

GRAZZE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS CO-OP

SPRING LUAU

PAGE 14

SHARAY'S
BRITTLES &
SWEETS

PAGE 12

GA-GA FOR
GALETTES

PAGE 8

PLU 3010
SPRING 2024

FREE WITH ANY PURCHASE



FIRST WORD.

IT MAY HAVE BEEN A MILD WINTER—I COULD COUNT HOW MANY TIMES I HAD TO SHOVEL ON ONE HAND—BUT IT WAS STILL A WISCONSIN WINTER, NONETHELESS. IT'S ALWAYS A GOOD TIME TO PERFECT SOME RECIPES AND MAYBE EVEN PUSH YOUR CULINARY SKILLS OUT OF THE COMFORT ZONE. ON MY LIST WAS HOMEMADE



Mike's dog, Roxi, enjoying treats from the garden.

PIZZAS (TURNED OUT PRETTY GOOD), TRADITIONAL BRITISH PORK PIES (STILL HAVE TO WORK ON SHAPING MY HOT WATER CRUST), AND, YES, FOUR YEARS AFTER THE COVID BAKING TREND, I MADE MY FIRST SUCCESSFUL SOURDOUGH BREAD (THE LESS WE TALK ABOUT THE UNSUCCESSFUL ATTEMPTS, THE BETTER).

But now, Winter 2024 is almost in our rearview mirror, and we can really start looking forward to springtime. For me, spring means radiant greens in the forests, the lake turns from turbulent English Channel Grey to vibrant hues of blue and green, and the local spring veggies start appearing on our shelves. Asparagus, spinach, and my personal favorite, ramps, which I will soon start hounding our longtime produce buyer about when these short-seasoned, garlicky stems will be available for my ramp and egg omelets, ramp soups, and pickled ramp weekends.

They usually start popping up around May, which is when another Outpost favorite makes its welcome return: Maggie's Herbs and Heirlooms. Maggie will always have a special place in my heart since she was one of the first vendor profiles I ever did for this little magazine you're holding in your hands (or scrolling through online). It was the perfect introduction to the kind of care and commitment you'll find at Outpost and with the people we work with.

I've been buying Maggie's plants every year since and, as the kids say: IYKYK (If You Know You Know) how incredible they all are. From the Wisconsin 55 Tomato (developed especially for Wisconsin at Madison in the 1950s) to the Juane Flamme Tomato with heirloom seeds that have traveled here all the way from France, Springtime means finally getting into the garden and seeing what worked from last year and what hopefully will work this year. I know that come September, the gardening me and my garden helper do in the spring will produce a bounty of unique and delicious veggies in autumn.

So now is a great time to get outside and enjoy your state and, when your state inevitably says, "no thanks" and drops a little blizzard in May (you know it can happen), cozy yourself up inside and try a new recipe. To give you a head start, check out our Hawaii-inspired luau inside. It'll help get you to the next season-summer!

Handwritten signature of Mike Sorensen.

MIKE SORENSEN
"Multi-media Mike"



GRAZE IS
PUBLISHED
QUARTERLY,
WITH NEW
ISSUES EACH
SEASON.



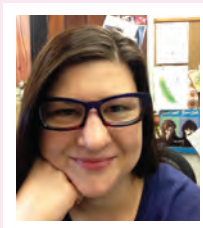
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WHO IS GRAZE ?

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 SAM HANSON.

I love tasting my way through local eateries, drawing whenever possible and checking out cookbooks from the library. As a former self-admitted bad cook grown into a pretty good home cook, I now love developing and illustrating my own recipes. As a Second City of Chicago alum – humor tends to bleed into all that I do like writing, illustration, or design. I'm a softie with a love of big coffee table books, nature walks, with a rather serious bagel and lox addiction.



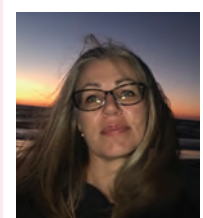
i am LISA MALMAROWSKI.

Marketing isn't a dirty word, it's my megaphone to talk about things that really matter, like preserving local food security and the best way to roast a beet. I've made it my mission to turn natural food doubters into evangelists. When I'm not busy turning people on to turnips, you'll find me creating mixed-media art, shopping for shoes, or traveling.



i am MARGARET MITTELSTADT.

My childhood was filled with simple, honest meals, and it's with great humility that I approach cooking. Great Grandma's apron hangs in my kitchen like a sentry from the Old Country. Of course, like life, not everything I cook turns out as I expected, so I've learned to let go of outcomes and smile with the surprises.



i am MICHAEL SORENSEN.

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



i am MARI WOOD.

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



- GRAZE.

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YOU'LL SWOON

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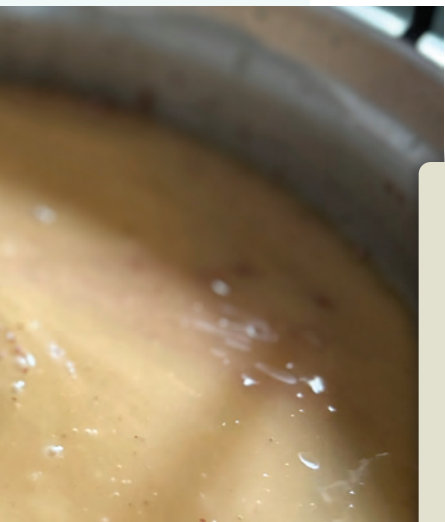
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Spring Celebrations Made Simple

CUSTOM CAKES from OUTPOST



have more fun!



We offer a **delicious** selection for special diets

- gluten-free
- vegetarian
- vegan



We concentrate on the **quality** of our ingredients

In fact, we make our menu items **from scratch** using fresh, all-natural & wholesome ingredients



See our menus in store or at www.outpost.coop

WANT MORE OUTPOST?

WWW.OUTPOST.COOP



(you'll)

SWOON!

THINGS WE LOVE.



OUTPOST'S BAKEHOUSE TAKE & BAKE COOKIES

JUST PRETEND YOU BAKED THESE FROM SCRATCH

Imagine a cookie...fresh from the oven, the edges are a tinge crispy. As you bite into the warm, soft center your taste buds light up and your brain banishes the bad thoughts. Everything is bathed in nostalgia for a brief, fleeting moment transporting you back to a happy childhood. The best part? All you had to do is preheat the oven and pop as many frozen cookie dough balls you desire onto a baking sheet for 10-12 minutes and voila – magic! Our frozen made-from-scratch cookies come in convenient six and twelve count packages for when you feel like a little or a lot. Want just a couple cookies? No problem! The whole dozen? Go ahead...who's stopping you? The Vegan Oatmeal comes chock full of sweet, all-natural raisins and the Peanut Butter is just like mom used to make. Need a wheat-free alternative? No worries, the Wheat-Free Chocolate Chip is here for you. We may have gilded the lily a bit with our Classic Chocolate Chip by adding some chopped pecans, but we don't think you'll mind. Cold glass of milk not included.

EAT MEATI

MIGHTY MUSHROOM "MEAT" MAKES A GOOD MEAL

Milk from nuts. Cheese from tofu. Ham from wheat gluten. And now - steaks and chicken from mushrooms? Yes! This is one fungi you've got to try! Meati has perfected the process of turning mycelium into meat. Mycelium, the mushroom's root-like structure, forms a dense, fibrous texture in a surprisingly meaty way. The result, a delicious product that looks, cooks, and tastes like traditional meat, without any animal products. So good that even carnivores give 'em a big thumbs up. Our tasters comments included: "Tasty," "the flavor is just right," and "...it really resembles a chicken breast!" What's even better? It's 95% mushroom root, packed with protein, fiber, iron, B vitamins and zinc. Whether you're a die-hard meat-eater seeking a healthy option, or an avowed vegan, Meati is for everyone. Try the Chicken Cutlet and Classic Steak varieties – GMO-free, plant-based and oh, so delish!



