

# GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS CO-OP

## *Sensational* SUMMER SALADS!

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HUNDRED ACRE  
FRESH GREENS IN  
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5 QUESTIONS  
WITH OUTPOST'S  
NEW GM

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PRESERVING THE  
FLAVORS OF THE  
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PLU 3010  
SUMMER 2023

FREE WITH ANY PURCHASE



## GET TO KNOW A LITTLE ABOUT OUTPOST'S NEW GENERAL MANAGER, RAY SIMPKINS, WITH GRAZE'S 5 QUESTIONS!

### What did you want to be when you "grew up"?

While growing up, I wanted to be a lawyer. I loved watching shows like Matlock. I'm showing my age here. Once I got to college and took a few law courses, I thought... maybe not.

### What is different about the co-op grocery world and the conventional grocery world?

The culture here at Outpost is completely different than the traditional grocery stores I worked with back in Ohio. You can feel it when you're in the stores. I felt it right away when I first came here to visit, when nobody knew who I was. When my wife and I were at Outpost shopping, the employees we met were just fantastic! They took care of us and were super friendly. I didn't get that feeling from the traditional grocery stores we visited around Milwaukee. No smiles, no one asking if they can help, not even eye contact. Outpost is really different!

### What is your favorite thing about being a manager?

One of my favorite parts is helping people reach their potential. In my career I've been fortunate to be able to watch and help people grow and develop. I like to see people win. I like to see people reach their goals. Working with someone to understand where they want to go in life and what they want to do for a company is really important. Helping them find that path for themselves and aiding in their development is very rewarding for me.

### What about the grocery business appealed to you?

I'd been in retail my whole life. From being a teenager working at a fast-food restaurant, working at Sears, selling phones for Verizon at a kiosk in a mall. Then, I went to a job fair for Kroger, and it just went from there. Next thing you know, I'm getting promoted to Store Manager. After about seven years, I got my first store. I was with them for the next eight years, got my MBA and I just stayed in retail. All this time I was just building rapport with people, developing my style of management and learning how to take care of customers. I learned a lot coming up. Retail just kind of chose me.

### What's a food that you could eat every day and not get sick of?

Pizza. Definitely pizza. I've never met a pizza I didn't like!



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## WHO IS GRAZE ?

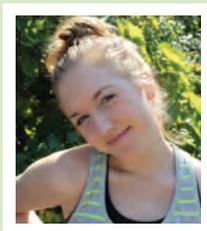


*i am* CARA BERKEN.

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

*i am* HANNAH EVANS.

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



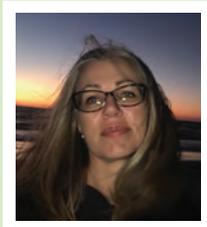
*i am* LISA MALMAROWSKI.

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



*i am* MARGARET MITTELSTADT.

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



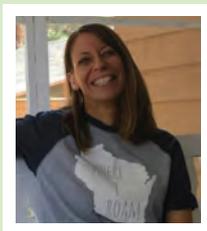
*i am* MICHAEL SORENSEN.

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



*i am* MARI WOOD.

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



# - GRAZE.

A QUARTERLY PUBLICATION OF  
OUTPOST NATURAL FOODS COOPERATIVE

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*...in the aisles.*

**YOU'LL SWOON**

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(you'll)

# SWOON!

THINGS WE LOVE.

## MR. B'S BAR•B•Q SAUCE

A SOUTHERN HUG, IN A LIL JUG

We just about fell off our chairs when we tried this down-home style BBQ sauce. Sweet and savory with a little tang, a little smoke, and seasoned with just the right brown sugar and spice. And hey, if it's not spicy enough, try the hot variety! All natural, gluten-free and loaded with good ol' southern family tinkering to get the recipe just right, it's the perfect sauce to slather on ribs, layer on chicken wings and even marinate tofu. For more than 35 years this legendary sauce has been brewed up next door in Minnesota with locally sourced ingredients. Mr. B says it best, "This ain't just another sauce!" Yeah, that's right Mr. B!



## HOPLARK SPARKLING HOPTEA

PULL OUT THE STOPS - CHILLAX WITH HOPS

What beverage is just a little bitter, earthy, floral with hints of citrus and pine? If you guessed beer, we're not surprised, but we're talking about hops! Sure, they give a lift to beer, but are equally as complex and delightful on their own. The creators of Hoplark, Dean and Andrew, understood this magic and when they went looking for a non-alcoholic, grown-up option to enjoy while bellying up to the bar, Voila - Hoplark was born. Simple, but stunning, their hop teas contain just a few ingredients - tea, carbonated water, and hops. They have zero calories, no sugar and are gluten-free. They're not filling like beer, and hops have the power to infuse a person with a mellow vibe. Did we mention they're also totally alcohol-free? Choose your HopTea - slightly caffeinated Really Hoppy or Green Tea, or go mellow with Calm or Mile-High-Biscuit.

## ZACK'S MIGHTY ORGANIC TORTILLA CHIPS

THIS HEAVY LIFTER WON'T DROP THE GUAC

Are you tired of thin chips that crumble in dip? Do you long for a big, corny flavor in your next batch of nachos? And do you want all of this, but organic, too? Sit back and relax, Zack has you covered! Zack's Mighty Organic Tortilla Chips are indeed all that - Sturdy enough to hold up in the thickest dip, but still able to deliver a delicate crunch. The sturdiness comes from making the chips traditionally, with tortillas. The corny deliciousness comes from not one, but two heirloom corn varieties that are full of flavor and texture. Impossible to believe, but it gets better. Zack's chips are the first tortilla chip made with earth-friendly regenerative agriculture. So, let's rip open a bag, pile up the guacamole, and save the world!



CO-OP  
MADE



## OUTPOST'S OWN BLUEBERRY CHÈVRE GARDEN SALAD

SUMPTUOUS, LUSH AND STILL DOWN TO PICNIC

If you're feeling a bit "meh" over salad, this is just your ticket outta' boring Lettuce Town. Our Co-op Made Garden Salad is special and so much greater than the sum of its parts. First, we carefully select succulent baby leaves of organic spinach and greens, then add sparkling fresh blueberries, jammy Turkish unsulfured dried apricots, maple-candied pecans and toss that goodness together. Then we gild the proverbial lily with a generous dollop of honey-infused Montchèvre cheese and serve it up with our simple, balsamic vinaigrette. The sweetness of the berries and fruit, the creaminess of the cheese, the crunch of pecans, and the slightly bitter notes of the spinach come together like the lovely notes of an Edith Piaf song – Magnifique!

## SOLELY: ORGANIC FRUIT JERKY

MOVE OVER FRUIT LEATHER, THERE'S A NEW FRUITY SNACK IN TOWN

Admit it, you saw "jerky" and thought meat. Well, this jerky doesn't have a single bone to pick with you because it's made from just fruits. The good folks at Solely start with fresh organic fruit that's plucked at the peak of ripeness and then they carefully craft it into tasty totable strips. Each convenient package holds basically a whole piece of fruit (well, except for the pineapple because those babies are big), that is full of flavor with just the right chewiness. We are loving the mango varieties, one even features cacao, and the pineapple coconut takes us right to the beach – like a pina colada made of fruity jerky! Stock up for your next canoe or camping trip – they're great trail snacks. Or tuck a few in your purse or backpack for a quick, wholesome snack on the run!



## NATURAL NECTAR PETIT BISCUIT AU CHOCOLAT

FOR SIMPLE, SEXY S'MORES... LOOK NO MORE

The crickets are singing, the fireflies are twinkling, and the blue velvet night is aglow with the dying embers of a campfire – otherwise known as the perfect time to break out the fixings for s'mores! So, grab your marshmallows and fumble around trying to unwrap crackers and chocolate bars... in the dark. But wait, we have a better idea – just grab a box of these luscious biscuits and enjoy your s'more in a second. Each crisp, dare we say graham cracker-like, biscuit features a creamy-smooth layer of high-quality chocolate (milk or dark) so all you have to do is slip your carefully toasted marshmallow in between two biscuits (chocolate side in, natch) and enjoy a tidy, gourmet level s'more without the hassle. Bonus, these tasty French "cookies" are organic and just as delicious on their own.



