oh, maybe Mexican food, or I roast a chicken. I have dinner with my neighbors quite often. I like that idea of us breaking bread together. I'm a pretty gracious diner. If someone makes me a pbj sandwich, it's going to be a great sandwich, because someone made it for me.

WHAT IS YOUR GUILTY PLEASURE?

The taco truck. We buy tacos for the staff here on Saturday nights. Well, I say it's for the staff, but mostly it's so I can get tacos. I love tacos.

WHAT IS YOUR PHILOSOPHY ABOUT COOKING?

Let the food do the talking. Create subtle flavors which balance each other and let the natural flavors shine through.

(recipe over)



BRAISE
 1101 S. 2ND STREET, MILWAUKEE 53204
 414.212.8843
 BRAISELOCALFOOD.COM



PANZANELLA SALAD *with* **SPRING VEGETABLE RAGOUT.**

SERVES 4

by CHEF DAVID SWANSON, BRAISE

- 2 tablespoons olive oil
- 2 cloves garlic, crushed
- 4 ounces morels, cleaned
- 1 bunch ramps, cleaned
- 1 bunch asparagus tips, blanched
- Salt and pepper

In large sauté pan, heat olive oil, add garlic, morels and ramps and sauté until morels are almost cooked and ramps are tender. Add asparagus and warm through. Season with salt and pepper.

- 4 cups Italian bread, cut into pieces, toasted and cooled
- 2 tablespoons lemon juice
- ½ cup sunflower oil
- 2 ounces sorrel, chiffonade
- ½ cup green garlic dressing
- Morel and ramp ragout (above)

Toss all ingredients together and season with salt and pepper.



OUTPOST'S

photos by CARA BERKEN (secret recipe)

SPANISH RICE

MAKES 8 CUPS

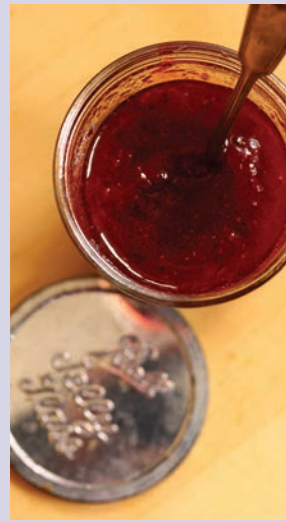
SPANISH RICE IS EASY TO PREPARE AND WORKS WELL AS A SIDE OR AS A HEARTY ENTRÉE. FOR A SPICY TWIST, ENJOY THIS SIGNATURE DISH WITH OUTPOST'S OWN CHORIZO SAUSAGE.

- 4 cups raw white or brown basmati rice
- 2 tablespoons canola oil
- ½ cup green bell pepper, chopped
- ½ cup red bell pepper, chopped
- ½ cup red onion, chopped
- 2 teaspoons garlic, chopped
- 1½ tablespoons ground cumin
- 1½ tablespoons chili powder
- 1½ teaspoons salt
- 2 teaspoons dried oregano
- 2 teaspoons ground coriander
- ⅔ cup tomato juice
- 1 14.5-ounce can tomato purée
- 1 14.5-ounce can diced tomatoes
- ⅔ cup garlic stuffed olives, cut in half
- ⅔ cup black olives, sliced
- 3½ tablespoons red wine vinegar

1. Cook rice in salted water until tender. Cool.
2. While rice is cooking, heat canola oil in large sauté pan or Dutch oven and sauté peppers, onion and garlic until vegetables begin to soften. Add cumin, chili, salt, oregano and coriander and sauté for an additional 10 minutes.
3. Add remaining ingredients, including rice and simmer for 15 minutes to combine flavors and thicken the sauce.

Per serving: 440 calories, 8g fat, 84g carbohydrates, 10g protein, 966mg sodium, 7g fiber





a *Romantic* BREAKFAST IN BED

by LISA MALMAROWSKI
photos by PAUL SLOTH

THERE IS SOMETHING SUBLIMELY INDULGENT AND ROMANTIC ABOUT BREAKFAST IN BED. WITH A LITTLE PLANNING – LIKE MAKING THE JAM, FRUIT BARS AND SANGRIA THE NIGHT BEFORE – YOU CAN LOUNGE AND ENJOY A CUP OF COFFEE WHILE THE POPOVERS BAKE. THEN, ALL YOU HAVE TO DO IS COOK THE SAUSAGE WHILE THE EGGS ARE IN THE OVEN. IT'S THAT EASY TO MAKE SOMEONE'S DAY! OF COURSE, EACH RECIPE IS EASILY SCALABLE IF YOU'RE HOSTING A PARTY INSTEAD OF A TÊTE-À-TÊTE WITH YOUR HONEY.