SUKIN SENSITIVE SKIN CLEANSING LOTION

SUMPTUOUS SATINY SKIN FOR A SONG

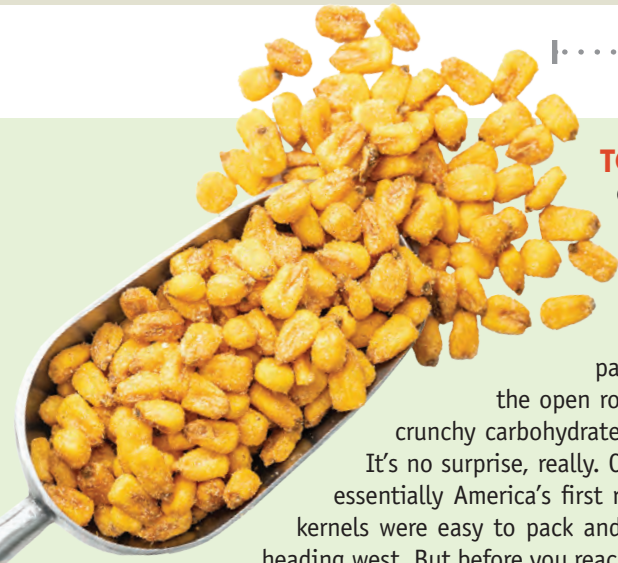
Skin care sure has become complicated. From exfoliating scrubs to cleansers, treatments to toners and more, it's easy to drop a bundle of cash just to keep up a facial care regime. Here's the secret that many big beauty brands don't want you to know – adding more and more products can strip your skin of natural oils and enzymes that help keep your cheeks plump and smooth. Fear no more, Sukin is here to smooth it all out, simply. We are low-key obsessed with their Sensitive Cleansing Lotion most of all. It's ideal for dry & dehydrated skin that is also sensitive. It gently removes the days grime with juicy botanicals like cucumber, chamomile, soothing aloe vera and plant oils like rosehip and jojoba to hydrate skin, leaving it clean, soft, and nourished. All natural and plant-based with no silicone, no phthalates, no petroleum or mineral oil, it's also super economical costing just a fraction of fancy department store cleansers. Pair this cleanser with one of their simple moisturizers and satiny, smooth skin is yours!





Staff Picks!

JUST LOOK FOR THE SIGNS WHEN YOU SHOP TO FIND OUT WHAT OUR STAFF RECOMMENDS



TOASTED CORN CERTIFIABLE CRUNCHTASTIC CRAVE-ABLE KERNELS

We don't know about you, but for us, these toasted nuts of corn, are the ultimate road trip companion. There's just something about the open road paired with a bag of addictively crunchy carbohydrates that feels like the perfect match. It's no surprise, really. Crispy, toasted nuggets of corn were essentially America's first road trip treat; these light, toasted kernels were easy to pack and stayed fresh for European settlers heading west. But before you reach for a bag of super-processed "corn nuts" at your local convenience store, why not embark on a new snacking journey with Outpost's Toasted Corn from our bulk department? With a satisfyingly light yet crisp crunch and savory sea salt to tantalize your taste buds, these non-GMO toasty treats are a mouth-popping delight. Whether sprinkled on salads, added to charcuterie boards, or simply enjoyed by the handful, you'll have the task of choosing between the classic lightly salted and the zippy, spicy varieties. A snack hundreds of years in the making, we'll likely be crunching on them far into the future while we take our hover-cars to destination road-trips unknown.



MINGLE COCKTAILS LUSH & LOVELY LIQUOR-FREE LIBATIONS

Want to enjoy a fiesta without the siesta? Or maybe you're looking to make the party last longer without a hangover? Whatever the reason, Mingle Cocktails are your ticket to party, sans the alcohol. Say goodbye to sugary drinks fit for a kid, these adult beverages are naturally infused with botanicals so they're not too sweet and not too sparkly. Grown up, but still fun, Mingle comes in a variety of flavors that will have everyone asking, "Is that...alcohol?" But you'll know better. From Cosmos to Bellinis, to Margaritas and more, each fruit centered mocktail is party ready. Just pop a can, pour into a pretty glass, ditch the FOMO, and mingle like a boss!



RUSHING WATERS SALMON BURGERS

"These can be prepared in so many ways – my favorite is in the oven and topped with an egg."

Jane, Mequon

OUTPOST'S BULK CRYSTALIZED GINGER

"It's a life changer! The flavor is mouth-watering & great for general digestive support."

Alexis,
Capitol Drive



WELLNESS FOUND DILL & CARROT SAUERKRAUT

"Use this healthy ancestral food for digestion, probiotics, and an immunity lift. A dollop next to eggs or stir fry adds an extra flavor kick!"

Wendy, Wauwatosa

OUTPOST'S OWN LITTLE OATIES

"Chewy oatmeal cookie and sweet creamy filling pairs perfectly with coffee!"

Neil, Wauwatosa



galettes

(two ways)

FRENCH FOR FLAT CAKE, GALETTES TRANSCEND WHAT ONE MIGHT IMAGINE IN TERMS OF CAKE. AN OPEN CENTER WITH CRISP, FLAKEY EDGES, IT'S MORE OF A PIZZA MEETS PIE SITUATION. GALETTES SEAMLESSLY GLIDE BETWEEN SWEET AND SAVORY. IT CAN BE FANCY OR RUSTIC. METICULOUSLY PRIMPED EDGES OR A FREEFORM, THAT'S-HOW-THE-COOKIE-CRUMBLES KIND OF PIE (WHICH IS THE BEST METHOD, HONESTLY). IT'S ESSENTIALLY THE LITTLE BLACK DRESS OF THE BAKING WORLD – DRESS IT UP, DRESS IT DOWN AND PERFECT FOR EVERY OCCASION. THE FILLING COMBINATIONS ARE ENDLESS AND FUN TO EXPERIMENT WITH. JUST MAKE THE DOUGH AND GO!

GALETTE DOUGH

MAKES 1 GALETTE

A simple, versatile pie dough can be made ahead or quickly in a pinch. Butter. Flour. Salt. Sugar. Heat. It's a satisfying process and should be enjoyed if time allows. An egg wash right before throwing it in the oven will make the crust shiny and crisp. Plus, a sprinkle of sugar or cheese is always a nice touch. Layers of butter and flour make for a flakey, buttery crust. A great staple in your culinary repertoire!

1½ teaspoons sugar	4 tablespoons ice water
¾ teaspoon salt	1 egg (for egg wash)
1⅓ cups all-purpose flour (plus a little extra for the surface)	Parchment paper
1½ sticks of chilled unsalted butter	Rolling pin
	Bench scraper

1. Slice cold butter into even rectangular pieces (about 9 total).
2. Combine flour, salt, and sugar.
3. Toss sliced butter into flour mix.
4. Pour mixture onto clean surface.
5. Use a rolling pin to work the butter and flour together.
6. Use a bench scraper to gather ingredients and roll a few times over.
7. Incorporate ice water with rolling pin and bench scraper.
8. Begin to form it into a rectangle and fold it into thirds.
9. Once your dough has come together wrap in plastic and form into a circle.
10. Use immediately, refrigerate or store in a freezer-safe container.





GARLIC MUSHROOM, CARAMELIZED ONION & KALE GALETTE *with GRUYERE*

MAKES ABOUT 8 SLICES **Vegetarian • Gluten free with flour substitution**

This is an herby, luxurious pie with flakey, craggily edges. The beauty of galettes is that they can be prepped ahead of time and popped in the oven when the time is right. Prep a few and bake them off for a worry-free dinner or party and let your oven do the heavy lifting. Try summertime heirloom tomatoes with fresh basil, olive oil, salt and cheese if you want the full margherita pizza pie experience. Make it a meal with a side of greens!

2 pints mushrooms, sliced
2-3 onions, sliced thin
½ head of garlic, crushed small

1 cup kale, sliced thin
½ cup Gruyere, shredded

1. Preheat oven to 350 degrees.
2. Caramelize onions by slicing thinly and cook down low and slow with olive oil, salt, and a dash of red wine vinegar. This usually takes 45 minutes or more but the deeper the color, the deeper the flavor.
3. Slice mushrooms, kale and crush the garlic.
4. Lightly sauté mushrooms. Once halfway cooked, add garlic. Then stir in kale for the last two minutes.
5. Cool the mixture and add shredded gruyere once completely cooled.
6. Roll out the galette dough onto parchment paper.
7. Spread on the cooled caramelized onions and top with mushroom kale mix.
8. Fold the edges over around the galette.
9. Just before baking brush on an egg wash.
10. Bake at 350 for 45-60 minutes. The more ingredients, the longer it will take. Rotate the galette and switch from top to bottom rack.
11. Towards the end of baking top with more shredded gruyere and fresh thyme.
12. Slice and enjoy while warm.



SWEET BERRY GALETTE

MAKES ABOUT 8 SLICES **Vegetarian • Gluten free with flour substitution**

Any berry would make for a lovely galette. It's hard to go wrong with fresh fruit, lemon, and a little sugar! This is a good pie to toss in the oven before you sit down for dinner for a warm, crisped, and perfectly timed delight. In-season fruits, or apples are a great option all year round. Add a dollop of whipped cream, ice cream or devour on its own.