## DERMA-E PURE BIOME BALANCING CREAM

GLOW LIKE THE SUN

Face it, it's hard to feel easy-peasy summer breezy when your skin cream feels like a thick layer in the warm summer wind. That's just one of the reasons we've been enjoying Derma-E's new Biome Balancing Cream. It's light and clean feeling, smooth as silk, and you don't need a thick layer to enjoy the benefits because a little goes a long way. This synergistic biotic formula is great for the most sensitive skin because it helps balance and hydrate skin's microbiome. It works this magic through ingredients like Pycnogenol® and apoptogenic Reishi Mushroom extracts along with aloe vera and vitamins C and E. Here's something that will put a smile on your face - Derma-E products work like high-end fancy pants skincare for a fraction of the price, so get glowing!

# vidalia

(two ways)

**B**ITE IT LIKE A JUICY GEORGIA PEACH? PROBABLY NOT, HOWEVER, Y'ALL WILL BE CRYING TEARS OF JOY WHEN YOU SLICE INTO A VIDALIA ONION. THESE PLUMP WHITE BULBS BLUSHED WITH A THIN GOLDEN PAPER HINT AT SOMETHING WE'RE NOT TYPICALLY ACCUSTOMED TO EXPERIENCING WITH ONIONS: SWEETNESS. BLAME THAT ON THE LOW SULFUR CONTENT IN THE SOILS FOUND IN THE SOUTHERN GEORGIA COUNTIES WHERE VIDALIA ONIONS ARE ONLY GROWN. OR MAYBE IT'S BECAUSE THINGS ARE JUST SWEETER WHEN BATHED IN THE CICADA-SERENADED WARMTH OF SOUTHERN LOW COUNTRY SUNSHINE.

Find Vidalia onions at Outpost from mid-Spring into July. Substitute these sweeties for pert near everything you would use a yellow onion for. And when Vidalia onions are just a dulcet memory in your co-op's produce department, fear not! Look for fantastic, sweet, summery local onions from Wisconsin beginning mid-summer.

## VIDALIA ONION TARTLETS

MAKES 48 *Vegetarian*

*Caramelized sweet Vidalia onions are a treat like no other. The secret to caramelization is low heat and a heap of patience. You don't want to hurry this process along. And with this recipe it's okay, because while the onions are slowly caramelizing, you can work on the dough. Take these bite-sized appetizers to any summery backyard fête, brunch, or afternoon tailgater. Be sure to take along a six-pack or two of a crisp pilsner!*

- 1 stick unsalted butter, chilled, divided
- 2 large Vidalia onions, thinly sliced
- 1 teaspoon salt, divided
- ½ teaspoon dried thyme
- 2 cups all-purpose flour
- 4 teaspoons baking powder
- 1½ teaspoons sugar
- 1 cup shredded sharp cheddar cheese (we used a white cheddar)
- Sriracha sauce (optional)

1. Melt 2 tablespoons butter in a large, heavy skillet on low heat. Add the onions, ½ teaspoon salt, and the thyme. Cook until tender and lightly browned, stirring occasionally, about 30–45 minutes. Set aside to cool.
2. Coat two baking sheets with cooking spray or line with parchment paper and set aside. To accommodate two baking sheets, separate your oven racks to the upper and lower third of the oven. Pre-heat to 400 degrees.
3. In a mixing bowl, whisk together flour, baking powder, sugar, and remaining salt. Cut remaining 6 tablespoons butter in small cubes and add to the flour mixture. Use a pastry blender, a fork, or your fingers and work the butter into the flour until it resembles coarse crumbs. Add the shredded cheese and toss to coat. Stir in the milk just until the flour mixture is adequately combined. Do not over mix.
4. Flour your hands and turn loose dough out onto a floured surface. Gather and press together into one formed piece. Avoid kneading. Divide the dough into four mounds. From each mound, pinch off 12 sections of dough and roll each into a small ball. Place balls evenly onto baking sheets. Using a teaspoon, press down on each ball to flatten slightly and create an indentation.
5. Spoon a dollop of cooled caramelized onion on top of each ball.
6. Bake 12–15 minutes, rotating pans halfway through, or until golden brown.
7. Serve warm. Drizzle with sriracha sauce to garnish.

1<sup>ST</sup> way.





## SWEET CRUNCHY BAKED ONION RINGS with YOGURT DIPPING SAUCE

ABOUT 6 SERVINGS    **Vegetarian • Gluten free with substitutions**

*Vidalia onions make the BEST onion rings precisely because they are sweeter and less in-your-face than yellow onions. These lovely alliums make eating oven-roasted onions such a desirable treat. The magic with these crispy, crunchy, breaded and baked rings is in the mayo/egg white bath which breadcrumbs love to stick to. We added in world flavors that riff off traditional Bahji (deep fried Indian onion fritters). But you can experiment with many off-the-shelf spice blends found at Outpost.*

### Onion Rings

2 Vidalia onions, peeled and sliced into  
    ½-inch wide rings  
¾ cup all-purpose flour  
1 teaspoon salt  
¼ teaspoon ground pepper  
4 large egg whites  
2 tablespoons mayonnaise  
2 cups fine breadcrumbs (avoid Panko  
    style)  
½ teaspoon ground coriander  
    (optional)  
½ teaspoon ground cumin (optional)  
Cooking spray

### Dipping Sauce

½ cup Greek style yogurt  
¼ cup cilantro, chopped  
1-2 tablespoons lemon juice (about  
    ½ lemon)  
Salt and pepper to taste

1. In a small bowl, combine all the ingredients for the dipping sauce and set aside.
2. Preheat your oven to 425 degrees. Prepare a large baking sheet with cooking spray.
3. Separate the sliced onion into rings and place them in a bowl of water to cover. Set aside.
4. In a medium bowl, whisk together flour, salt, and pepper. In a second medium bowl, whisk together the egg whites and the mayonnaise until thoroughly combined. In a third medium bowl, whisk together breadcrumbs, coriander, and cumin.
5. Set up an assembly line with the four bowls: Onion slices in water, bowl with flour mixture, bowl with egg white mixture, and bowl with breadcrumbs.
6. Remove each onion ring from the water and gently dredge it in the flour until coated. Then dip it in the egg mixture until it's coated. Finish by placing it in breadcrumbs, pressing them firmly onto all sides. Place onion rings on the baking sheet. *Note: using a fork to lift the ring to each stage helps to keep the coatings from overly sticking to your fingers.*
7. Give the onion rings a final light coating with cooking spray, which helps to both crisp and brown the rings. Bake for 10 minutes. Flip them and bake an additional 5–10 minutes, or until they are golden brown.
8. Serve immediately with the dipping sauce!

2<sup>ND</sup>  
way.

# (our) TABLE OF GRAINS

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

## Am AMARANTH



**FLAVOR.** STRONG, SWEET, GRASSY  
**USES.** BEST USED AS A CEREAL

## Mi MILLET



**FLAVOR.** SWEET, DELICATE TASTE  
**USES.** COOKED AS A BREAKFAST CEREAL OR ADDED TO BREADS

IF VARIETY IS THE SPICE OF LIFE, THEN GRAIN IS NO DOUBT THE ENTRÉE. GRAINS, IN DIFFERENT INCARNATIONS AND VARIETIES, HAVE FUELED CIVILIZATION'S RISE AS MUCH AS ANY OTHER STAPLE. SEPARATED, GROUND OR LEFT WHOLE, GRAINS ADD THEIR OOMPH TO COUNTLESS MEALS EVERY DAY WHETHER IT'S A BOWL OF CEREAL FOR BREAKFAST, A ROBUST SANDWICH FOR LUNCH OR IN A HEARTY STEW FOR DINNER, GRAINS CAN BE FOUND ON EVERY TABLE ACROSS THE GLOBE. PLUS, THERE ARE MANY GLUTEN-FREE OPTIONS - YAY!