CLASSIC POPOVERS

SERVES 8

These are a quick bread classic and sure to wow your sweetheart or brunch guests. You'll need to plan ahead a bit as the batter needs to rest for 30 minutes. We think a popover pan with its tall sides is a great investment, but a muffin pan works too – just bake the popovers for about 5 minutes less.

- 1 cup all purpose flour
- ½ teaspoon salt
- 1 cup low-fat milk
- 2 large eggs
- 1 tablespoon butter, melted

1. Preheat the oven to 375°.
2. Lightly spoon flour into measuring cup and level with a knife. In large bowl, combine flour and salt, stirring with a whisk.
3. Combine milk and eggs in a medium bowl and whisk until blended well. Let stand for 30 minutes, then gradually add flour mixture to milk mixture, stirring well with a whisk. Stir in melted butter.
4. Place baking tin in oven for 5 minutes. Remove from oven and divide batter evenly among 8 cups (or more if you're using a muffin tin). Bake for 40 minutes or until golden brown. Serve immediately with strawberry jam!

STRAWBERRY BASIL REFRIGERATOR JAM

The balsamic makes the strawberry flavor sing alongside the fresh lemon and light basil notes. Plus, it's ridiculously easy to make! The trick is getting the consistency you want without using pectin. We boiled it vigorously, so be sure to use a pan with high sides. If you have a candy thermometer the jam should reach 220° to really be 'jammy,' but we just cooked it until it seemed sticky enough and were really pleased with the results.

- 1 quart of fresh strawberries, about 4 cups, washed & sliced
- 2 cups sugar
- 1 lemon, juiced and zested
- 2-3 tablespoons chopped fresh basil
- 1 tablespoon balsamic vinegar

1. Put berries, lemon juice and zest, and sugar into a heavy bottomed saucepan and bring to a boil, stirring to dissolve sugar.
2. Continue cooking jam, stirring often, until it starts to reduce and thicken, about 20 minutes. Jam should coat the back of a spoon and be sticky.
3. Add the basil and balsamic vinegar and cook 5 minutes more.
4. Pour jam into a heat resistant container (we like using a canning jar) and chill. You can also freeze this jam. Just cool first and use a freezer-safe container, being sure to allow enough room for it to expand as it freezes.

TURKEY APPLE & SAGE SAUSAGE

MAKES 8 PATTIES

Sure, you could buy premade sausage, but these savory patties are loaded with fresh herb and apple flavors. Cook up just what you want and freeze the rest, or double the recipe for a crowd.

- 1½ tablespoons vegetable oil
- 1 tart cooking apple like Granny Smith peeled, cored and cut into ¼-inch cubes
- ½ bunch scallions, thinly sliced, white and green parts divided
- 1 pound ground turkey
- ¼ cup loosely packed fresh sage leaves, finely chopped
- ¾ teaspoon whole fennel seeds, crushed (we used a mortar and pestle)
- ¾ teaspoon table salt
- ½ teaspoon freshly ground black pepper

1. In a large skillet, heat half the oil over medium heat. Add the apples and the scallion whites. Cook, stirring occasionally, until the apples soften and just begin to brown, 5 to 8 minutes. Let cool for 10 minutes.
2. In a large bowl, combine the cooked apple mixture with the turkey, scallion greens, sage, fennel seeds, salt and pepper. Mix with your hands until well combined, being careful not to compact the mixture. Gently shape into 8 patties, about 3 inches in diameter and ¾-inch thick.
3. Heat the remaining oil over medium heat. Cook the patties, being careful not to crowd them, until browned and cooked through, about 5 minutes per side. You may need to cook in batches, add more oil and adjust the heat to prevent overbrowning. Keep the sausages warm on a baking sheet in 200° oven, covered with foil.



(our) MENU

- POPOVERS WITH STRAWBERRY BASIL REFRIGERATOR JAM
- OEUFS D'EPINARDS EN COCOTTE
- TURKEY, APPLE & SAGE SAUSAGE
- BLUEBERRY BREAKFAST BARS
- STRAWBERRY ROSÉ SANGRIA



Oeufs d'épinards en Cocotte -
SPINACH EGGS CASSEROLE
MAKES 2

Trust us, these luscious, creamy little casseroles are a snap to make. This dish can be customized to what you have on hand. Try arugula instead of spinach, brie instead of boursin, basil instead of rosemary ... you get the idea. While the bain marie (cooking in a pan of water) seems complicated, it's not. It is, however, essential to ensuring the eggs cook softly and slowly. Just use caution when removing the hot pan from the oven!