1 pint strawberries, sliced
2 pints raspberries, whole
¼ cup sugar

Zest of 1 lemon
2 tablespoons corn starch
¼ cup turbinado sugar

1. Preheat oven to 350 degrees.
2. Slice strawberries.
3. Zest lemon and massage it into the sugar.
4. Toss strawberries and raspberries into sugar mix. Drain any excess liquid that collects.
5. Mix in corn starch.
6. Roll out dough onto parchment and spread out the mixture thinly.
7. Fold the edges over.
8. Just before baking brush on egg wash.
9. Lightly sprinkle turbinado sugar onto the egg washed crust.
10. Bake at 350 for 45-60 minutes. The more ingredients, the longer it will take. Rotate the galette and switch from top to bottom rack during the baking process.
11. Serve warm or cold.



(our) TABLE OF FOOD SCRAPS

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

WHAT IF WE TOLD YOU THAT UPCYCLING ISN'T JUST FOR CLOTHING, FURNITURE OR EVEN REUSING PLASTIC BAGS? IN FACT, THE UPCYCLING MOVEMENT INCLUDES FOOD WASTE. SURE, COMPOST IS AN OPTION, AN IMPORTANT ONE, BUT FINDING CREATIVE USE FOR THE BITS OF FOOD THAT TYPICALLY GET THROWN AWAY OR COMPOSTED CAN BE TASTY AND FUN. NEED MORE CONVINCING? ACCORDING TO CURRENT STATISTICS, APPROXIMATELY 40% OF THE ENTIRE FOOD SUPPLY IN OUR COUNTRY GOES TO WASTE. THIS AMOUNTS TO AN AVERAGE OF 325 POUNDS OF FOOD WASTED PER PERSON. SO, LET'S GET CREATIVE!

Bg

BEET GREENS



USES . SAUTÉ, SOUPS

NOTES . PAIRS WELL WITH GARLIC

Cg

CARROT GREENS



USES . PESTO

NOTES . USE LIKE YOU WOULD BASIL

Cp

CITRUS PEELS



USES . FIRESTARTER, ZEST/
FLAVORING

NOTES . ZEST & FREEZE

Wa

WATERMELON RINDS



USES . PICKLES

NOTES . REMOVE GREEN EXTERIOR

Co

COFFEE GROUND



USES . FERTILIZER, FACE SCRUB

NOTES . ABRASIVE, SO BE GENTLE

Br

BROCCOLI STEMS



USES . SAUTÉ, STEAM, ROAST

NOTES . COOK LIKE FLORETS

Cu

CUCUMBER ENDS



USES . SKIN CARE

NOTES . REFRESHING ON FACE

Ch

CHEESE ENDS



USES . DIP, SPREAD, SOUPS

NOTES . CAN BE FROZEN UNTIL USE

Sb

STALE BREAD



USES . BREADCRUMBS,
CROUTONS

NOTES . OR REVIVE WITH WATER & WARM OVEN

VARIETY IS THE SPICE OF LIFE
S THE SPICE OF LIFE
PIECE OF LIFE VARI

(two) recipes

CHEESE ENDS

FROMAGE FORT

French-Style Potted Cheese

This is the “fancy” French version of cold packed cheese we’re so fond of here in Wisconsin. Save the ends or bits of cheese leftovers until you get enough cheese for the recipe. You can freeze the bits of cheese, just thaw before using. The cheese varieties you use will direct the final color of the spread. No white wine? Try chicken, beef or vegetable broth in its place.



1 clove garlic, roughly chopped
About 1 cup mixed cheeses both hard and soft varieties
1½ tablespoons unsalted butter
4 tablespoons dry white wine
Salt and freshly ground pepper to taste
Chopped parsley or chives for garnish

1. Add chopped garlic, cheese and butter to a food processor and process until smooth.
2. Add wine (or broth) and continue processing until well combined and smoothish. Taste and add salt and pepper to taste. Mix well.
3. Store in a sterilized jar for up to a week in the refrigerator.

PICKLE JUICE

PICKLEBACK COCKTAIL

SERVES 2

A “pickleback” is typically a chaser to shot a whiskey. But let’s get fancy and make a posh cocktail instead!

4 ounces whiskey or bourbon
3 ounces leftover pickle juice or brine
1½ ounces fresh lime juice
1 ounce simple syrup
Pickle spears or slices and fresh dill to garnish



1. In a cocktail mixer stir together whiskey, pickle juice, lime juice, and simple syrup.
2. Fill two swanky cocktail glasses with ice and top with cocktail mix. Garnish with a pickle spear and fresh dill.

Aq

AQUAFABA
(BEAN WATER)



USES . EGG-LIKE THICKENER BUT FROM PLANTS
NOTES . TRY CHICKPEAS, WHITE BEAN, OR LENTIL

Pj

PICKLE JUICE



USES . BRINE, SEASONING, DRINKS
NOTES . USE LIKE VINEGAR IN COOKING

Jj

EMPTY JAM JARS



USES . SALAD DRESSING FLAVORING
NOTES . ADD DRESSING INGREDIENTS & SHAKE





SHARAY'S

"The not too sweet, nutty treat, that doesn't stick to your teeth"

It's in the word itself. Brittle. As in peanut brittle. Here's what the dictionary has to say, "easily broken, cracked, or shattered when subjected to pressure." It's a word that brings a smile to any dentist. American-style peanut brittle (the kind we all likely grew up with) is usually a concoction of sugar, corn syrup, butter, and peanuts resulting in a tasty, but occasionally, teeth shattering treat.

If only there was a peanut brittle that didn't strike fear into our molars. Well, surprise! There is and it comes from the country of Ghana via Yaw Asare, or as most know him by his nickname, Sharay.

You could call him the Willy Wonka of West Africa. I just made that moniker up and it sticks—unlike Sharay's version of the brittle he grew up with.

"Almost every single time I give somebody a sample," Sharay laughs, "the response I would get is, 'Oh, it doesn't stick to my teeth! Oh, it's not sticking to my teeth!' Again, and again. And I was like, really? I didn't know that was a problem because I've never experienced it with Ghanaian brittle. I solved the problem without even knowing I was solving a problem about hard, sticky brittles."

Sharay's brittles use only a few all-natural, simple ingredients like pure cane sugar, water, salt, and nuts. A little splash of citric acid keeps it fresh longer. All the peanuts, pecans, cashews, and pistachios (the four styles of brittle available currently) are finely chopped and roasted to really amp up the nutty flavors in every bite.

Sharay, who was born in Germany, but spent his formative years in Ghana, moved to Appleton, Wisconsin to attend Lawrence University decades ago. There, he fell in love with his future wife, as well as with Wisconsin – so much that he's never left. He did, however, miss his favorite Ghanaian snack, Nkate Cake which is the inspiration for his brittles.

"That was one of my favorite snacks," Sharay recalls. "I couldn't get enough of it. And what we would do is we'd buy it from street

hawkers. These ladies that would be getting up early every morning to make these treats and display them in glass boxes for sale."

His mother back in Ghana tracked down a local recipe book and Sharay went to work recreating his nostalgic treat.

As he was supplying people around him with brittle, one of his good friends, Orson Fournillier, decided they should go into business together and get more Ghanaian food into more people's hands. "If there's ever a situation where if you need to have a partner, he's the kind of partner to have," Sharay says. "Orson has been very instrumental in getting this thing going. He has as much passion about this business as I do."

