

good food

FREE - TAKE ONE • FEBRUARY 2025

Locals Making History.



OUTPOST CO-OP
GROCERY STORE

Locals Making History



FUNKY FRESH GET YOUR ROLL ON RANCH DIP (it's TrueMan's recipe!)

- 1 package Simply Organic Ranch Dip
- 1 cup mayo
- 1 cup of buttermilk
- 1 tb parsley
- 1 tb dill
- 1 tb chives
- ½-1 lemon, juiced

1. Whisk all together
2. Chill 1 hour before dipping your Funky Fresh Spring Rolls into this deliciousness. (And yes, you can use this for salad – you may want to thin with a little water, the lemon thickens the mixture up quite a bit!)



SOUL BREW ROSEMARY SPRITZER

- 1 bottle Soul Brew Ginger Mango Peach Kombucha
- ½ ounce lime juice
- 1 ounce rosemary simple syrup

1. Mix & enjoy with or without 2 ounces of spirits.
2. Toast to Alesia for creating culture for better health!



BOOZY OR N/A(H)

With or without
Cognac or Vodka

ROSEMARY SIMPLE SYRUP

- 2 sprigs rosemary
- ½ cup sugar
- ½ cup water

1. Gently rub rosemary in palms to encourage rosemary to release oils.
2. Transfer to a saucepan with water and sugar over medium heat 4 to 6 minutes until sugar is dissolved.
3. Remove from heat and let stand 10 minutes before removing rosemary to store in jar or container.



Sun-Kissed Pecans



PERFECT GEORGIA PECANS GROWN IN THE WARM, GOLDEN SUN, RAISED BY A CONSORTIUM OF BLACK OWNED FARMS LED BY NEW COMMUNITIES INC., ONE OF THE FIRST COMMUNITY LAND TRUSTS IN THE U.S.

This farm along with several others turned the loss of their original land due to discrimination into a story of resilience and opportunity. Today, this Black-owned-and-run pecan orchard and center for social justice is building a future for black farmers in southern Georgia. To learn more, visit newcommunitiesinc.com. We're proud to stock these in our bulk aisle.



New Communities Inc. Website



SERVES 6

MAPLE PECAN GRANOLA

- 1 cup maple syrup
- 1 cup canola or vegetable oil
- 2 tablespoons ground cinnamon
- 1 tablespoon vanilla extract
- 1/2 teaspoon salt
- 8 cups old-fashioned oats
- 1 1/2 cups chopped pecans
- 1 1/2 cups whole pecans

1. Preheat the oven to 275°F.
2. In a large bowl, whisk together the maple syrup, oil, cinnamon, salt, and vanilla extract. Add the oats and pecans and mix well.
3. Divide the mixture evenly among shallow baking pans and press into thin layers.
4. Bake on the center oven rack for 30 minutes. Rotate the pans and stir the mixture thoroughly, then bake an additional 15 minutes. If you like your granola soft and sticky, remove it from the oven now and cool it down. If you like your granola crunchy, stir and rotate once more and bake an additional 15 minutes, then remove and cool.

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EMMANUEL'S MIX

With the perfect balance of sweet and salty, Emmanuel's Mix is ready to answer the call to your snack attacks. Black Mom-owned, Emmanuel's Mix began on the kitchen table in the Milwaukee home where Jacquelyn Tucker raised her son, Emmanuel. You know mamas, wanting a delicious snack for their kids. Now we all get to enjoy mama's creation. We met Jacquelyn in the aisles of our Mequon location where she stitched herself to our hearts!



THAT SALSA LADY

It's in Angela's Milwaukee garden where the goodness grows for her famous That Salsa Lady salsa. She affectionately dubs her 20,000 square foot garden on Milwaukee's north side, Hood Ranch. She cultivates, tends to and cultivates her oasis with loving care to create some of the best salsa we've ever tried.



KalyANa ORGANICS

When Susie Roberts learned that her grandson couldn't eat certain things, she focused on learning how to bake gluten-free organic treats he could eat. Kalyana, Sanskrit for "well-being" creates ready-baked goods and packaged mixes crafted from organic, gluten-free ingredients and only uses ingredients of integrity: organic coconut flour, organic sprouted grains, non-fumigated almond flour, organic arrowroot, Himalayan pink salt, gluten free baking powder, and unrefined sweeteners (if any), in all of their packaged mixes. Created out of love for all to enjoy.

Locals Making History

inclusive
trade

Look for Inclusive Trade signs!