## Bu BULGAR WHEAT



**FLAVOR.** NUTTY  
**USES.** AS A SIDE DISH OR ADDED TO SOUPS, STEWS, CASSEROLES & SALADS

## Ba BARLEY



**FLAVOR.** MILD & SWEET  
**USES.** IN SOUPS, STEWS, OR AS A SIDE

## Bu BUCKWHEAT GROATS



**FLAVOR.** INTENSE & EARTHY  
**USES.** COOKED AS A BREAKFAST CEREAL OR MADE INTO FLOUR

## Ka KASHA



**FLAVOR.** SLIGHTLY NUTTY  
**USES.** SERVE AS A SIDE DISH OR IN A CASSEROLE

## Fa FARRO



**FLAVOR.** SWEET & NUTTY  
**USES.** IN SALADS & SOUPS, OR AS A SIDE

## Ka KAMUT



**FLAVOR.** SWEET, SLIGHTLY NUTTY  
**USES.** IN GRAIN SALADS, AS A SIDE DISH, OR GROUND INTO FLOUR

## Sp SPELT



**FLAVOR.** RICH & NUTTY  
**USES.** AS A SIDE OR IN A SALAD

## Ry RYE

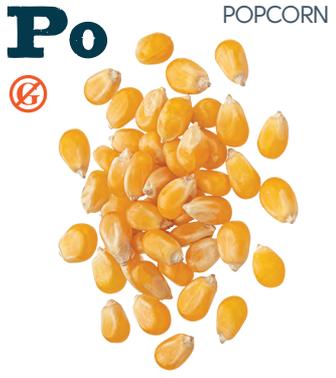


**FLAVOR.** MALTY, TOASTY, SWEET & EARTHY  
**USES.** BAKING, ADDED TO SOUPS & SAUCES

= GLUTEN FREE

## STOVETOP COOKING RATIOS & TIMES

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



**FLAVOR.** MILD & SWEET  
**USES.** THE PERFECT SNACK, HANDS DOWN



**FLAVOR.** SWEET & LIGHT  
**USES.** BREADS, MUFFINS, PANCAKES & COOKIES



**FLAVOR.** RICH & NUTTY  
**USES.** COOKED AS A CEREAL OR SIDE DISH, A GREAT RICE REPLACEMENT



**FLAVOR.** NUTTY & BUTTERY  
**USES.** AS A SIDE DISH OR ADDED TO SOUPS, STEWS, CASSEROLES & SALADS



**FLAVOR.** COMPLEX, NUTTY WITH A SUBTLE SWEETNESS  
**USES.** BAKING & IN SAUCES



**FLAVOR.** NUTTY, TOASTED & SWEET  
**USES.** COOKED AS A BREAKFAST CEREAL, USED IN BAKING & COOKING

GRAIN (one cup)	WATER (cups)	TIME (minutes)
Amaranth	3	20-25
Millet	3	20-25
Teff	1½	10-20
Bulgar Wheat	2	15
Barley	2	30-40
Buckwheat Groats	2	20-30
Kasha	2	15-20
Quinoa	1	15-20
White Rice	2	15-18
Brown Rice	2	45
Farro	2	25-40
Kamut	3	60
Spelt	3½	90

Most grains benefit from a little salt in the cooking water. They can also be cooked in stock or broth for extra flavor. After grains like millet, rice, teff, quinoa and others are cooked, take the pan off the heat and keep the lid on and let rest for up to 10 minutes, then fluff before serving.

### LEARN ALL ABOUT GRAINS

Pick up a free copy of our Grains brochure the next time you shop!

Includes a list of grain types with explanations of their appearance, taste, and culinary uses. Plus – storage tips, nutritional information and cooking instructions.





# A GREEN OASIS in A FOOD DESERT

**C**HRIS CORKERY OF HUNDRED ACRE NEVER PLANNED ON BECOMING A HIGH-TECH, HYDROPONIC PLANT FARMER IN WISCONSIN. “I DIDN’T KNOW HOW TO DO THIS AND THAT’S NOT AN EXAGGERATION,” HE CONFESSES.

Corkery, a native New Yorker, was no stranger to high pressure situations. After all, he found his love of food by working in some of Gotham’s highest profile restaurants. When opportunity called to help build a prototype hydroponic farm start-up in Milwaukee, he thought he could easily downshift to a slower Midwestern pace. He was wrong.

“I was actually sleeping in the building, there was so much to do. I got CO2 poisoning. I got electrocuted. You name it. Everything was going wrong, and I was just figuring it out as I went. At the end of the day, farming and just working with food in general, you learn by doing. You could read as many books about plant science as possible, but you’re not going to be prepared for what happens until you start doing it.”

The daunting task Corkery found himself facing was transforming 5,000 square feet of empty nothingness on Milwaukee’s northside into a state-of-the-art hydroponic facility that is capable of producing roughly 50,000 pounds of leafy green goodness a year.

“There are a lot of problems with more traditional soil-based farming,” Chris explains while showcasing rows of vibrant green lettuces bathed in the otherworldly glow of purple grow lights. “There are environmental concerns with pesticides and runoff, unfair labor practices and you’re essentially at the whims of Mother Nature.”

Inside Hundred Acre’s immaculate, space-age facility Mother Nature acquiesces to technology.

“It smells like an actual farm in here. It kind of has that farm smell. It’s a clean, organic natural smell. It’s like a perfect summer day in here. You can even feel a breeze from all the fans. These are the perfect growing conditions.”

The entire facility is laid out like an assembly line with rows of lettuce in various stages of growth—from seed to sale.

“The life cycle is about four weeks. We have four zones, and we harvest a different zone every week. This means we reset the entire farm every month. Since it’s all done vertically and hydroponically, the waste is minimal and computers control the whole system... monitoring the air, the water, the lighting leaving our small farming team with the best part...harvesting, packaging and selling it to our customers.”

And sales are good. Outpost was the first grocery store to get on board the organic Hundred Acre salad train (you can find their mixes for sale on our shelves and in our salad bars) and you can find their mixes at Marquette and MSOE as well as high end restaurants like the Journeyman and the Saint Kate hotel. Even the Bucks and the Brewers are crunching away on these flavorful greens.

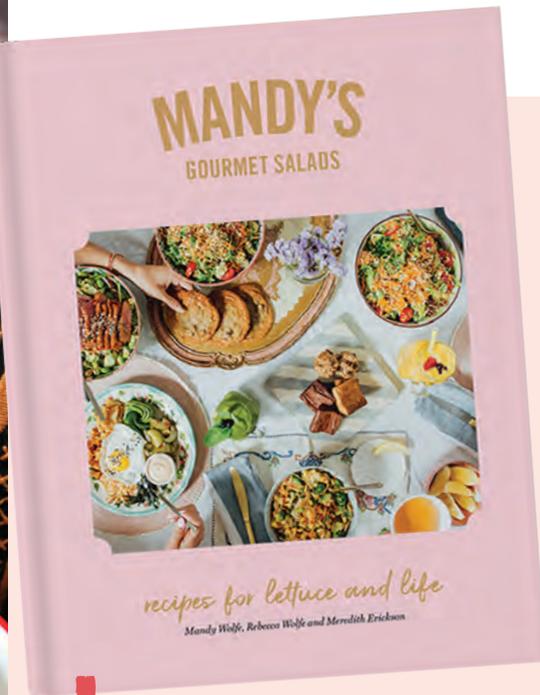
But that is only part of the goal as Hundred Acres has partnered with Escuela Verde Charter School on Milwaukee’s southside to launch their Edible Learning Curriculum, an educational program that gives students a hands-on experience harvesting greens and then selling those greens in dishes they prepare back in their student-run café.

Educator Monica Beltram from Escuela Verde says it’s a great opportunity for her students: “It’s just a great way for these kids to understand where their food comes from and to see the many jobs there really are in the food industry from production, to cooking, to retail.”

Chris agrees, “That’s what’s so exciting about doing something on this scale. I’m really interested in bringing the farm to the city instead of the city to the farm.”