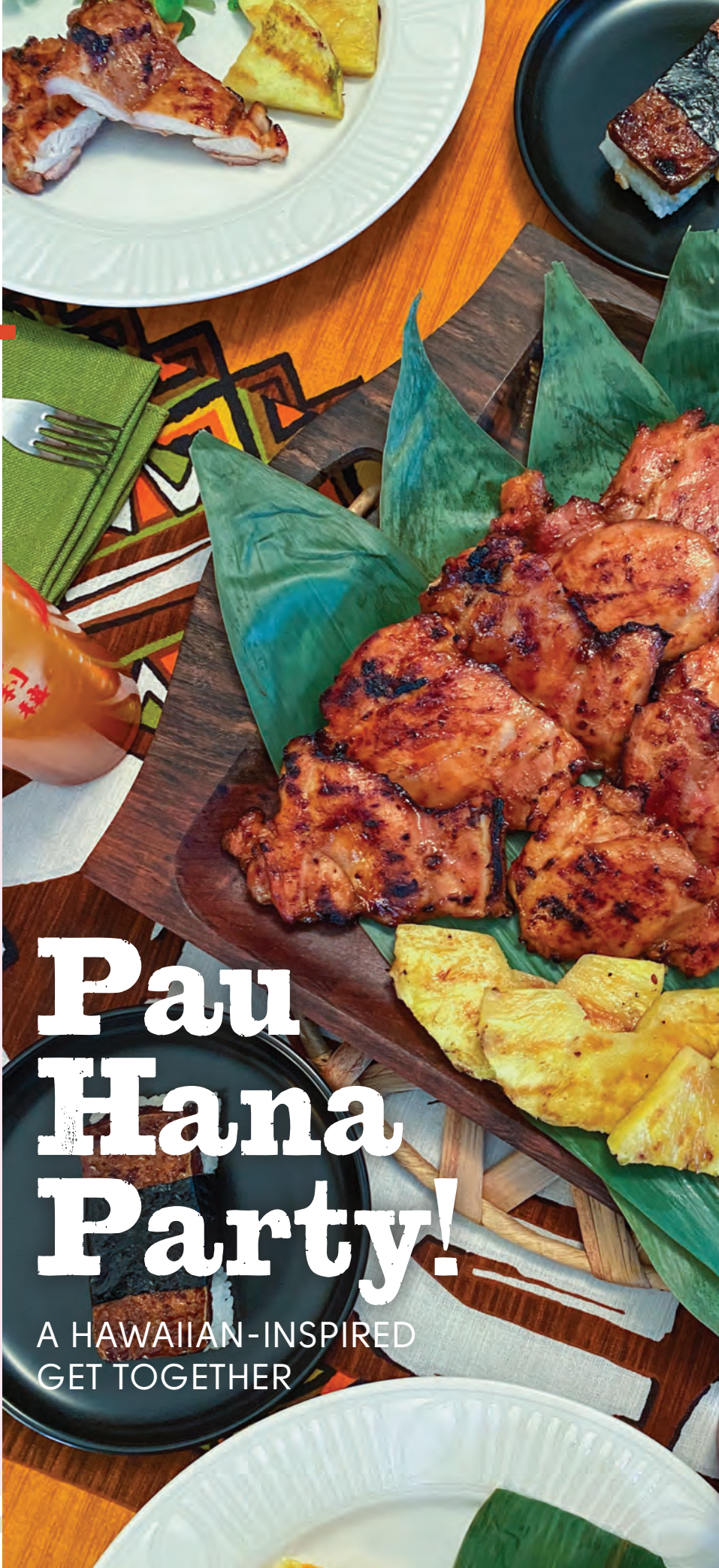
The dynamic duo started selling their unique treats at Farmer's Markets in the Appleton area, eventually expanding into Green Bay, Oshkosh, Madison and Milwaukee. Things were going great until the owner of Sweet P's Pantry in Oconomowoc told Sharay she was retiring.

Sweet P's was contracted to make and package Sharay's brittle at their quaint, traditional confectionery. Without Sweet P's... who would literally make the candy? Sharay and Orson had an epiphany: Why not buy the business themselves?

"We were like, nah, we can't afford it. So, we kind of let it go. But then as the reality started getting closer, we were like, if we don't do something about this, we're going to be beholden to somebody else to make our treats. So finally, we were like, okay, let's just go and get this done."

Which is what they did in April 2023.

It was a decision that allowed Sharay's to expand from not only award-winning brittles (both the peanut and pistachio brittles won awards at last year's Wisconsin State Fair), they are now selling award-winning toffees, nuts, and caramels (like the simply stellar Sweet P's Door County Cherry Caramels you can find on our shelves) along with other classic chocolate confections, including a Ruby Cherry Almond Toffee with a flavor this humble writer cannot stop thinking about.



Pau Hana Party!

A HAWAIIAN-INSPIRED
GET TOGETHER

by LISA MALMAROWSKI
photos CARA BERKEN & SAM HANSON

HEAR US OUT – THROWING A HAWAIIAN HOUSE PARTY IS ONE OF THE BEST WAYS TO SPEND A COOL SPRING EVENING INDOORS AND IT DOESN'T HAVE TO BE COMPLICATED – PROMISE. EACH OF THESE RECIPES WILL BRING THE FLAVORS OF THE TROPICS INDOORS AND WON'T LEAVE YOU STUCK IN THE KITCHEN FOR DAYS. PLUS, THESE DISHES FLEX SMOOTHLY INTO YOUR EARLY SUMMER COOK OUT MENUS. SO, SLIP INTO A MUUMUU, SET YOUR PLAYLIST TO VINTAGE HAWAIIAN SLIDE GUITAR, GET COOKING AND BASK IN THE WARM ALOHA VIBES. MAHALO!

HAWAIIAN-STYLE MACARONI SALAD

SERVES 4–6 *Vegan & gluten free with substitutions*

Much like potato salad on the mainland, every Hawaiian family has their own, and “best,” version of this classic island macaroni salad. It’s a must at every party! Some include potatoes or hard-boiled eggs, but the non-negotiable ingredients are elbow macaroni and good mayonnaise. This salad is best served shortly after making.

8 ounces dry elbow macaroni
1 medium carrot, grated
1 cup high quality mayonnaise
1 teaspoon granulated sugar
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon paprika
¼ teaspoon turmeric
Salt and ground black pepper to taste
Finely sliced green onions or chives for garnish

PAU HANA -

*The time after work;
a time for relaxation
and socializing*

1. Cook the macaroni by bringing a large pot of water to a boil. Once boiling, generously salt the water, add in the pasta and cook until soft, but not “flabby.” It’s typical to feature a softer macaroni but al dente is fine too. Drain the noodles, rinse in cold water, and set aside.
2. Add cooled noodles to a large mixing bowl with the grated carrot, mayonnaise, sugar, garlic powder, onion powder, paprika, and turmeric. Season with salt and freshly ground black pepper, to taste. Stir to combine, seasoning with additional spices and/or salt as needed.
3. Serve immediately, garnished with finely sliced green onions or chives if desired.

Note – Refrigerate if not serving right away but it’s really best served right away before the noodles can absorb the mayonnaise.

(continued)

(our) MENU

NOT SPAM MUSUBI
HAWAIIAN-STYLE MACARONI SALAD
ALOHA HOT DOGS
HULI HULI CHICKEN
MANGO COCONUT CHIA PARFAITS

NOT SPAM MUSUBI

MAKES 9 *Vegan • Gluten free*

Musubi is beloved on the islands and is a testament to the creativity of the folks that relied on infrequent deliveries of food to the South Pacific. Yes, we're talking sushi made with Spam, but instead of canned meat, we've subbed savory-sweet, marinated, and caramelized tofu slices. This hits all the notes of classic musubi without the meat! There are a lot of steps to this recipe, but don't be intimidated, it's really easy to make.

14 ounce extra firm tofu	2 tablespoons vegetable oil, for cooking
$\frac{1}{3}$ cup tamari	
3 tablespoons brown sugar	Musubi:
2 cloves garlic, grated	2 sheets sushi nori
1 teaspoon ginger, grated	2 cups dry sushi rice
1 tablespoon mirin	$\frac{1}{4}$ cup rice wine vinegar
1 tablespoon agave or honey	2 tablespoons sugar
2 teaspoons liquid smoke	

1. Press tofu for at least 20 minutes to remove excess water and moisture.
2. Meanwhile, add the tamari, brown sugar, garlic, ginger, mirin, agave or honey, and liquid smoke to a small bowl and whisk together.
3. Cut nori sheets widthwise into 2-inch thick strips. Some nori is perforated into strips which are perfectly sized – just pull those apart into strips.
4. Cook the rice: Rinse rice in fine strainer until water runs clean; drain well. Add $2\frac{1}{4}$ cups water to a pan with a lid, add rinsed rice and cover. Turn the heat to medium-high and cook until the water just reaches a simmer, then reduce heat to medium-low to maintain the simmer. Cook for 16-18 minutes or until all of the liquid is absorbed and the rice is tender. Remove saucepan from the heat (with the lid still on) and let the rice steam for an additional 10 minutes.
5. While the rice is cooking, slice the tofu widthwise into $\frac{1}{2}$ -inch thick slices, about nine slices. Heat the vegetable oil in a large pan over medium heat and add the tofu pieces. Fry until lightly crispy, about 3-4 minutes on each side.
6. Add the sauce to the tofu and cook for 5-6 minutes until the sauce thickens. Stir frequently and carefully flip the tofu so the sauce doesn't burn and tofu slices are evenly coated and caramelized. Set aside to cool.
7. When rice is done, add rice wine vinegar and sugar to a small bowl and microwave for 45 seconds. Stir until the sugar is dissolved then add to the cooked sushi rice and mix well. Time to assemble the musubi!

Note – Allow the sushi rice to cool a bit before assembling. Musubi is easiest to assemble when the sushi rice is still warm, but cool enough to handle.