- Oven-proof ramekins
- 2 eggs
- 3 handfuls baby spinach
- Olive oil
- 2 tablespoons Boursin herb-garlic cheese
- 1 teaspoon chopped, fresh rosemary
- 2 tablespoons grated cheddar
- Salt and pepper
- Butter or oil for greasing ramekins
- Toast

1. Preheat oven to 400° and grease ramekins.
2. Wilt spinach in some olive oil over medium heat. Divide between 2 ramekins.
3. Put tablespoon of Boursin on top of spinach in each dish.
4. Crack egg and place on top each dish.
5. Sprinkle with chopped rosemary, salt and pepper to taste then top each dish with grated cheddar.
6. Bake in a bain-marie in the oven for 12-15 minutes. Watch carefully and remove just when egg yolks are set and whites are no longer translucent. They will continue cooking a bit when you remove them from the oven.
7. Carefully remove ramekins from the bain marie. Serve with toast points to scoop up the creamy egg and spinach!

WHAT IS A BAIN MARIE?

A 'ban mah-REE' is a fancy pants term for a hot water bath, commonly used for cooking custard. To prepare a bain marie line a baking pan (not a Dutch oven) with a dish towel to keep the ramekins from slipping. Transfer prepared ramekins to the baking dish then carefully add very hot water to the pan so the water reaches halfway up the sides of the ramekins. We have best results when we heat the water in a teakettle to just about boiling.

A BIG THANK-YOU TO OUR MODELS

Meggan Mulkey and Kyle Singleton who were the best of sports, willing to don their jammies for camera!



BLUEBERRY BREAKFAST BARS

MAKES 24 BARS

These nutty, buttery fruit bars are just sweet enough to feel like a treat while still retaining a semblance of wholesomeness. We used Pamela's Gluten-Free Artisan Flour but any gluten-free flour mix will work. If you're concerned about trace amounts of gluten, be sure to look for gluten-free oats and gluten-free baking soda.

- 1³/₄ cup rolled oats
- 1¹/₂ gluten-free flour
- 1 teaspoon baking soda
- ³/₄ cup dark brown sugar, firmly packed
- 1 cup almonds, finely chopped
- ¹/₂ teaspoon salt
- 1 cup butter, melted
- 2 cups fresh or frozen blueberries
- ¹/₂ cup sugar
- 3 tablespoons water
- 2 tablespoons cornstarch
- 2 tablespoons lemon juice

1. Preheat oven to 350°. Line the bottom of a 10x10-inch baking pan with parchment paper, making sure it comes up all sides of the pan.
2. In a large bowl, combine oats, flour, baking soda, brown sugar, almonds and salt. Add melted butter and mix well. The mix should be soft and crumble. Set aside 1 cup of the mixture and press the remaining mixture firmly in the bottom of the prepared pan. Bake for 8 to 10 minutes.
3. Meanwhile, put blueberries, sugar and 2 tablespoons of water in medium saucepan. Bring to a boil and simmer for about two minutes, stirring occasionally.
4. In a small bowl, combine remaining water, cornstarch and lemon juice. Stir into blueberry mixture until thick, for about a minute, then remove from heat.
5. Spread blueberry mixture evenly over cooked crust and press remaining oat mixture onto the blueberries, being careful as the blueberries are hot.
6. Bake bars 18 to 20 minutes or until golden brown. Cool on wire rack. To cut bars, lift the entire block out of the pan using the parchment paper, peel paper away from sides and cut into desired sized bars. The bars will keep a few days in the fridge – if they last that long!



STRAWBERRY ROSÉ SANGRIA

This is a very simple sangria, so be sure to buy the freshest, juiciest fruit you can find.

- 1 bottle (750 ml) of Rosé wine
- ¹/₄ cup of simple syrup*
- Two oranges, juiced
- 1 cup sliced strawberries

Pour wine in the pitcher and add sliced strawberries. Next add simple syrup, orange juice and stir. Chill. Before serving, stir well and add ice.

* To make simple syrup heat ¹/₈ cup of water in a small pan and add ¹/₈ cup sugar. Heat until sugar is dissolved. Cool before using.

GREEN WASHING.