THE BOOK:  
**Mandy's Gourmet Salads •**  
**by Mandy Wolfe, Rebecca**  
**Wolfe & Meredith Erickson**

Summer ready recipes •  
 Fast • Globally inspired •  
 Instagram worthy • More  
 than just salads!

by LISA MALMAROWSKI • photos CARA BERKEN

# Cook the Book!

WE'VE SCOURED THE LATEST, BUZZIEST COOKBOOKS SO YOU DON'T HAVE TO

IT'S SUMMER, AND WHO HERE IS COOKING? YEAH, WE THOUGHT SO. SALADS IT IS...BUT AFTER A FEW DAYS OF A HEATWAVE, WE GET BORED. NEVER FEAR, MANDY IS HERE TO SAVE THE DAY! KNOWN FOR THEIR LEGENDARY MONTREAL, CANADA CAFÉS, WE WERE EXCITED TO DISCOVER THEY WERE WILLING TO SHARE THEIR FOODIE SECRETS.

The book is chock full of recipes, but also tells the interesting back story of how they got started, and includes colorful photos of their charming restaurants. Divided into sections like smoothies, dressings, grain bowls, and sweets, it goes beyond just the salads. Each recipe is easy to customize, and the dressing section alone is worth the price of the book. From the textured pink (PINK!) cover and delicious photos, it's coffee table ready, but please put it to use like we did – with pages splattered with food and Post-it notes marking your favorites.

*(continued)*



## MEXI SALAD

SERVES 1 - 2 **Vegan • Gluten free**

*This is one of the first salads Mandy's served in their restaurant and it's still popular to this day. It's no surprise with the crave-worthy dressing that balances earthy cumin with the zing of lime juice and cilantro. Plus, it's a snap to make, and customize – try roasted chicken or strips of baked tofu for added protein. This tasty, hearty inspired salad kicks more southern California than Mexico and that's okay. PS – We're planning on using the leftover dressing to marinate chicken before grilling!*

- 2 cups romaine lettuce, chopped
- 2 cups mesclun greens
- ½ avocado, diced
- ¼ pint cherry tomatoes, halved
- ¼ cup shredded carrot or diced orange bell pepper
- ¼ cup canned corn kernels, drained and rinsed
- ¼ cup black beans, drained and rinsed
- ½ cup tortilla chips (any plain salted variety)
- 2 tablespoons torn cilantro leaves
- ⅓ cup Cilantro Cumin Dressing (see recipe below)

Salad – Combine all ingredients in a large mixing bowl. Top with ⅓ cup Cilantro Cumin Dressing and use tongs to toss until well mixed. Serve immediately.



## CILANTRO CUMIN DRESSING

MAKES 1 CUP

- 1 clove garlic, smashed
- 1 tablespoon red onion, coarsely chopped
- ¼ cup apple cider vinegar
- 1 teaspoon lemon juice
- 1 teaspoon Tabasco
- 1 teaspoon ground cumin
- 1 cup packed cilantro leaves
- ½ cup olive oil
- ½ teaspoon fine sea salt
- ¼ teaspoon freshly ground black pepper

1. In a blender, combine garlic, onion, vinegar, lemon juice, Tabasco, cumin, and cilantro. Process on medium-high speed until well combined and the cilantro looks coarsely chopped, about 10 seconds. Stop the blender and scrape down the sides of jar with a spatula as needed.
2. With blender running on low speed, slowly drizzle in the olive oil until dressing is emulsified and thickened, about 30 seconds. Add the salt and pepper, adjusting the seasoning to taste. Transfer the dressing to an airtight container and refrigerate until ready to use. This dressing will keep, refrigerated, for up to 3 days. Shake/stir well before using.





## CURRY QUINOA SALAD

SERVES 1 - 2

**Vegetarian • Gluten free • Vegan with substitutions**

*This recipe feels retro, but in the best possible way. It's sweet, but not too sweet, and full of texture. The addition of quinoa and chickpeas makes it filling without the heaviness. Plus, a salad like this invites creativity – try rice instead of quinoa, raisins instead of grapes, almonds instead of cashews – you get the idea! If you find the dressing a tad sweet, add a splash of fresh lemon juice.*

- 2 cups romaine lettuce, chopped
- 2 cups mesclun greens
- ½ cup cooked quinoa
- ¼ cup carrots, grated
- ½ cup red seedless grapes, halved
- ¼ cup chickpeas, drained and rinsed
- 2 tablespoons celery, diced
- 2 tablespoons red bell pepper, diced
- 2 tablespoons pineapple, diced (optional)
- 2 tablespoons roasted salted cashews
- 2 tablespoons torn cilantro leaves
- ⅓ cup Curried Yogurt Dressing – see recipe

Salad – Combine all ingredients in a large mixing bowl. Top with ⅓ cup Curried Yogurt Dressing and use tongs to toss until well mixed. Serve immediately.



## CURRIED YOGURT DRESSING

MAKES 2 CUPS

- 1 cup + 2 tablespoons plain full fat Mediterranean-style or Greek Yogurt

*Note – For the right texture, be sure to use a thick yogurt*

- Scant 1 cup mayonnaise
- ⅓ cup mango chutney or scant ⅓ cup honey
- 2 teaspoons mild curry powder
- 1 clove garlic, roughly chopped
- 1 teaspoon Sriracha sauce
- Fine sea salt and freshly ground pepper

1. In a blender, combine the yogurt, mayonnaise, chutney (or honey), curry powder, garlic and Sriracha. Process on medium-high speed until smooth and well combined, 5–6 seconds.
2. Season with salt and pepper to taste. Transfer the dressing to an airtight container and refrigerate until ready to use. This dressing will keep, refrigerated, for up to 7 days. Shake/stir well before using.

*(continued)*



## Buy the Book!

Available at your local Outpost

**Mandy's Gourmet Salads**



**Co-op Owner price 25.00**  
reg. 30.00

## PEACH & PROSCIUTTO SALAD

SERVES 1 - 2 *Gluten free*

*Nothing says summer like a light, but hearty salad that's simple and quick to whip up. Like any salad, feel free to use what cheese you have and switch out some of the greens to keep it simple. Just make sure to include some with bitter notes. Try chopped cashews, roasted sunflower seeds or even pistachios in place of pine nuts. Burrata is luscious, but a sweet, creamy chèvre or fresh mozzarella would also be delish.*

- 1 cup arugula
- 1 cup frisée lettuce, shredded
- 1 cup radicchio, chopped
- 1 peach, cut into 6 or 8 segments
- 2 tablespoons red onion, thinly sliced
- ¼ ball fresh burrata, at room temperature
- 2 tablespoons toasted pine nuts
- Note – We used sunflower seeds and it was delish
- 2 tablespoons torn basil leaves
- 2 thin slices prosciutto
- ½ cup Italian Summer Dressing – see recipe

Salad – Combine all ingredients in a large mixing bowl except the prosciutto. Top with ½ cup of Italian Summer Dressing and use tongs to toss until well-mixed being careful not to mash or tear the burrata cheese. Serve immediately on a large plate or small platter, and top with prosciutto slices.

## ITALIAN SUMMER DRESSING

MAKES 2 CUPS

- 1½ cups olive oil
- ½ cup high-quality balsamic vinegar
- 1 tablespoon flaky sea salt
- 1 teaspoon freshly ground pepper

Combine all ingredients in a jar with a tight fitting lid, then seal and shake to combine. The dressing will keep in an airtight jar, at room temperature, for up to 7 days or longer.