8. Place a strip of nori sheet on a smooth work surface, then place a slice of tofu at the very end. Make a ball of rice by pressing it together, then shape it into an oval shape that is similar in size to the sliced tofu. Roll up the rice using the nori strip. Make sure to tuck the rice tight enough so the musubi doesn't fall apart, but not too tight that you tear the nori sheet. Dab the end of the nori sheet with a bit of water so the nori will stay put.
9. To serve, line them up on a pretty tray or plate.





HULI HULI CHICKEN

SERVES 6 *Gluten free with substitutions*

This teriyaki-inspired sauce is a bit sticky and smoky-sweet and yep, features a favorite condiment of the islands, ketchup. Huli is the Hawaiian word for “turn” and you’ll need to flip the chicken constantly as it grills. It’s also delicious. Or as they say in Hawaii, “broke da mouth” meaning it’s so delicious you simply cannot eat any more – it’s that good!

2 teaspoons toasted sesame oil	¼ cup ketchup
1 teaspoon fresh ginger, grated	½ teaspoon smoked paprika
2 large garlic cloves, minced	1 tablespoon cornstarch
⅓ cup low-sodium soy sauce or tamari	¼ cup cool water
1 tablespoon rice vinegar	2 pounds boneless, skinless chicken thighs
¼ cup brown sugar	Vegetable oil, for grill grates or pan

1. Make the marinade. Heat sesame oil in a small saucepan over medium heat. Once the oil is glistening, add ginger and garlic and cook until fragrant, about 1 minute. Stir in tamari, rice vinegar, brown sugar, ketchup, and smoked paprika until combined.
2. In a small bowl, mix together cornstarch and water and stir to form a slurry. Add the cornstarch mixture to the sauce in the pan, and stir until combined. Bring to a boil, then reduce the heat to medium low and simmer until the sauce is thick enough to coat the back of a wooden spoon, 3-4 minutes. Remove from heat.
3. Transfer ½ cup of the sauce to a small bowl and reserve. Transfer the remaining marinade to a large bowl and let cool for 5 minutes. Add the chicken and toss to coat. Marinate for 30 minutes to 4 hours.
4. Heat a gas grill or grill pan to medium high or fire up the charcoal grill. Brush the grates with oil. Place the chicken on the grill and cook for 4-6 minutes per side. Brush the chicken with half of the reserved sauce, then flip the chicken and cook for 2-4 minutes. Brush the chicken with the remaining sauce and cook 2 minutes more. Keep flipping the chicken (huli huli) so it doesn’t burn. The chicken is ready when the internal temperature reaches 165 degrees F on an instant-read thermometer.
5. To serve pile it up on a platter. Plain rice is often served alongside. It also makes a good chicken sandwich... just sayin’!

(continued)

ALOHA HOT DOGS

SERVES 8 **Vegetarian with substitutions**

A hot dog isn't aloha until you top it with this tropical salsa and barbecue sauce! It's fresh, sweet, a little tangy and just a bit spicy. If you have any salsa leftover, that's a good thing because it's just as delicious with corn chips.

Salsa

- | | |
|--|---|
| 1 cup ripe mango, diced | Juice of 1 lime |
| 1 cup pineapple, diced | Salt & pepper to taste |
| 1 red bell pepper, seeded and diced | 8 hot dogs |
| ½ small red onion, finely diced | 8 brioche hot dog buns, toasted |
| 1 jalapeno, finely diced, remove seeds for less heat | Your favorite barbecue sauce and mayonnaise for serving |
| ¼ cup cilantro, finely chopped | |

1. For salsa – Mix all of the ingredients together in a bowl. Refrigerate until ready to use – at least 1 hour. This can be made ahead of time, even the day before.
2. Grill hotdogs until lightly charred.
3. Tuck a hot dog into a toasted bun, drizzle with barbecue sauce, top with salsa and a dollop of mayonnaise.

MANGO COCONUT CHIA PARFAITS

SERVES 6 **Vegan • Gluten free**

What's tropical, a snap to make and works as dessert or even breakfast? These little parfaits, that's what! Chia seeds naturally make a gel that pulls together the pudding element of this dish, as well as adding an interesting chewy, slightly crunchy texture. Light coconut milk works best but you can use regular, just thin it a bit with water so it doesn't get too thick. Look for the ripest mangos you can find because their honied sweetness is the star. You can skip the topping and coconut flakes but why do you hate parties? Go for it!

- ½ cup + 1–2 tablespoons chia seeds
 - 3 cups canned light coconut milk
 - 4 tablespoons maple syrup or sweetener of choice
 - 3–4 very ripe mangos, peeled and coarsely chopped
 - Whipped topping & toasted coconut flakes for garnish
4. Stir together coconut milk, chia seeds and maple syrup. Let sit for 5 minutes then stir the mixture again to get out any clumps that formed. Place mixture in the fridge to set, at least 30 minutes but up to 12 hours.
 5. Meanwhile, place chopped mangos in a high powered blender and process until smooth.
 6. When chia pudding has set sufficiently, spoon a layer of chia pudding into serving dishes or jars. Top with a layer of mango puree and then continue to layer as you like. Finish with whipped topping and sprinkle a few pieces of toasted coconut on top. Or both!

Note – Leftovers can be refrigerated up to 3 days.





CO-OPS: Our Roots Grow Deep



THE BEST THING ABOUT BEING A COMMUNITY-OWNED COOPERATIVE IS THAT THE “WHY” BEHIND OUR WORK HAS ALREADY BEEN LAID OUT FOR US IN THE FORM OF **EIGHT COOPERATIVE PRINCIPLES**. IT’S UP TO EACH INDIVIDUAL CO-OP TO IDENTIFY HOW THEY’RE GOING TO BREATHE LIFE AND ACTION INTO THESE PRINCIPLES THROUGH THEIR DAY-TO-DAY BUSINESS PRACTICES. OUTPOST SEES THE CO-OP PRINCIPLES AS THE ROOTS THAT GROUND US, WHILE OUR BRANCHES REACH TO THE SKY AND FLOURISH WHEN WE CARRY OUT THEIR MEANING.

PRINCIPLE 1: VOLUNTARY & OPEN MEMBERSHIP

The door is always open to everyone that has an interest in natural, organic, and local food

PRINCIPLE 2: DEMOCRATIC MEMBER CONTROL

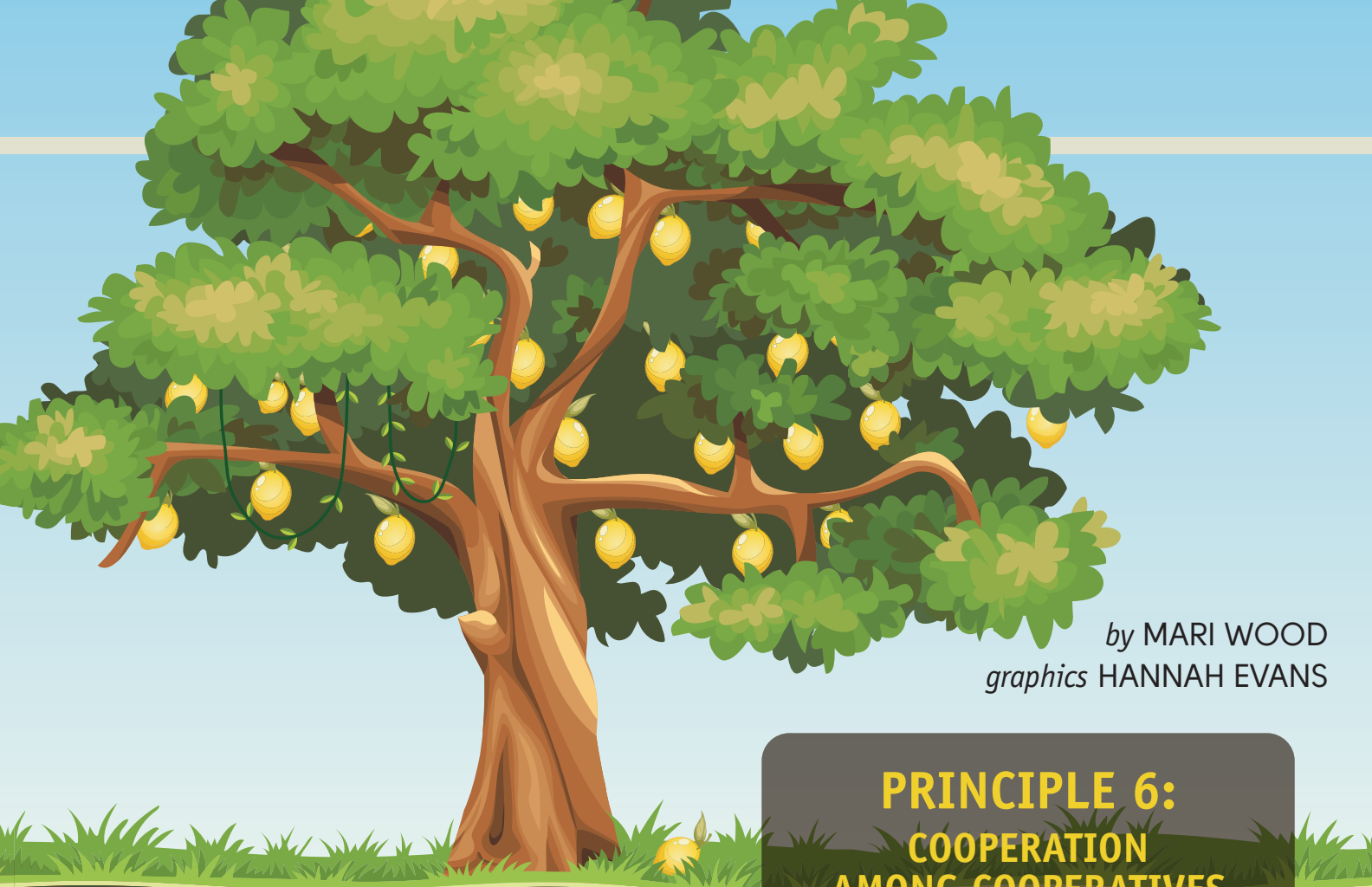
Our owners’ needs guide our business’s growth: Almost 22,000 Outpost owners have the right to vote in our co-op’s annual Board election