SPRING CLEANING? SAVE MONEY AND THE ENVIRONMENT WITH THESE NATURAL DO-IT-YOURSELF RECIPES.

story & photos by
CARRIE ROWE

THERE'S SOMETHING ABOUT THE SMELL OF FRESH AIR AND THE CELEBRATION OF SUNLIGHT STREAMING INTO OUR KITCHENS THAT SUDDENLY MAKES THOSE BOOTPRINTS ON THE HALLWAY STAIRS AND THOSE CRUSTY MORSELS OF NOVEMBER'S LASAGNA ON THE BOTTOM OF THE OVEN THAT YOU'VE TOLERATED ALL WINTER NO LONGER THAT EASILY IGNORED.

Spring cleaning need not be an exhausting or daunting task, nor need it be filled with expensive and often toxic cleaning supplies. Homemade cleaning products can be just as effective as store-bought, save you money and keep toxic chemicals out of your home and the environment.

Most of the tasks on our cleaning checklist take only a few minutes to complete and you can do one room or the whole house in a day so don't feel overwhelmed. Throw open the windows, sweep out the dust bunnies, turn on some music and start the season refreshed and organized.

(did you know?)

If every household in the US replaced just one 48-ounce box of petroleum-based laundry detergent with a vegetable-based product, we could save 96,000 barrels of oil. Enough to heat and cool 5,500 homes for a year. (www.seventhgeneration.com)

An estimated 50 million pounds of old toothbrushes end up in U.S. landfills each year. Consider using a recycled and recyclable toothbrush for your dental and household cleaning needs. When your toothbrush has finished its work polishing your pearly whites, use it for cleaning the grout in your shower and the tight spaces around the sink fixtures.



BATHROOM CLEANER

- 1 cup vinegar
- ½ cup baking soda
- 8 to 10 cups hot water
- 1 tablespoon Borax
- 1 tablespoon washing soda*
- 30 drops essential oil (optional)

Mix vinegar and baking soda together in bucket. Add hot water, Borax, washing soda and essential oil and mix until all powder is dissolved.

**Having a hard time finding washing soda? No problem! You can make your own with (easy to find) baking soda and your oven.*

Washing Soda:

1. Heat your oven to 400°. Spread baking soda on a large, rimmed baking sheet. Bake for about 30 minutes, stirring occasionally.
2. Heating the baking soda releases water and carbon dioxide, changing the molecular structure which turns baking soda into washing soda. Baking soda is powdery and clumps together. Washing soda is grainy and non-clumping. You'll know you have washing soda when the texture changes. Science!

Washing soda is highly alkaline and caustic, so wear gloves when handling.



MULTI-PURPOSE CITRUS CLEANER

Recycled glass containers (pickle, pasta sauce etc.)
 Orange (or grapefruit or lemon peels) – keep peels left over from juicing and snacking in the freezer until you have enough to fill a jar
 1 tablespoon salt
 Vinegar
 Water
 5 to 10 drops essential oil (optional)

1. Cut orange peels so they fit inside the jar you're using.
2. Add enough salt to lightly cover the peels and let them sit for 20-30 minutes (or longer). This will pull the oils from the peels and ultimately make your cleaning solution stronger.
3. Fill the jar with $\frac{3}{4}$ vinegar and $\frac{1}{4}$ water.
4. Put a tight fitting lid on the jar and let the solution sit for two to three weeks. The longer it sits the better.
5. Strain the solution and fill a squirt bottle with your orange cleaner. If you are using essential oils, add them at this time.
6. Once you start using this batch of cleaner, start another one so you have a new supply ready when this one runs out.



BATHROOM SCRUB

$\frac{3}{4}$ cup baking soda
 $\frac{1}{4}$ cup lemon juice
 3 tablespoons fine grain salt
 3 tablespoons liquid dishwashing soap
 $\frac{1}{2}$ cup vinegar
 10 drops essential oil – eucalyptus and lemon work nicely

Mix all ingredients together in a small bowl or jar to make a paste. Use to scrub tub, shower walls, toilet and sinks.

YOU CAN EVEN SPRING CLEAN YOURSELF!

- Drink enough water. The Institute of Medicine recommends men drink about 13 cups and women about 9 cups a day.
- Eat copious amounts of colorful fruits and veggies. The more (natural) colors on your plate, the better.
- Cut back on coffee, which is acidic and a diuretic. Start by replacing one cup of coffee with green tea, which provides both lower amounts of caffeine and beneficial antioxidants.
- Set 20 minutes aside each day to stretch and meditate, or just sit quietly. Studies show that meditation leads to increased memory, creativity and focus and decreased levels of stress and anxiety.

WE'VE CREATED AN ENTIRE SPRING CLEANING CHECKLIST FOR YOU!