# OUTPOST'S

(secret recipe)

## SALMON BURGERS

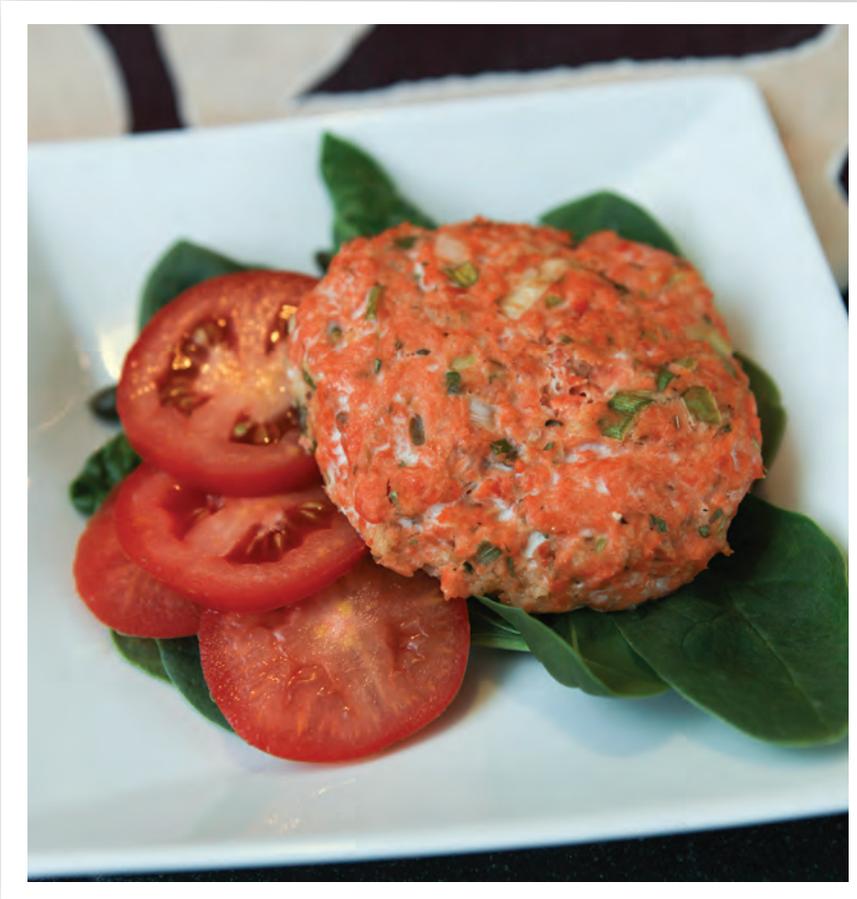
MAKES 5 BURGERS

*Gluten free with substitutions*

**N**OW THAT WARMER WEATHER IS HERE, WE'VE BEEN GETTING REQUESTS FOR THIS POPULAR BURGER. UNFORTUNATELY, WE HAVEN'T HAD ENOUGH HANDS-ON DECK TO GET THIS INTO OUR CASES REGULARLY. SO, OUR SECRET RECIPE TO THE RESCUE! THIS IS EASY TO MAKE AT HOME. THEY'RE GREAT WARM BUT EQUALLY DELICIOUS ATOP A GREEN SALAD. BE SURE TO CHOOSE WILD SALMON FOR EXTRA FLAVOR AND NUTRIENTS.

1 pound wild-caught salmon, skin removed  
¾ cup, green onions sliced (about 2 large)  
1 tablespoon nonpareil capers, drained  
1 tablespoon freshly squeezed lemon juice  
1 teaspoon fresh tarragon  
1 teaspoon Dijon mustard  
1 teaspoon horseradish  
½ cup light mayonnaise  
4 tablespoons panko breadcrumbs  
½ teaspoon sea salt  
Freshly ground black pepper to taste

1. Preheat oven to 350 degrees.
2. In a food processor, pulse salmon into chunks and place in large bowl. Refrigerate salmon while preparing other ingredients.
3. In a food processor, combine green onions, capers, lemon juice, tarragon, Dijon mustard, horseradish, mayonnaise, breadcrumbs, salt and pepper and pulse to combine.
4. Add mixture from the processor to the bowl of chopped salmon and use your hands to mix ingredients until fully combined.
5. Form mix into 5 patties. Line baking pan with parchment, spray lightly with cooking spray and place patties on the pan. Bake uncovered for 10 minutes then flip them over. Continue baking for 10–15 minutes more or until burgers read 150 degrees. Do not over bake.





# THE HUNGER TASK FORCE FARM

*Above: Sarah Bressler, Farm Manager, at the Hunger Task Force Farm. Opposite: Three varieties of lettuce seedlings (romaine, leaf and butterhead) at the Farm. (Photos courtesy of The Hunger Task Force Farm)*

## HARVESTING HEALTHY FOOD FOR A GROWING NEED

story by MARI WOOD

THE LAST TIME I CHECKED A MAP, FRANKLIN, WISCONSIN IS LOCATED IN MILWAUKEE COUNTY. HOWEVER, WHEN YOU VISIT THE HUNGER FORCE FARM IN THE SUBURB OF FRANKLIN, YOUR SENSES WILL TRICK YOU INTO THINKING YOU'RE ON A RURAL FARMSTEAD FAR FROM THE NOISE AND BUSTLE OF THE CITY.

Located just 17 miles south of downtown Milwaukee, local non-profit Hunger Task Force leases 208 acres of farmland, fruit orchards, a fish hatchery and an endangered oak savannah from Milwaukee County in order to provide over a half million pounds of fresh fruit and vegetables every year to affiliated soup kitchens, homeless shelters, food pantries and low-income senior facilities at no cost to their recipients.

With your first step onto the Farm, with birds singing and idyllic apple and pear orchards stretching as far as you can see, there's a sense of calm in the air. Even on a busy day, the Farm is running like a well-oiled machine due to the leadership of Farm Manager, Sarah Bressler...and Sarah definitely has her hands full.

**GO CO-OP!**



Learn about all the ways  
your co-op supports  
Hunger Task Force!

## SUPPORT THE HUNGER TASK FORCE FARM BY ADOPTING A CROP

Help the Farm continue to provide free fresh produce to communities that need it most through their Adopt-A-Crop program.

- **\$25:** Supplies 45 pounds of sweet corn to a local food pantry
- **\$50:** Grows 100 heads of lettuce for local families in need
- **\$100:** Provides 50 pounds of green beans to local seniors
- **\$250:** Sponsors an acre's worth of pepper seed

Visit:

[www.hungertaskforce.org/donate/farm](http://www.hungertaskforce.org/donate/farm)

to make a donation today!



"We're currently managing approximately 25 varieties of crops and 925 fruit trees on the Farm. This year we've brought on some new crops such as turnip greens, bok choy, Jalapeño peppers and Napa cabbage to provide culturally-appropriate food for all of our clients," says Sarah. Not only does the Farm provide a variety of fruits and vegetables, but the fresh produce is delivered to their network of food providers within 24 to 48 hours after being harvested, which enhances the nutritional benefits for individuals and families who normally rely on canned food.

To maintain the quality of the produce and health of the Farm's soil, sustainable agriculture practices are followed. "We use crop rotation for soil fertility and to manage pests and plant diseases, and we practice cover cropping which suppresses weeds and erosion and keeps moisture in the soil. Along with conservation tillage which mitigates weeds and drip irrigation that helps save water and nutrients in the soil, our main goal is to make sure that the Farm is around for many more generations to come," says Sarah.

However, Sarah isn't just responsible for making sure fresh food ends up on local peoples' plates. Per Hunger Task Force's lease agreement with Milwaukee County, the Farm has agreed to maintain a fish hatchery which provides 17 county parks with 40,000 fish every year. Also, as part of their agreement with the

County, the Farm actively manages 100 acres of oak savannah, wetlands and prairie which involves removing invasive species, replanting trees when necessary, and keeping the trails clear for the public to use. All of this hard work is accomplished by Hunger Task Force staff and volunteer help.

And as if that isn't enough to keep Sarah busy, Hunger Task Force employs a Youth Educator that teaches nutrition education to local school children who visit the Farm on a weekly basis for an eight-week program funded by the Supplemental Nutrition Assistance Program (SNAP). In the spring and fall of the year, you'll find kids learning how fresh food is grown by working in the Farm's 28 raised vegetable beds, learning about food composting, helping with beekeeping (beehives are maintained in the Farm's fields to help with pollination), and then, bringing what they've learned full circle, they are taught how to cook the produce that they've grown in the Farm's on-site education kitchen.

As the sun sets on the Hunger Task Force Farm after a long day of farm work, Sarah has time to think about the future of the Farm: "We will continue to be good stewards of the land, while maximizing the amount of high-quality produce that we grow for those in need. It's an honor to have that kind of impact in my day-to-day job!"

**A**S SHAKESPEARE ONCE WROTE, "SUMMER'S LEASE HATH ALL TOO SHORT A DATE" BUT THAT DOESN'T MEAN WE CAN'T SQUEEZE A FEW MORE MONTHS OUT OF THE FLAVORS OF SUMMER.