PRINCIPLE 3: MEMBER ECONOMIC PARTICIPATION

We let our owners choose which payment plan works best for them: Pay the Full Share in one payment, pay on a monthly basis, or participate in our ownership accessibility program

PRINCIPLE 4: AUTONOMY & INDEPENDENCE

Co-ops are all about self-empowerment: The reason Outpost exists is to provide our owners with a healthy, diverse and sustainable community through the products and services we offer



by MARI WOOD
graphics HANNAH EVANS

PRINCIPLE 6: COOPERATION AMONG COOPERATIVES

As a member of National Co-op Grocers, Outpost has working relationships with other food co-ops from coast-to-coast

PRINCIPLE 5: EDUCATION, TRAINING & INFORMATION

Employees, shoppers, owners, board members: Everyone loves to learn something new at the co-op

PRINCIPLE 7: CONCERN FOR COMMUNITY

We strengthen our community through charitable give-back efforts: In 2023 Outpost shoppers donated a grand total of \$147,984 to non-profit fundraising efforts

PRINCIPLE 8: DIVERSITY, EQUITY & INCLUSION

When the food co-ops of NCG adopted an 8th Principle - DEI, Outpost doubled-down and focus it's DEI lens on all aspects of our co-op to make meaningful changes



Ready, Set,

SPRING!

by MARGARET MITTELSTADT
photos CARA BERKEN

GREEN PEA SOUP

SERVES 4 – 6 *Gluten free*

This lovely budget-friendly soup is reminiscent of the spring green shoots that poke their heads out of the ground on those warm April mornings. Despite its humble ingredient list, this soup is packed with nutritious pea proteins and can be served up for even the fanciest schmancier of brunch affairs. Use your pinkies. Make it vegan with substitutions.

2 cups cubed potatoes	2 tablespoons fresh chives,
2 tablespoons butter or ghee	minced
6 cups chicken broth	½ cup crème fraîche
3 cups frozen peas, thawed	Microgreens for garnish

1. In large sauce pan over medium high heat, sauté the potatoes in butter until they are slightly browned. Stir in the chicken broth and bring to a boil. Reduce heat and let simmer until potatoes are fork tender, about 10 minutes. Add the peas and cook an additional five more minutes. Let cool slightly.
2. In a blender, process the soup in batches. Give it a good whirl. Soup should be smooth without lumps. Remember to keep the vent hole in the lid open to release any built-up steam. Add to a fresh sauté pan or soup kettle. Repeat this until all the soup has been blended and is velvety in texture. An immersion blender works like a charm, too.
3. Add a cup of the soup to a small mixing bowl and whisk in the crème fraîche. Add the whisked mixture back into the rest of the soup and heat to temperature. Do not boil.
4. Ladle into bowls and serve topped with a puff of peppery microgreens.



Note: This recipe is basic enough to personalize any way to your liking. Try other fresh herbs like parsley, dill, or mint. Add ½ cup chopped onion or celery while sautéing the potatoes. Add a smidge of garlic or ginger puree with the peas. Instead of crème fraîche try canned coconut milk or half and half. The culinary sky is the limit.

STRAWBERRY STREUSEL BREAKFAST MUFFINS

MAKES 12 *Vegan*

Nothing shouts spring like fresh strawberries. These delicious, wholesome vegan breakfast muffins are earthy enough to appeal to Moosewood Cookbook aficionados and yet smart and soul satisfying for today's health-conscious, EV driving, mover and shaker. Why, you just might find yourself taking an extra 10 minutes to enjoy one of these muffins with your morning cuppa before dashing out the door.

1½ cups all-purpose flour	Topping
2/3 cup almond flour	¼ cup all-purpose flour
2 teaspoons baking powder	¼ cup regular rolled oats (do not use quick oats)
¼ teaspoon salt	¼ cup brown sugar
1 lemon	¾ cup pecans or walnuts, chopped
¼ cup almond milk or non-dairy milk of choice	½ cup fresh strawberries, diced
¾ cup plant-based yogurt	3 tablespoons melted coconut oil, or neutral oil of choice
½ cup pure maple syrup	¼ teaspoon salt
1 large ripe banana, mashed	
2 tablespoons neutral oil, like safflower or sunflower	
1 teaspoon vanilla extract	

1. Preheat oven to 425 degrees.
2. Line a 12-cup muffin pan with paper liners.
3. Zest and juice the lemon. Add 1 tablespoon of zest and 1 tablespoon of lemon juice to almond milk. Set aside to curdle the milk.
4. In a large mixing bowl, whisk together the flour, almond flour, baking powder, and salt. Divide the flour in the center to make a well. Add the lemon zest, almond milk mixture, yogurt, maple syrup, mashed banana, oil, and vanilla. Using a spoon, mix ingredients together just enough to combine. It should be lumpy. Over mixing will produce dense flat muffins.
5. In a separate bowl, add all the streusel ingredients and mix until everything is combined and slightly sticky.
6. Evenly divide the muffin batter into the paper cups. Top each with a generous amount of the streusel topping. Go ahead, mound it on.
7. Add the pan to the oven and reduce heat to 350 degrees. Bake for 25 minutes or until a toothpick inserted in the center comes out clean.
8. Let cool at least 5 minutes before digging in. Maybe even slather on a pat of vegan butter!

(continued)



PANKO CRUSTED COD *with* PONZU MAYO & ASPARAGUS

SERVES 2 *Gluten free with substitutions*

Thank cod it's Friday! Any day of the week is perfect for this dish inspired by Japanese cuisine. Meaty cod filets are covered in a slather of miso butter and snugged in with a layer of panko breadcrumbs. Ponzu mayo is brilliant and delicious. You'll make it again and again. There are more elaborate recipes for making ponzu sauce, however, ours is super simple. You might want to double the ponzu mayo ingredients as we found ourselves dunking the asparagus spears in it.

6 ounces fresh asparagus	1 lime, juiced and divided evenly
2 tablespoons butter, softened	2 cod filets, rinsed and patted dry
1 tablespoon brown sugar	¼ cup panko breadcrumbs
1 tablespoon white Miso paste	2 tablespoons, mayonnaise
2-inch piece of fresh ginger, peeled and finely grated, about 1 tablespoon	1 tablespoon ponzu sauce*
1 clove garlic, minced	Olive oil

1. Preheat oven to 450 degrees.
2. Wash and dry asparagus, snapping off the woody stem ends. Set aside
3. In a bowl, combine butter, sugar, miso paste, ginger, garlic, and ½ of the lime juice. Mix well.
4. Line a sheet pan with aluminum foil and lightly oil one side. Season both sides of the prepared cod with salt and pepper and lay on the oiled side of the pan.
5. Evenly divide the miso butter between the fish filets, then top with the breadcrumbs. Press down gently to adhere crumbs to the butter, and the butter to the fish.
6. Arrange asparagus spears next to the fish filets and lightly drizzle with olive oil. Season with salt and pepper.
7. Place pan in the oven and roast for 10–15 minutes, or until the asparagus is tender and the fish is cooked.
8. While fish and asparagus are roasting, combine the mayonnaise and the ponzu sauce and stir to combine.
9. Before serving, sprinkle the fish with remaining lime juice. Serve with the ponzu mayo on the side.