WWW.OUTPOST.COOP/GRAZE



PURPLE DOOR.

ICE CREAM SHOP SET TO HEAT THINGS UP IN WALKER'S POINT.



Istory & photos by PAUL SLOTH



LISTENING TO LAUREN AND STEVE SCHULTZ WAX NOSTALGIC ABOUT ONE OF THEIR FAVORITE ICE CREAM FLAVORS IS, WELL, PRETTY AWESOME. IT'S ICE CREAM, WHAT'S NOT TO LOVE? AND LAUREN AND STEVE ARE PRETTY EASY TO TALK WITH.

Let's get this out of the way: It is perfectly OK to envy these two. They have it pretty sweet. You would feel the same if you got to do what they do ... make ice cream for a living. And in the short time since they started Purple Door Ice Cream, business has been good. So good, in fact, that both Lauren and Steve walked away from their careers in education to devote themselves fully to their young company.

The couple started small, making batches of ice cream on evenings and weekends in a rented kitchen in Cudahy. Soon, they moved out and up to their first retail location – in the Clock Shadow building on Bruce Street in Walker's Point. And it wasn't long before Lauren and Steve were looking to expand again and deciding to strike out on their own.

"We didn't know what to really plan for. When you're starting a business you don't really know, you try to be smart and





use your gut," Steve said "These moves have been unexpected, a pleasant unexpected ... just showing that we're obviously doing something right, we hope."

If you're wondering, that favorite flavor of theirs was coconut, just one of the dozens of flavors of ice cream Lauren and Steve make. They'd developed the flavor after meeting with Kurt Fogle, a local pastry chef. Kurt is a big fan of Purple Door and Lauren and Steve like working with him. They started doing their own trials. First, they gently toasted coconut (that they bought at Outpost), to bring out the natural sweetness. Then they steeped the coconut in the ice cream mix. Then they strained out the coconut. Lauren and Steve didn't want to have the chewy coconut flakes in the ice cream, just the coconut flavor. They weren't sure how Kurt would feel about it. Turns out he agreed.

"It's so simple, but so flavorful. If you like coconut, you'll love it," Lauren said.

It was a hit, but they had to stop making it. It was, oddly enough, a victim of Purple Door's success. When they moved up to the Clock Shadow building, they didn't have an oven to toast the coconut.

It's a level of success that neither Lauren nor Steve expected or planned for when they started their business back in 2011. Sure, they wanted their business to succeed, but they didn't expect to jump around as much as they have during the past three years.

This spring Lauren and Steve will open their very own retail location on Second Street in Walker's Point, a part of the city they love. And, it seems, they're still as excited about making ice cream as they were when they started the business.

"There are days, especially when Steve and I get to be in the kitchen together creating flavors or just making flavors that we love ... it's awesome," Lauren said. "You get to come into work and you get to make ice cream all day, or make ice cream sandwiches or scoop ice cream. This is just this great little thing that we've created. It is pretty cool."

Purple Door Ice Cream will open for business in Walker's Point at the end of March and host a grand opening on April 12. Don't forget, you can always buy Purple Door Ice Cream at Outpost.



MILK FOR MILWAUKEE

As passionate as Lauren and Steve Schultz are about making ice cream, they are equally passionate about doing some good in the community. They set out to do this from the very beginning when they opened Purple Door Ice Cream.

From the start, they used the triple bottom line approach, which means they base all of their business decisions on three components — environmental, social and financial. They want to make sure all of their decisions strike a balance between all three.

"We wanted to have that social aspect as an innate piece of our business. The great thing about owning your own business is that you get to do it the way that you want to do it," Steve said.

In addition to starting their ice cream business, Lauren and Steve started Milk for Milwaukee, a program that provides fresh milk to area homeless shelters. Lauren and Steve learned that it was a need in the community and it was something they could do. They are currently working with three local shelters. Lauren and Steve contribute 10 cents from every pint purchased, plus a portion of all other ice cream profits, to this initiative. So far, they've donated nearly 1,500 gallons of milk.

Initially, they thought this part of the business would come later, but decided not to wait.

"We just said, why do we have to wait? Why not just have it as one of the foundational pieces of our whole business?" Steve said. "Not only do we make ice cream, this is what we do with some of the profits."

PURPLE DOOR ICE CREAM
205 S. 2ND STREET
MILWAUKEE, WI 53204
WWW.PURPLEDOORICECREAM.COM

at Outpost COMPOST HAPPENS.