Here are three simple methods of preserving summer's bounty that don't involve vats of boiling water and special equipment. All you need are some good jars, some great produce, and a little time.

## SUMMER VEGGIES PRESERVED IN OIL

MAKES 1 QUART JAR

*This is an easy and delicious way to preserve your summer vegetables into fall simply by adding them to some olive oil, vinegar, and herbs. You can serve these in salads, pastas, or piled into sandwiches. They also make a great addition to cheese and charcuterie boards!*

4 cups vegetable of your choosing:

beets, zucchini, summer squash, mushrooms work great, but we went with eggplant

2 parts olive oil

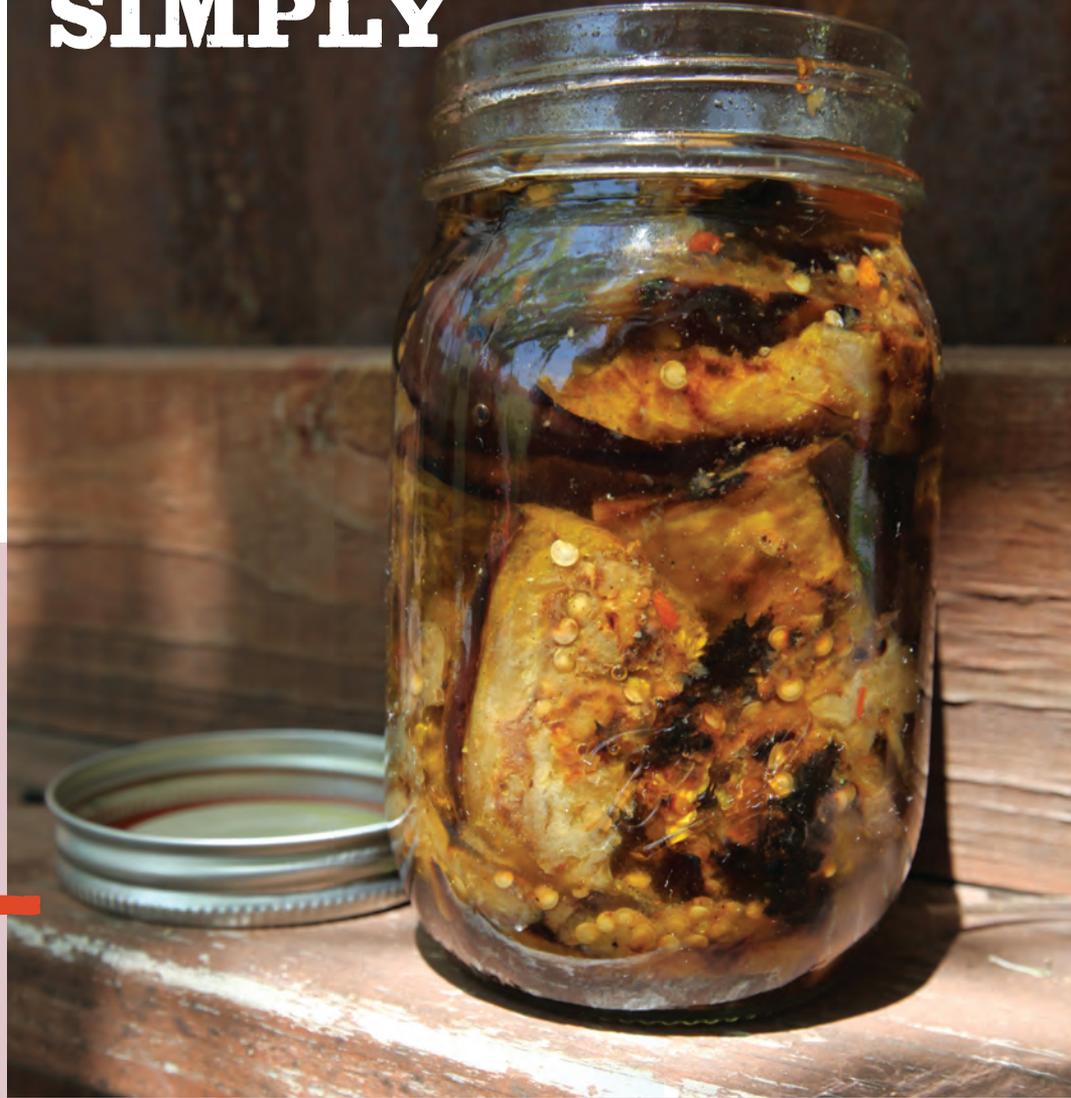
1 part vinegar – balsamic, white, apple cider, red wine, rice wine champagne, sherry vinegar, or whatever you like

Salt and pepper to taste

Fresh herbs like rosemary, basil, thyme, sage

Flavorings like roasted garlic, garlic scapes, chili flakes, lemon zest

# PRESERVING THE SUMMER SIMPLY



1. Choose your vegetable and cooking technique: Roast (or grill) – zucchini, bell peppers, tomatoes, mushrooms, eggplant, sliced onions, whole garlic cloves and blanch things like beets, green beans, artichoke hearts, and heirloom beans.
2. Place cooked vegetables in a bowl.
3. Season generously with salt and pepper and  $\frac{1}{4}$  cup vinegar, enough to generously coat, and let stand 15 minutes. Add  $\frac{1}{2}$  cup olive oil. Add more of each if needed, sticking with the proportions of two parts oil to one part vinegar.
4. Add flavorings depending on your veggie choice like fresh herbs, lemon zest, garlic cloves, preserved lemon, roasted garlic, and red pepper flakes.
5. If planning to eat within the week, place all in a clean jar, removing air bubbles by stirring with a skewer or spoon, top with more oil/vinegar combination so veggies are completely submerged. Refrigerate.
6. If preserving for longer, after infusing with fresh herbs and garlic (just leave everything in the bowl, in the fridge overnight) remove any fresh ingredients (like herbs and raw garlic).
7. Pack in a sterile jar and cover with oil vinegar marinade, remove any air bubbles, by stirring with a skewer. Refrigerate and use within two months.



## BLUEBERRY FREEZER JAM

MAKES TWO 8-OUNCE JARS

*This is the perfect jam recipe for beginners. No boiling water bath, pectin or canning required. Just a quick cook on the stove and then into some clean jars and you've got summer in a jar.*

5 cups fresh blueberries  
Zest of one lemon  
5 tablespoons fresh lemon juice  
1½ cups granulated white sugar  
8-ounce freezer jam jars

1. Thoroughly wash, rinse and dry jars and lids.
2. Place a small ceramic plate in the freezer. Place 2 cups of blueberries in a high-sided saucepan, and mash with a potato masher. Add the remaining blueberries along with the rest of the ingredients. Set the saucepan over medium-high heat and bring mixture to a boil.
3. Once the blueberries start boiling vigorously enough that the bubbles don't dissipate when you stir, set the timer for 12 minutes and continue boiling the berries at the same rate, stirring frequently.
4. When the jam begins to thicken, pull the plate from the freezer, and place a small amount of the jam on the plate. Run your finger through the jam, and if it jells and seems thick, remove the pan from the heat. If the jam is not thick enough, place the plate back into the freezer, and continue to cook the jam for a minute or two longer. Test again. Repeat until the jam is thickened.
5. Divide the jam into the glass jars. Allow to cool for about 2 hours, then top with lids. When the jam cools to room temperature, store in the refrigerator and enjoy within 2 weeks, or you can freeze the jam for up to 3 months.