**Make an easy ponzu sauce by combining 4 parts soy sauce or tamari and 1 part citrus, like orange and/or lemon juice.*

OUTPOST'S

(secret recipe)

CURRY MANGO CHICKEN SALAD

4 SERVINGS

That's right! We are sharing one of our most beloved recipes. A little spicy, a little sweet and so tasty! Enjoy.

Chicken:

- 1½ pounds boneless, skinless chicken breast
- 1½ cup water
- 1½ tablespoons curry powder

Salad:

- 1 cup celery, diced
- 5 tablespoons green onions, sliced
- ¼ cup slivered almonds, toasted

Dressing:

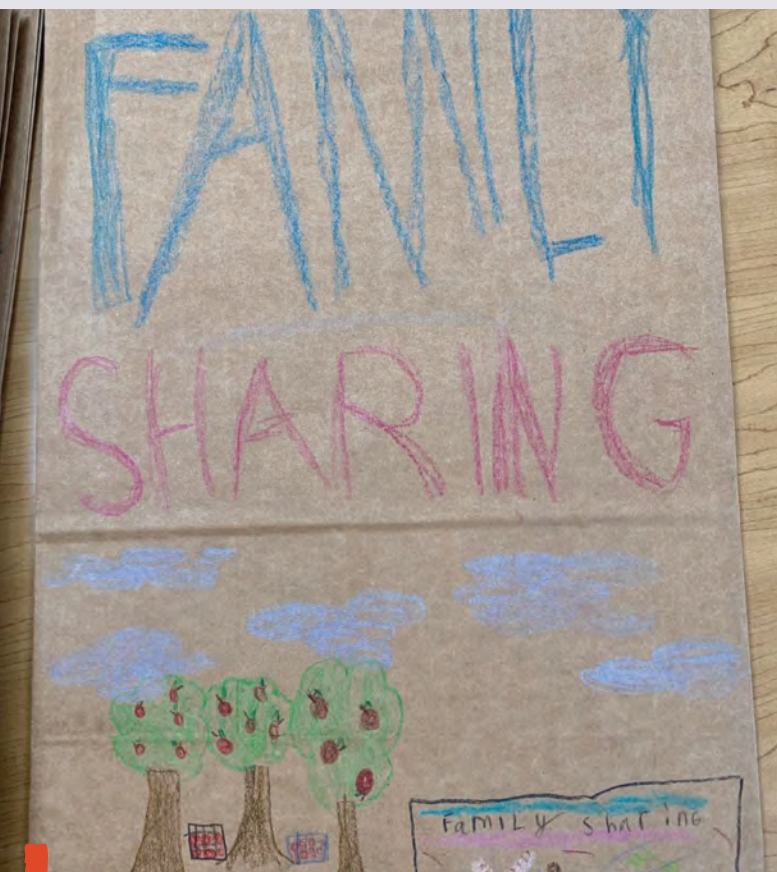
- ¼ cup canola mayonnaise
- ½ cup Patak's Hot Mango Chutney
- 1½ tablespoons curry powder

1. Place raw chicken breast in sprayed pan. Whisk together water and the first listing of curry powder. Pour over chicken, cover with foil, and bake until chicken reaches an internal temperature of 165 degrees. Remove from oven. Cool and dice.
2. Combine chicken pieces with celery, green onions, and almonds.
3. Whisk together mayonnaise, chutney and second listing of curry powder. Add to chicken mixture and gently toss until well combined.
4. Taste for seasoning. Serve immediately or refrigerate and serve within a few hours. Leftovers will keep for a few days in the fridge.



YOU'LL NEED:





Family Sharing of Ozaukee County: Alleviating Hunger Through Second-Hand Goods

by MARI WOOD

TUCKED AWAY ON A DEAD-END STREET IN GRAFTON, WISCONSIN, IN A BUILDING YOU MIGHT NOT IMMEDIATELY NOTICE, IS ONE OF OZAUKEE COUNTY'S GREATEST GEMS. LOCATED AT 1002 OVERLAND COURT, NON-PROFIT ORGANIZATION FAMILY SHARING OF OZAUKEE COUNTY SERVED OVER 12,900 FOOD INSECURE OZAUKEE COUNTY RESIDENTS (OVER 7,000 HOUSEHOLDS) IN 2023 THROUGH THEIR MANY IMPACTFUL PROGRAMS.

LEARN MORE AT
WWW.FAMILYSHARINGOZAUKEE.ORG



Round up to support Family Sharing of Ozaukee County

When: April & May 2024

Where: Outpost's Mequon location

*Help alleviate hunger in Ozaukee County by
rounding up your grocery total at checkout!*

(Photos courtesy of Family Sharing of Ozaukee County) Volunteers make it happen! Along with 16 employees, Family Sharing relies on the help of approximately 160 regular volunteers to keep the food pantry, the mobile pantry, and the resale shop running. Want to join them? Visit www.familysharingozaukee.org/volunteer

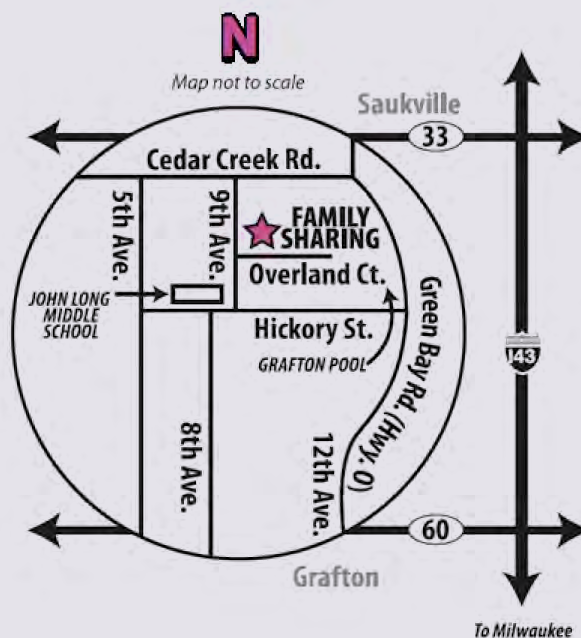
Family Sharing is the oldest and largest food pantry in Ozaukee County. Their in-person pantry offers healthy food options including fresh produce, pantry staples, bread and dairy, as well as personal care items, cleaning products, diapers and dog or cat food. They also operate a mobile pantry that reaches the furthest areas of Ozaukee County, a grocery delivery option for senior clients, and a Bags in Backpacks program that provides food for kids on the weekends. If needed, guests can meet one-on-one with a Family Sharing employee for referrals to other agencies. Families with children receive a backpack before each school year, filled with school supplies. Family Sharing offers both temporary and long-term help to Ozaukee County residents who need a helping hand.

A unique aspect of Family Sharing is that they are able to offer these services by running a high-end resale boutique out of the same location as their food pantry. And this isn't your average thrift store; Family Sharing offers a curated selection of used items so that it feels like you're shopping in a department store. In 1978, their organization's founder had the idea to run a garage sale out of her house to fund the purchase of healthy food for community members in need. Family Sharing has been using this same model of service for the past 46 years.

Julie Hoover, Executive Director of Family Sharing of Ozaukee County, says, "Even though you don't see a lot of homelessness in Ozaukee County, about 20% of our residents live above the poverty line, but can't afford the high cost of living here. That's a large group of people living in food insecurity..."



Ozaukee Pantry & Resale Boutique



Family Sharing is the cushion that our clients can fall back on when they can't make ends meet." Julie says that they're also seeing a larger population of senior citizens visit their pantry: "This is a group of people who are living on a fixed income, but they just can't cover their expenses."

In support of Family Sharing's mission to "alleviate hunger in Ozaukee County with dignity and compassion," Outpost's Mequon location donates bakery, prepared food dishes, produce and some non-perishable groceries on a weekly basis. The Co-op also encourages our shoppers to participate in supporting this important local organization by donating food items to the Family Sharing donation barrel located at the front of the store.

Julie reminds us not to make assumptions about a person based on the zip code that they live in or by how they look; Food insecurity has many faces. She says even though most of their clients come in for temporary food relief, they always leave with two weeks-worth of groceries to make sure their needs are met. She says they refer to their work as the Circle of Family Sharing: "There are times in life when you need help and times in life when you give help. One is not better than the other."