“Outpost is committed to our diverse and inclusive community. Look for this mark to find brands owned by people who identify as women, BIPOC, disabled, LGBTQIA+, or veterans”



TASTE OF LOVE

Witnessing how good food makes people feel good was Shelita Furlow's inspiration for her Milwaukee-based catering business, Taste of Love Catering. When she was coaching basketball for Hamilton High School, she noticed that the kids who showed up hungry would have a hard time keeping their head in the game. She folded snacks and meals into her coaching repertoire, and the rest is history! You can enjoy the likes of her cooking thru [facebook.com/ShayluvsComfortFood/](https://www.facebook.com/ShayluvsComfortFood/)



RASPBERRY KALE SALAD

SERVES 3 TO 4

For the Raspberry Vinaigrette

- 1/2 small onion, rough chopped
- 1 pint raspberries
- 1/4 cup honey
- 1/3 cup raspberry balsamic vinegar (or regular balsamic vinegar)
- 1/2 cup extra virgin olive oil

1. Blend all in a blender or food processor until emulsified. Salt to taste. Can be stored in the refrigerator for three days.

For the Kale Salad

- 1 bunch of curly kale, ribs removed, roughly chopped
- 1/2 cup dried cranberries
- 3 oz crumbled feta
- 3 oz grated cotija cheese
- Pint raspberries
- 1/4 cup pecans, optional

1. Toss all together with about 1/2 cup of the salad dressing to coat. Add more to taste before serving. Even dressed, this salad will keep for a day in the refrigerator.



Locals Making History



GARDEN OF EDEN

Karen Long dreams of dressings...and spice blends and hot sauces. Literally. "I'd dream of running through a garden and the dreams wouldn't stop. I would be running through the garden and bumping into fruits and vegetables." She turned these dreams into reality when she started bottling and selling her line of all-natural products. Made in her north side kitchen Karen believes that "all natural" should really mean what it says, "So, when you look at the garden you think about fruits, you think about the vegetables, you think about the carrots, you think about the green and all the color that's in there. That's natural color. When I make things and it comes out the natural color that's what you want. You can see the separation. When you have the hot sauce, you might hit a pepper or a piece of onion because we're doing it all by hand here." Try some of Karen's exceptional products today!



ZESTY CUCUMBER SALAD

SERVES 1 TO 2

For the Dressing

- ¼ cup Garden of Eden Vegetable Vinaigrette Dressing
- ½ ripe avocado
- ¼ teaspoon red pepper flakes (adjust to taste)
- 1 tablespoon olive oil
- 1–2 tablespoons water (as needed for consistency)

1. Blend dressing ingredients together until smooth
2. Add water one tablespoon at a time to thin to desired consistency.



For the Cucumber Salad

- 1 - 2 fresh cucumbers, or more as desired, peeled and sliced
- Garden of Eden Garlic and Herb Seasoning

1. Add sliced cucumbers to a bowl and season to taste with the Garlic and Herb seasoning.
2. Drizzle dressing over cucumbers.
3. Keep any leftover dressing chilled in the fridge for up to 2 days.

SHARAY'S

The not too sweet, nutty treat, that doesn't stick to your teeth! Yaw Asare brings us Ghana-style brittle that is a joy to eat. With just a few, simple, delicious ingredients inspired by Nkate Cake, Yaw Asara (Sharay) turned his love of Ghana treats into a growing Wisconsin business. We're delighted to offer his award-winning brittles along with his new brand, Sweet P's toffees and caramels at our co-op.



Locals Making History

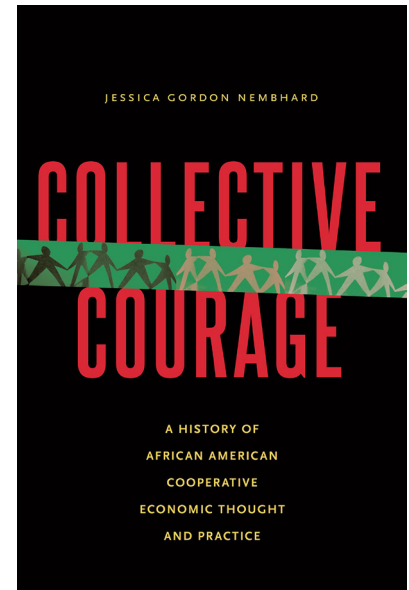
VENICE WILLIAMS' AFRICAN CHICKEN & PEANUT STEW

SERVES 6

Watching Venice cook and listening to her instructions was a lot like cooking with my mom. There are no recipes. You use what you like and what's fresh. A handful of this and a dash of that make up the stew until it 'looks and feels right.' Feel free to substitute winter squash for sweet potatoes or add white potatoes. Have extra green beans? Those would be good too. Don't have black-eyed peas? Use kidney beans instead. You can even change up the seasoning to a Moroccan spice blend if you like or add more hot pepper if that's your preference. Just be sure to add the greens at the end because Venice doesn't like those greens overcooked. This savory, nutty stew is best served over rice with cornbread or biscuits on the side.