## BREAD & BUTTER PICKLES

MAKES 1 QUART JAR

*There's nothing like a crispy pickle on your sandwich or burger and it's even better when you're the one who made it yourself! Smaller-sized cucumbers work best here.*

5½ cups (about 1½ pounds) thinly sliced cucumbers – about ¼-inch (the smaller, the better)  
1½ tablespoons kosher salt  
1 cup sweet onion, thinly sliced  
1 cup granulated sugar  
1 cup white vinegar  
½ cup apple cider vinegar  
¼ cup light brown sugar  
1½ teaspoons mustard seeds  
½ teaspoon celery seeds  
⅛ teaspoon ground turmeric  
Dill strands

1. Combine cucumbers and salt in a large, shallow bowl; cover and chill 1½ hours. Move cucumbers into a colander and rinse thoroughly under cold water. Drain well and return cucumbers to bowl. Add onion to the bowl and toss with the cucumbers.
2. Combine the granulated sugar, white vinegar, apple cider vinegar, brown sugar, mustard seeds, celery seeds and ground turmeric in a medium saucepan; bring to a simmer over medium heat, stirring until the sugar dissolves.
3. Pour the hot vinegar mixture over cucumber mixture; let stand at room temperature 1 hour. Cover and refrigerate 24 hours. Store in an airtight container in refrigerator up to 3 months.



# Hot Topic: 2023 Farm Bill

by MARGARET MITTELSTADT

IT'S AN EXCITING TIME TO BE A PART OF OUTPOST. WE LEAD BY OUR VALUES. SURVEYS OF CO-OP OWNERS SHOW A SOLIDARITY WHEN IT COMES TO SUPPORTING A BUSINESS WITH A STRONG COMMITMENT TO ENVIRONMENTAL, SOCIAL, AND SELF-GOVERNANCE GOALS.

Being values-driven is what helps co-ops like Outpost stay authentic in their mission. According to the National Co-op Grocers, the average food co-op works with 281 local farms and producers. At Outpost, that number hovers around 245, and growing. Co-ops also actively promote inclusivity and work to source products from companies with at least 51% ownership and control coming from underrepresented sectors including women, person(s) of color, LGBTQIA+ individuals, veterans, or people who are disabled. Demonstrating concern for their community, co-ops seek out programs that promote greater food accessibility for our vulnerable neighbors, and actively tracks and measures efforts to reduce their carbon footprint.

All of this is important to remember, when hot on the horizon is the 2023 Farm Bill, a massive piece of legislation under the jurisdiction of the United States Department of Agriculture. Every five years, Congress enacts a new Farm Bill. The current Farm Bill, enacted in December of 2018, is set to expire on September 30, 2023.

With a budget in the hundreds of billions of dollars, this omnibus bill covers policy and funding levels at the federal level for agriculture, public food and nutrition assistance programs, natural resources, and other aspects of food and agriculture infrastructure. Examples of Farm Bill programs include Supplemental Nutrition Assistance Program (SNAP) or food stamps, agricultural subsidies, the National Organic Program, crop insurance, support for emerging farmers, and land conservation, to name a few.

With this vision in mind, here is what we are looking at closely for the next Farm Bill:



- Advance racial equity across the food system which includes improving access to and increase funding for USDA programs for farmers of color
- Build a climate-resilient future which includes advancing land stewardship through conservation program funding and access, increasing funding for sustainable, regenerative, and organic agriculture research programs and prioritizing research that helps farmers adapt to and mitigate climate change
- Invest in healthy rural and urban communities through strengthening resilient local and regional food systems, expanding and enhancing USDA procurement programs and practices, rebuilding local and regional meat processing capacity and ensuring access to locally produced, nutritious, culturally relevant food
- Level the playing field for small and mid-sized farms that support beginning farmers in accessing land and capital, fixes the flawed farm safety net and improve access for diversified farms, and addresses corporate consolidation and restores fair competition
- Fully fund social safety nets for our most vulnerable neighbors including programs such as SNAP, School Breakfast Program, The Emergency Food Assistance Program, Seniors Farmers Market Voucher Program

## TAKE ACTION!

Let your voice be heard. The more, the better. Act now! Write to United States Senate Committee on Agriculture, Nutrition & Forestry, in Congress and tell them you endorse Farm Bill policies and funding that advance opportunity, equity, and environmental stewardship in the American agricultural system.

Comments can be submitted two ways:

1. Farm Bill Input Form  
<https://www.agriculture.senate.gov/farm-bill-input>
2. Direct Email  
[FarmBill2023@ag.senate.gov](mailto:FarmBill2023@ag.senate.gov)

You can also contact the office of your state and national elected officials and let them know this issue is important to you:

1. State: <https://legis.wisconsin.gov/>
2. National: <https://www.govtrack.us/congress/members>

Track the progress of the 2023 Farm Bill – H.R.513 – 118th Congress (2023-2024): FARM Act here: <https://www.congress.gov/bill/118th-congress/house-bill/513>

*Thanks to our friends at the National Co-op Grocers, Hunger Task Force, Marbleseed, and The National Sustainable Ag Coalition, for providing insight on the 2023 Farm Bill.*

# SUSTAINABILITY

by MARGARET MITTELSTADT  
graphics HANNAH EVANS

THE SEVEN INTERNATIONAL COOPERATIVE PRINCIPLES ESTABLISHED IN 1844 IN ROCHDALE, ENGLAND, GOVERN ALL COOPERATIVE BUSINESSES. ESTABLISHED MORE THAN 180 YEARS AGO, THESE GUIDEPOSTS ARE THE CO-OP VERSION OF THE MODERN DAY ENVIRONMENTAL, SOCIAL AND GOVERNANCE (ESG) STRUCTURE, A STANDARD OF MEASURE ON CORPORATE SUSTAINABILITY AND ETHICAL IMPACT INTRODUCED IN 2004 BY THE UNITED NATIONS GLOBAL COMPACT. LIKE ESG, THE SEVEN PRINCIPLES REFLECT A BROAD FRAMEWORK FOR CO-OPS THAT PROMOTES TRANSPARENCY AND COOPERATIVE RESPONSIBILITY, SUSTAINABILITY, SOCIAL JUSTICE, AND COMMUNITY WELLBEING.

For 12 years, Outpost has been actively tracking and reporting our sustainability impact. We have set goals in place to help guide our impact and measure our progress. These key metrics were tracked and measured in our fiscal year 2022.

OUR GREENHOUSE GAS EMISSIONS SCORE IS

**370** WHICH IS 33% LESS FROM 2017

OFFSET OUR ENERGY COSTS

**100%** THROUGH RENEWABLE ENERGY CREDITS

28<sup>th</sup> in 2022

ON THE EPA GREEN POWER PARTNERSHIP TOP 30 RETAIL LIST 10 YEARS RUNNING

628 THOUSAND POUNDS RECYCLED IN 2022

529 THOUSAND POUNDS COMPOSTED

68% OF OUR WASTE IS DIVERTED FROM THE LANDFILL (INDUSTRY AVERAGE IS 45-50%)

MEQUON SOLAR PANELS

ARE ENOUGH TO POWER

4

WISCONSIN HOMES A YEAR

\$162

THOUSAND DOLLARS CUSTOMER & CO-OP CONTRIBUTIONS

DONATED TO

**HUNGER TASK FORCE**  
FREE & LOCAL

OVER \$19 THOUSAND DOLLARS IN CUSTOMER CONTRIBUTIONS DONATED TO

*Empty Bowls*  
MILWAUKEE

\$125 THOUSAND DOLLARS DISCOUNT SAVINGS TO FOODSHARE SHOPPERS



# IMPACT REPORT

73% OF EMPLOYEES ELIGIBLE FOR 401K RETIREMENT BENEFITS

300+ HOURS OF STAFF DEVELOPMENT AND TRAINING

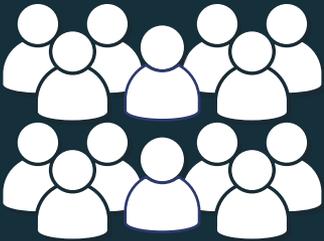
65% OF EMPLOYEES ELIGIBLE FOR HEALTH BENEFITS

75% OF EMPLOYEES RATE OUTPOST A GREAT PLACE TO WORK ★★★★★

345 PEOPLE EMPLOYED BY THE CO-OP

75% OF HEALTHCARE PREMIUMS ARE PAID BY OUTPOST 

ALMOST 22 THOUSAND



LOCAL CO-OP OWNERS

80% OF EMPLOYEES REPRESENTED BY UNITED FOOD AND COMMERCIAL WORKERS LOCAL

13% OF OUTPOST'S LEADERSHIP TEAM IDENTIFY AS BIPOC

29% OFF ALL EMPLOYEES IDENTIFY AS BIPOC

41% EMPLOYEES OF COLOR HIRED INTO PROFESSIONAL ROLES

\$18.3 MILLION DOLLARS OF ORGANIC SALES 

\$13.1 MILLION DOLLARS OF SALES FROM LOCAL VENDORS

OUTPOST BOARD OF DIRECTORS 22% SELF-IDENTIFY AS BIPOC 77% SELF-IDENTIFY AS FEMALE

624 BOARD OF DIRECTOR BALLOTS CAST & DOLLARS DONATED TO MILWAUKEE CENTER FOR INDEPENDENCE

WHAT IS A CO-OP?