The next time you're in Ozaukee County, consider stopping by Family Sharing's resale boutique. You'll leave with quality purchases and the satisfaction of knowing that you just helped put food on one more person's table in our community.

Beauty boom!

story & photos by MICHAEL SORENSEN

WITH AN EYE FOR DESIGN AND A NOSE FOR UNIQUE SCENTS, SOAP MAKERS ACROSS WISCONSIN ARE TURNING OUT MINIATURE WORKS OF ART THAT YOU CAN RUB ALL OVER YOUR BODY. HERE ARE JUST THREE OF THE MANY LOCAL VENDORS YOU'LL FIND IN THE AISLES AT OUTPOST.



ALQUIMIA HOLISTICA

"I'm going to add shea butter to the coconut oil. The shea really gives the soap its moisturizing power," Yaneth Cerda-Rios, the driving force behind local skincare line Alquimia Holistica, says as she gently stirs a bubbling pot over a burner in her cozy makers space on Milwaukee's southside.

Her journey to this moment in time all started during COVID lockdown. While most of us were eating lunch in our pajamas Yaneth was getting inspired... by trash.

"I noticed a lot of waste at home especially in the bathroom. I tried to reduce as much as I could, but I was surprised how much packaging there was. The more I looked into it, the more I realized it's not just the packaging that's bad but it's the soaps and shampoos themselves."

Basically, commercially produced soaps by the big manufacturers are filled with unpronounceable chemicals and then wrapped up in more chemicals. Yaneth didn't want any of that for her family, so she started researching soap-making.

"It wasn't easy at first. I had to learn the right pH levels for stuff. Lye is very caustic, and it takes time to evaporate from the finished soaps. It was a lot, but I got more confident. It was also a great way to spend time creating something with my children when the world shut down."

Yaneth's creative journey began right in her own backyard, where she grows most of the ingredients she'll use. From the moment she harvests herbs from her garden, her process is deeply hands-on. Herbs like basil, and flowers like arnica, might even spend a month lounging in an oil bath before they're incorporated into her inventive and beautiful soaps. A lot of her soaps even include flower petals or herbs to create a work of art.

Yaneth is also very proud to be the first Latina and woman-owned beauty line in Milwaukee. A distinction she hopes will open the door to more people in the Latino community to pursue their passions. "If I can do this and succeed, other creators out there can too!"

Besides her line of expertly crafted soaps, Yaneth has also created a line of shampoo bars that ditch the plastic packaging in exchange for embracing the environment. Her biodegradable Oatmeal Shampoo Bar hydrates, soothes and softens with essential oils like organic jojoba and castor along with vitamin E and organic oatmeal leaving your hair lustrous and strong.

What's next for Alquimia? "I'm always coming up with new ideas and new formulas and, in the meantime, we're doing workshops where we want to share our knowledge with the community so they can make their own soaps and reduce waste."



PEACE + ALL GOOD

One of the first things you see when you walk into The Franciscan Peacemakers' Peace + All Good storefront is a quote by American author Brene Brown: "Worthy now. Not if. Not when. We are worthy of love and belonging now. Right this minute. As is." It's a devotion that has transformed and rescued lives.

"My life was spiraling out of control," Cynthia tells me. "I didn't feel like I really had a way out of life on the streets."

For Cynthia, and thousands of other Milwaukee women, the opportunity means a chance to change their lives by removing themselves from abusive relationships, kicking a drug habit, or quitting prostitution.

"I would see the Street Outreach Ministry almost every day. They were a constant presence and they always offered food and hope, so when the opportunity presented itself and I was ready, I took Deacon Steve up on his offer and I haven't looked back," Cynthia says with an infectious smile.

Deacon Steve Przedpelski is the executive director of the Franciscan Peacemakers who has been following this calling for close to three decades.

"It all started out as a six-week commitment," he chuckles as we sit in a bustling room surrounded by the scents of lavender, verbena, and lemongrass as women in the program deftly arrange wicks, cut up bars of freshly made soap, and pour hot wax into candle molds.

The Franciscan Peacemakers is a local nonprofit that operates a two-year residential rehabilitation program specifically tailored for female survivors of trafficking, prostitution, and other forms of sexual violence.

The women who heed the call of change create soaps, lotions, and candles, the sale of which not only keeps the program going but also helps the women earn a wage for themselves. It's the only program of its kind in Wisconsin.

"We realized that this must be a holistic approach to succeed," Deacon Steve explains. "The importance of trauma care, the importance of recovery, and the need to create a social enterprise to provide employment so we can have a place where the women can work, but also, we're flexible enough because they have appointments with doctors, with therapists. And just to help them start to build up a savings and resolve issues."

The journey for these women is arduous, it means dealing with not only real emotional and physical traumas but also navigating a justice system that imposes fines on top of their challenges. However, upon completing the program, a successful graduate can save between \$20,000 and \$30,000.

The program helped Shinichi, a recent graduate of the program, and now production manager, was able to do just that.

"I try to tell the new ladies coming into the program that not only will they help you get right by the law, but they'll help you get a driver's license, set up a budget and help you get good credit so you can start out again on a good footing."

So, the next time you pick up a bar of Peace + All Good soap or lotion at Outpost know that the money you spend is going to help women choosing a better path. And also know that the lemon verbena lotion came from Shinichi: "That was my idea. I put that into effect so that's pretty cool."

(continued)



SUNRISE SHOWERS

When it comes to crafting stunning, therapeutic, and totally natural soaps, lotions, shampoos, bath bombs and more, Sonia and Glenn Culbertson, the husband-and-wife team behind Sunrise Showers, in Waterford, Wisconsin, like to shower their customers with options.

“Daily, we make multiple batches of about a hundred bars,” Glenn tells me. “We’ve had customers buying the exact same soap every time, while others will actually come up with soap ideas and we think...let’s give it a try.”

For the past 25 years Sonia and Glenn have been in the business of making us all smell better with 50 varieties of all-natural soaps made with food-grade vegetable oils like coconut, olive, avocado, sweet almond and more... but absolutely no palm oils. Their soaps are made with ingredients you could find in your own kitchen and use for cooking.

They also have 11 varieties of whipped shea butter moisturizers, seven different kinds of bath bombs, scent-free soaps for sensitive skin and an array of specialty items like goat milk soaps, calamine soap, shampoo bars, bug repellent soaps (a must have in summer!) and even a chaga mushroom soap. This list just scratches the surface of their creativity.

But, even after a quarter of a century in the fresh fragrance biz, inspiration can still come from anywhere.

“I recently had poison ivy on my face,” Sonia recalls, “and I knew that honey had good healing properties, so I developed a honey and oatmeal soap, with anti-itch and healing properties, that really helped me get through the worst of it. It’s not going to cure your rash, but it does help.”

Sonia, who is originally from Brazil, learned soapmaking at her mother’s knee. “It was just the way my mom did things. She’d make soap, she’d sew clothes for us. It was a DIY life.” It was in Brazil that Sonia met Glenn who was stationed there in the Peace Corps. They were married in Brazil and have been an unstoppable team ever since.

“I think the secret is that we both are always working on something. We have separate responsibilities that complement each other,” Sonia says. “I can be making the soaps and he’s making the labels and we kind of know we can rely on one another.”

Together, this dynamic duo does everything to make their business succeed. Making one meticulously crafted product at a time, along with shipping out special orders, creating and printing out labels, and delivering their sensational skincare to stores across the state. “I wish we didn’t even need the labels because we want to eliminate as much waste as possible, but customers like to know what is in the products that go on their skin,” Sonia explains. Unlabeled soaps are available on their website.

“We just had an order from the State Street Outpost last night and now it’s all ready to go,” Glenn tells me as he double checks a box full of newly minted soaps and bath bombs.

Sunrise Showers doesn’t stop at just keeping us humans at their best. Their Dr. Wag’s All-Natural Dog Soap is one of their best sellers that is specially formulated to keep your furry friends healthy and happy.

“It preserves a dog’s natural oils, leaving their coat healthy and shiny. Plus, our bars are zero-waste. Unlike liquid options that come in plastic bottles destined for the landfill, our bars are mess-free. Just wet your dog’s coat, wet the soap, rub the bar all over, (which is easy to wash their underside), and voila! We’ve got testimonials from satisfied customers who rave about how their dogs used to itch and scratch incessantly, but now they’ve found relief.”

Whether you’re trying to get more magnesium into your body (great for bones, joints and the brain), or want to smell like spring anytime of the year, Sunrise Showers will make getting out of the shower a little harder in the morning.

GRAZE.

CHECKOUT



WHO . Outpost Co-op's Annual Meeting of Owners
WHERE . Enlightened Brewing Company
WHEN . March 3, 2024

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