- 5 tablespoons Jamaican jerk seasoning plus more for spice
- 6 bone-in, skin on chicken thighs, rubbed with jerk seasoning and refrigerated at least 4 hours before cooking
- oil for cooking
- 3-4 cloves garlic, minced
- 1 large white, sweet onion, halved and sliced into chunks
- 1 large red onion, halved and sliced into chunks
- 4 large sweet potatoes, peeled and sliced into chunks
- 1 sweet banana pepper
- 1 small jalapeno pepper, minced – optional
- 2 sweet red or green peppers, seeded and cut into chunks
- 1½ cups corn or the kernels from 2 ears of corn
- 3 cans black-eyed peas, drained and rinsed
- 1 15 oz. can diced tomatoes, liquid included
- 1 cup crunchy peanut butter
- 1 cup chicken stock, or to taste
- 3 generous, large handfuls of chopped, fresh kale or collards

1. Add a little oil to a large, Dutch oven. Heat to medium and sauté chicken thighs until they are browned on all sides. Remove to plate and cool, reserving chicken fat in pot.
2. Add onions to hot oil along with sweet potatoes. Sauté until softened and add all varieties of peppers.
3. After peppers have cooked slightly add black-eyed peas, tomatoes and mix well. Then add peanut butter and chicken stock and mix again. Add seasoning. Simmer, uncovered for about 15 minutes.
4. Remove skin from cooled, browned chicken thighs and add to the stew (keep chicken on bones) then add chicken stock
5. After stew has cooked down a bit and the flavors have combined, add chopped greens, mix well and cook until greens are softened but you haven't cooked the life out them. Taste and adjust seasoning. Adjust liquid by adding more stock if needed.
6. Serve stew over rice and offer plenty of corn bread or biscuits to sop up the juices. Be sure everyone gets a chicken thigh in his or her bowl. If there's any stew left it freezes well.



GOOD READS

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

A HISTORICAL TIMELINE:

AFRICAN AMERICAN Cooperation & Activism

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UNDERGROUND RAILROAD

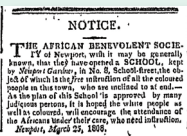
Late 1700's to 1863

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

MUTUAL AID SOCIETY

1790's

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



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CAP

1970's

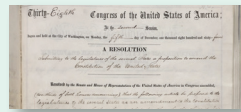
The Congress of Afrikan People, founded by Amiri Baraka, supports African American communities to form consumer co-ops and credit unions



ICA

1895

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



THE THIRTEENTH AMENDMENT

December 6, 1865

The U.S. Constitution abolished slavery and involuntary servitude



COMBAHEE RIVER COLONY

1863

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

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CHCA

1985

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



MRB & PA

1896

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



NC MUTUAL

1903

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

CITIZENS' CO-OP STORES

1919

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



W.E.B. DU BOIS

1907

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



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

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

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

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HARLEM'S DUNBAR APARTMENTS

1928 - 1936

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

YNCL

1930

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



ICC

1999

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

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CONSUMERS' COOPERATIVE

1936

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



CREDIT UNIONS

1940's

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



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COLLECTIVE COURAGE

2014

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



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BSCP

1948

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



GREENSBORO SIT-INS

February 1 - July 25, 1960

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

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BLOODY SUNDAY

March 7, 1965

The crossing of the Pettus Bridge in Selma, Alabama

FSC

1967

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



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50 YEARS

2017

Federation of Southern Cooperatives celebrates its 50th anniversary



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

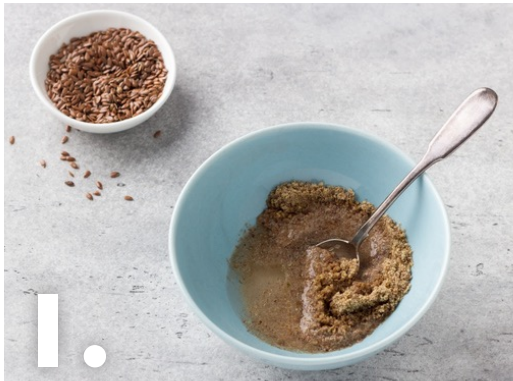
(February, 1960) **16.** Police watch marchers turn around on Tuesday, March 9, 1965 (U.S. Department of Justice) **17.** Original six members of the Black Panther Party (1966) Top left to right: Elbert "Big Man" Howard, Huey P. Newton, Sherwin Forte, Bobby Seale Bottom: Reggie Forte and Little Bobby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

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

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ALTERNATIVES TO COMBAT THE EGG SHORTAGE

With the avian flu causing a major egg shortage across the United States, eggs have become harder to find and pricier than ever. Fortunately, there's no need to panic. From baking and breakfast to plant-based innovations, these clever egg replacements will keep your kitchen running smoothly and your meals tasting amazing.