SUSTAINABILITY IS IMPORTANT TO OUTPOST. WE TRACK AND MONITOR OUR SUSTAINABILITY EFFORTS IN 11 KEY AREAS. FIND OUT MORE BY VIEWING OUR 2ND ANNUAL SUSTAINABILITY REPORT ON THE WEBSITE.

Outpost strives to reduce waste at the source and treat it in a way that sustains all living systems, through reusing, donating, recycling and now, composting too.

To make this happen, we have partnered with local companies and organizations to do the composting for us. Keeping it local lets us monitor what goes in and what comes out. Even better, Outpost plans on making this compost available for sale in our stores. Compost starts at Outpost and returns to Outpost. Nothing ends up as waste!

BENEFITS OF COMPOSTING:

DIVERTS WASTE FROM LANDFILL

REDUCES GREENHOUSE GASES FROM LANDFILLS

BUILDS HEALTHY SOIL FOR FARMERS & GARDENERS

A HEALTHY ALTERNATIVE TO CHEMICAL-BASED FERTILIZERS

SAVES THE CO-OP MONEY IN LANDFILL FEES

O_2
OXYGEN

+

H_2O
WATER

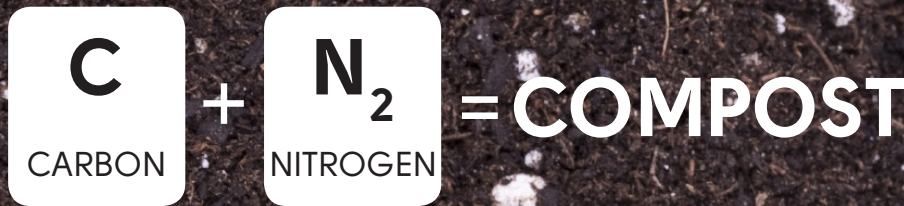
+



47% OF ALL ITEMS IN A TYPICAL HOUSEHOLD GARBAGE CAN COULD BE COMPOSTED!

STAY TUNED FOR YOUR OPPORTUNITY TO BUY OUTPOST COMPOST!

THROUGH OUR ORGANIZATION-WIDE COMPOSTING PROGRAM, WE HAVE DIVERTED MORE THAN 50 TONS OF FOOD WASTE FROM THE LANDFILL SINCE APRIL, 2013.



THINGS TO AVOID COMPOSTING

- Plastics • Metals • Chemicals • Weeds • Magazines • Pet waste
- Dairy products • Meat • Fats, oils, grease and lard
- Anything treated with pesticides • Coal and charcoal

OUR COMPOSTING PARTNERS:

Kompost Kids • www.kompostkids.com

Kompost Kids is a community-based non-profit. Its mission is to promote composting and to create soil for community-based agriculture projects. The compost generated by Kompost Kids is donated to community garden sites.

- Create and manage community composting sites around the Milwaukee area
- Has partnered with Sanimax to kick off a “post-consumer pilot” program to pick up commercial compost
- Outpost is the first partner to jump on board with this opportunity

Sanimax • www.sanimax.com

(Bay View and State Street)

Sanimax hauls compost for a number of large area businesses, and is properly equipped to handle Outpost’s volume of compost!

- Compostables collected at Outpost by Sanimax are hauled to The Farms Composting in Caledonia, a sixth-generation family-owned farm and commercial composting site
- Compost is tested to ensure quality

Elyve • www.elyvecompost.com

(Capitol Drive)

Elyve is a local company providing commercial and residential pick-up services of organic compostable materials. Its motto – “Mind. Body. Soil.” – illustrates the company’s holistic philosophy.

- Provide mentorship for children on the benefits of healthy food and exercise as well as create jobs for young people
- Provide the most nutrient-dense soil possible, empowering people to create their own access to healthy, organic foods wherever they live

IN AN IDEAL WORLD...

by MARGARET MITTELSTADT

... THERE'D BE LESS LAWN AND MORE FOOD.



Photos courtesy of Victory Garden Initiative



IT'S PATRIOTIC TO GROW YOUR OWN FOOD. AT LEAST IT WAS DURING THE FIRST AND SECOND WORLD WARS, WHEN PLANTING FRUIT, VEGETABLE AND HERB GARDENS WAS A PART OF THE NATIONAL RALLYING CRY TO VICTORY OVER A COMMON ENEMY. KNOWN AS VICTORY GARDENS, BACKYARDS, CITY SQUARES AND LARGE PUBLIC PARKS WERE TRANSFORMED INTO FERTILE PLOTS. THEY HELPED TO FEED A NATION BY PRODUCING UP TO 40 PERCENT OF THE COUNTRY'S VEGETABLE CROP, DRASTICALLY REDUCING PRESSURE ON THE PUBLIC FOOD SUPPLY AND SAVING THE GOVERNMENT MILLIONS OF DOLLARS TO BE USED IN THE WAR EFFORTS. VICTORY GARDENS WERE A PART OF DAILY LIFE ON THE HOME FRONT AND WERE WILDLY SUCCESSFUL.