[WWW.OUTPOST.COOP/OWNERS/WHAT\\_IS\\_A\\_COOP/](http://WWW.OUTPOST.COOP/OWNERS/WHAT_IS_A_COOP/)

WWW.OUTPOST.COOP | 27

# MILWAUKEE'S Newest Vanguard of CRAFT BEERS

story & photos by MICHAEL SORENSEN

**S**CHLITZ MIGHT BE BEER THAT MADE MILWAUKEE FAMOUS BUT IT'S NOT 1849 ANYMORE. NOWADAYS, MILWAUKEE'S BEER ASCENDENCY IS COMING FROM CRAFT BREWERS PUTTING THEIR OWN STAMP ON THE CREAM CITY WITH INNOVATIVE BREWS, ATTENTION-GRABBING INGREDIENTS, AND UNIQUE STYLES THAT WOULD HAVE MILWAUKEE'S OLD BEER BARONS SCRATCHING THEIR BEARDS. WE RECENTLY LOOKED AT THREE LOCAL BREWERIES WHO WE THINK DESERVE A TOAST.



## AMORPHIC BEER

Before Ron Hockersmith started Riverwest's Amorphic Beer (along with brewery partner Alan Willhite) his skill set was geared more toward turbines than taprooms.

"My first real job, besides flipping burgers, was designing engines for airplanes like the F-22 and the 777. After I moved to Milwaukee, I led an engineering team that makes electric propulsion systems for nuclear submarines."

But Ron, an avid home brewer, was looking for a change, so he left his job in nuclear corporate America and took the next logical step—brewing beer.

"I'm originally from Arizona but lived in California, so when I moved here, I really missed those West Coast style beers, but they just weren't here twenty years ago."

This is where Ron's considerable engineering and analytical skills came into play as he began brewing in his basement, getting a real feel for the beer biz working at Company Brewing, and eventually heading out on his own and starting Amorphic back in 2021.

"Most brewers are about 50/50 science and art. I'm more 90% science, 10% art," Ron modestly tells me in his impeccably designed Riverwest bar. If you go over to my computer, I could open what I call 'The Worlds Most Complicated Spreadsheet' where we can predict every little thing that goes into our beer. Not just the grain,

the hops, the water... we can predict everything down to how many parts per million of geraniol we want in a beer for a floral finish."

What this means to beer drinkers is get ready for some interesting sips. For example, their CZNZ Turbulent Flow is a Czech Pilsner made from malted European barley, Czech yeast from a brewery in Plzen, a mix of American Sterling and New Zealand Motueka hops, then lagered cold for weeks creating a crisp, drinkable, and inspired beer.

But when it's gone, it's gone, since Amorphic really doesn't make the same beer twice.

"We might not always do the same thing twice, but our beers do kind of fall into three categories: The first one is very hop forward IPAs. About half of what we sell is IPAs, so when people say IPA is dead? Not according to my numbers. The other thing we make is Czech-style lagers. Most lagers in Milwaukee are German-style, for obvious reasons, but I think Czech lagers are way better. And the third category I just call 'Weird Sh\*t', which is whatever we feel like creating that day."

If you're looking for impossibly quaffable brews or just want to taste a beer that relishes pushing the envelope...grab an Amorphic brew and taste what happens when science and imagination get together.



## 1840 BREWERY

You can blame the cops for Kyle Vetter becoming a professional brewer.

“I got my fake ID taken away when I was 20, much to my mother’s chagrin, so my buddy and I said, ‘well if we can’t buy it, maybe we can brew it.’”

And brew it they did. Their first attempt at a red ale was such a tasty success that Kyle always kept the idea of brewing professionally in the back of his mind. After learning all about brewing in a Colorado brewery for seven years Kyle returned to his home state and opened 1840 Brewing in Bay View in 2017, where he transforms the ordinary into the extraordinary.

“Here at 1840, we’ve always been about taking classic styles and blending those with modern flavors to create new drinking experiences for people. We try to look at what we do as an experiment that educates and turns people on to different types of craft beers. Whether they grew up only drinking light beers or dark beers we try to create something unique for everyone.”

Take, for example, the dreaded or delightful IPA (depending upon where your personal tastes might fall). Most people might relish that bitter flavor profile while others might shy away from it. That’s not necessarily the case anymore.

“For the longest time (we’re talking late 90s, early 2000s), brewers were just trying to make IPAs as bitter as possible, and for many people that was their first experience with an IPA, and it just wasn’t a pleasant one. Then softer and more fruit-focused IPAs started showing up in New England and when people come to us, we tried to steer them to those. They’re less aggressive, they’re still loaded with hops, but they’re more balanced, with less bitterness and with more body. Once people try these new IPAs people are like, ‘Whoa, this is fruity. This is sweet.’ And now they’re like, ‘Well, hops aren’t so bad after all.’”

Introducing people to new beer experiences (beersperiences?) is something Kyle and the talented crew of super passionate beer artists at 1840 excel at. He recommends other beer drinkers take the plunge themselves and discover what tickles their tastebuds.

“I’d encourage people to go to their local craft beer joint and see what you like. A lot of them will give you a free taste or a small pour before you buy it and that way when you’re in the retail space you’re not as overwhelmed. You’ll know what a New England IPA or a Hazy IPA or a West Coast IPA is going to taste like. Just go out and try them and find what you like.”

*(continued)*



## THE FERMENTORIUM

The Fermentorium Beverage Company (with locations in both Cedarburg and Wauwatosa) is the result of home-brewer Kristopher Volkman realizing his sudsy dreams.

“As I was creeping towards 40, I kind of set a goal for myself, that I was going to do something else, and I really loved home brewing, so I went to a Brewer’s Association trade conference with my business plan ready to go and quickly realized how much I didn’t know.”

This wake-up call proved serendipitous for Kristopher as it forced him to rethink his original plans of creating a brewery modeled after the esoteric idea of 1890’s elixir carts and the crazy ingredients they used... even though the crazy ingredients idea would remain an integral part of the brewery.

“Originally, when we were looking for a location, we had a small barn picked out and the direction was going to be a little more towards sour beers and wild beers using foraged ingredients and stuff like that.”

When an old and spacious Cedarburg farm and feed store came on the market Kristopher thought this could be the place to make his dream happen.

“I kind of rebranded from that 1890s farmhouse kind of look and feel to a little more of a, you know, ‘normal brewery,’ I guess.”

Kristopher might be a little modest because no one could accuse The Fermentorium’s beer selection of being normal.

From tequila barrel-aged Saisons, to a beer inspired by the works of David Lynch, The Fermentorium has an ever-rotating choice of unique and inspired flavors. It’s a result of his analytical side and artistic side coming together to create something new.

“In my past career I was more on the science and mathematics side of things. But, when I got into brewing, it kind of fed that urge to understand what’s going on in these beers and with these ingredients. And then you have that artistic side that fuels your imagination like, what can these different ingredients, different malts, different hops, different yeasts, different fermentation temperatures create?”

Tweaking ingredients and recipes results in new styles and concepts. Take, for example, their flagship beer, Juice Packets, a citrus-forward IPA with mild piney notes. Or, new this summer, a great Mexican-style lager called Sombrilla Rosa, a light-bodied, crisp beer accented with grapefruit and agave nectar that’s perfect for an August evening.

You can find a rotating selection of delicious beers from The Fermentorium at your local Outpost.

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