One local organization is rallying people to once again plow under their lawns to help achieve a just, equitable and resilient food culture. Milwaukee's Victory Garden Initiative (VGI) is on the march with garden rakes and seed

packets. In the short time since the group's inception in 2009, VGI has helped neighborhoods mobilize and install more than 1,500 4' x 8' raised-bed gardens all across the metro Milwaukee area. More than 90 percent of VGI gardeners actively share food with their neighbors.

VGI's executive director, Gretchen Mead, is not one to sit still for long. Not completely satisfied with getting folks simply to take up the gardening spade and trowel as a new patriotic avocation, her group also teaches the finer points of urban permaculture, empowering communities to grow food forests, engage in urban agriculture and cultivate food leaders. It's all part of an effort to create a sustainable urban food system for future generations to come.

Outpost envisions a dynamic local food system. Together we can expedite that process if we would consider growing even a small portion of what we put on our plates. Let's declare a food VICTORY now!

CHECK OUT THEIR COMMUNITY FOOD SYSTEM MAP:
LOCATE VGI GARDENS, HARVESTABLE FRUIT SITES
AND COMPOSTING OPPORTUNITIES -
[HTTP://VGIFOODMAPS.COMZE.COM/MAIN_MAP.HTML](http://VGIFOODMAPS.COMZE.COM/MAIN_MAP.HTML)



A few high points on the Victory Garden calendar:

Fruity Nutty Affair (late winter) – An annual fundraiser and foodie event announcing the winners of the Fruity Nutty 5 Contest, a program that gives five fruit and nut orchards to applying community groups.

Victory Garden Blitz (mid spring) – The hallmark get-out-the-compost raised-bed garden installation campaign. The 2014 goal is 500 new gardens.

Concordia Gardens (late spring – late fall) – a 1.5 acre community garden located in Milwaukee's Harambee neighborhood that contains 35 managed garden plots.

SCHOOL'S OUT, HUNGER'S IN. THINKING OUTSIDE THE LUNCHBOX.

ONE IN FOUR CHILDREN IN MILWAUKEE COMES HOME TO EMPTY CUPBOARDS AND NO FOOD IN THE HOUSE. FAMILIES WHO CAN'T MAKE ENDS MEET OFTEN CUT FROM THE FOOD BUDGET FIRST, RELYING ON LOCAL, STATE AND FEDERAL AGENCIES TO HELP MAKE UP THE DIFFERENCE.

During the school year, school-provided lunches may offer the one nutritious meal kids will receive all day. But what happens to these hungry children when school lets out for the summer? Where do they go? Federal nutrition programs fund a portion of summer meal programs for children, but often this may not be enough.

Outpost's "Think Outside the Lunchbox" summer food drive and awareness campaign puts the spotlight on the increased need for emergency food during the summer months, especially for children. The goal of the program is two-fold: help offset that need for food and funding with a traditional food drive for kid-friendly foods, combined with collection jars at the cash register. In 2013, Outpost shoppers contributed nearly \$6,600 in spare change and more than 1,400 pounds of collected food. All proceeds and donations benefit Hunger Task Force.

The recently signed 2014 Farm Bill slashes nearly eight billion dollars from the federal food stamp program over the next ten years. But while funding is decreasing, the need for emergency food continues to rise. Roughly 14.5 percent of all U.S. households are food insecure (5.7 percent very low food security).

Statistics don't mean much when your stomach hurts from a lack of food. Outpost's strong community partnerships with organizations like Hunger Task Force help to ease some of the burden and make a positive difference in our community.

Think Outside the Lunchbox runs June 1 through August 31.

Photos courtesy of Hunger Task Force



FIGHTING FOR TRUTH, JUSTICE & THE SUSTAINABLE WAY.

by MARGARET MITTELSTADT
photo by PAUL SLOTH

AT OUTPOST, COOPERATION AND SUSTAINABILITY GO TOGETHER LIKE CLARK KENT AND SUPERMAN. ON APRIL 17, 1970, OUTPOST OPENED ITS DOORS TO THE MILWAUKEE COMMUNITY. FIVE DAYS LATER WAS THE FIRST EARTH DAY. COINCIDENCE? THE FOUNDERS OF OUTPOST ALREADY HAD CONSERVATION IN MIND WHEN THEY ANSWERED THE COSMIC CALL TO COOPERATE. IT'S ONLY FITTING THAT FOUR DECADES LATER, OUTPOST HAS ITS OWN SUSTAINABILITY MANAGER, JESSY SERVI, FIGHTING FOR TRUTH, JUSTICE AND THE SUSTAINABLE WAY!

With a background in construction, green design, urban agriculture and sustainability management, Jessy is Outpost's very own eco-business superhero! Faster than a speeding Prius, Jessy is the driving force behind curating our annual Sustainability Report, aggregating data and crunching numbers that paint an accurate portrait of cooperative responsibility. More powerful than a hydrogen fuel cell, she heads up staff Green Teams at each of our co-op locations, making sustainability a team sport. Able to leap LEED Gold-certified buildings in a single bound, Jessy is a key force in incorporating green features and best practices at all locations.



At our new Mequon store, that means rain gardens, underground cisterns, orchards, electric hybrid vehicle plug-in stations and permeable paving.

Besides being the right thing for a company to do, being green makes good business sense, which is why Outpost has a person dedicated to sustainability. It's good for the co-op and for the Triple Bottom Line: people, planet and profit. Jessy wants to make sure Outpost, its staff and its owners are green and connect with the community, while adding to the co-op's overall profitability.

What started out with a few hundred owners in a small, simple storefront is now closing in on 19,000 owners and poised to open a fourth store. And Earth Day? Well, it has become the largest secular holiday in the world, celebrated by more than 1 billion people in 192 countries each year. Yup. It's a cosmic book story set in motion 44 years ago and still going strong.

READ MORE ABOUT OUR SUSTAINABILITY PLAN

As a member of the Sustainable Food Trade Association (Outpost joined in 2011), we've taken a pledge to track our sustainability efforts by setting goals for the future and by annually monitoring and reporting on our progress in those areas.

SFTA members share a common vision – to conduct business in a way that meets not only the needs of the present generation, but also of future generations. Each year, Jessy Servi, Outpost's sustainability manager, audits our cooperative's progress in several key areas such as energy use, waste reduction, packaging, animal care and the continuing promotion of organic food sources, among others.

The results, which measure our progress towards goals we set each year, are compiled in an annual report submitted to the SFTA and posted on our website. There, you can get the full picture of our sustainability efforts and see our goals for the future.

READ ABOUT OUTPOST'S
SUSTAINABILITY INITIATIVES!
WWW.OUTPOST.COOP/ABOUT/SUSTAINABILITY/

CHECKOUT



photo by Paul Sloth

SIGN OF HOPE

CONTRACTORS PREPARED THE OUTPOST SIGN FOR INSTALLATION ON THE BUILDING AT 7590 W. MEQUON ROAD, IN LATE WINTER. THE STORE, OUR FOURTH, OPENS IN MAY.

our MAMAS & PAPAS

In 1970, a lot was happening in our country besides hippies, peace, love and understanding. Big business was pushing out the family farmer. Harmful agrochemicals were destroying the rural landscape and poisoning what we ate. Mom and Pop corner grocery stores were closing to big supermarket chains. Organic was just a twinkle in the eyes of the back to the land folks. It was these turbulent times that birthed Outpost Co-op - April 1970 in fact. Milwaukee needed a place to buy real food from real people, so the community pooled their money and our co-op was born. All these years later Outpost is still true to its name - an outpost of delicious and healthy food choices in a turbulent, complicated world. Only today we're way bigger and more diverse than our founding mamas and papas could probably imagine. So stop by and get a fresh taste of a Milwaukee original where anyone can shop and anyone can join.

Our newest store is opening
in Mequon this Spring!

At the intersection of Mequon Road (WI Hwy 167)
and Wauwatosa Road (WI Hwy 181)



1. *Wild Honey*
2. *Strawberry Fields Forever*
3. *Sixteen Saltines*
4. *The Lemon Song*
5. *On The Good Ship Lollipop*
6. *Loving You Has Made Me Bananas*
7. *Eggs Over Easy*
8. *Collard Greens*
9. *I've Got A Lovely Bunch Of Coconuts*
10. *Oh! That Gorgonzola Cheese*
11. *I Gave My Love A Cherry*
12. *Apples & Oranges*



OUTPOST
NATURAL FOODS

2826 S. KINNICKINNIC AVENUE BAY VIEW
7000 W. STATE STREET WAUWATOSA
100 E. CAPITOL DRIVE MILWAUKEE

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