1. The Magic of the “Flegg”

Say hello to the flegg! This flaxseed superstar is here to shake up your baking game. Just a little flax, a splash of water, and voilà—a jelly-like, egg-tastic wonder ready to bind your favorite treats together. The best part? It's flavor-neutral, so your muffins, cookies, and pancakes stay the star of the show.

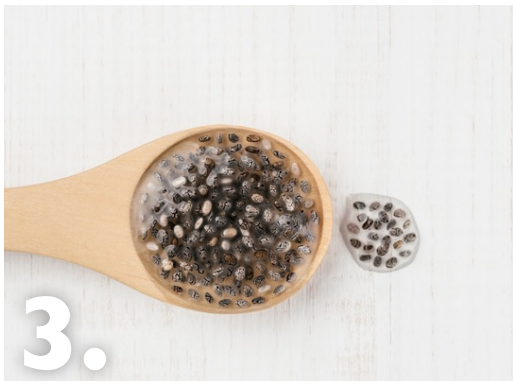
1 teaspoon finely ground flax seeds + 3 tablespoons warm water + 10 minutes = 1 egg



2. Applesauce

This pantry MVP isn't just for snacking—it's a superstar egg substitute that brings moisture and binds ingredients like a pro. Perfect for muffins, cakes, and quick breads, it adds a subtle fruity flair that plays especially nice with warm spices like cinnamon or nutmeg. It's plant-based, reliable, and probably in your pantry or fridge right now.

¼ cup unsweetened applesauce = 1 egg



3. Chia Seeds

Just like their flax seed cousins, chia seeds work magic in baked goods, keeping everything perfectly together. They're a dream for pancakes, waffles, or muffins and add a delightful crunch with a hint of nuttiness.

1 tablespoon of chia seeds + 2½ tablespoons water = 1 egg
Just stir and let sit 5 minutes to use as substitute.



4. Aquafaba

This egg white doppelgänger whips up into fluffy perfection for meringues, macarons, and mousses. Who knew chickpeas had such a secret talent? It might take a little practice to nail the technique, but once you do, aquafaba's airy powers will make your egg-free baking dreams come true.

Liquid from 1 15-ounce can of chickpeas + 1/8 teaspoon cream of tartar, beat with a handmixer and in 3-6 minutes you'll have stiff peaks to add to recipes calling for egg whites. Unwhipped, it can be used in recipes for an egg replacer: **3 tablespoons = 1 egg**



minimalistbaker.com/a-guide-to-aquafaba



5.

5. Tofu: The Ultimate Scrambled Egg Swap

Shredded tofu is the perfect replacement for scrambled eggs, offering a protein-packed, customizable option that's as delicious as it is versatile. A dash of turmeric adds that sunny yellow hue, and your favorite spices bring all the flavor to life. Want that classic egg taste? Black salt (kala namak) is the secret ingredient—it's worth hunting down! Find a classic tofu scramble recipe on our website:



www.outpost.coop/resources/cookbook/breakfast/recipe/55/tofu-scramble



6.

6. Just Egg: A Convenient Alternative

Made from mung beans, this plant-based liquid does an amazing job replicating the flavor and texture of real eggs. It's a dream for scrambles, omelets, quiches, or breakfast bakes—super versatile and ridiculously easy to use. Now, let's talk about the Folds—absolute game-changers. These pre-cooked gems are perfect for breakfast samies, wraps, or even topping a savory bowl. They're quick, delicious, and packed with protein, making busy mornings so much easier. You'll find Just Egg Liquid in the refrigerated section of our locations and the Just Egg Folds pre-cooked in the freezer sections. You'll be amazed at how real they taste—and that there's not an egg in sight!

7. Red Lentils: Thrifty Omelet

Similar to Just Egg, the main ingredient is red lentils for this recipe:



cookingforpeanuts.com/vegan-eggs



7.

8. Shelf Stable Egg Replacer

If you prefer a ready-made solution, powdered egg replacers like Bob's Red Mill is an excellent option. These blends are versatile and work well in most recipes, making them a pantry staple for egg-free cooking. Find this in our baking aisles.



8.

Who knew an egg shortage could spark so much creativity in the kitchen? With a little innovation, you can keep your meals just as delicious and satisfying as ever—no eggs required! We're keeping a close eye on our egg supply and promise to keep you updated, but in the meantime, these alternatives are here to save the day. Think of this as a chance to flex your cooking muscles and turn a challenge into a tasty opportunity. And hey, when those shelves are fully stocked again, you'll have a whole new set of egg-free skills to add to your culinary arsenal. Talk about a silver lining!

Thanks to our friends at Davis Food Co-op for sharing this info!

Let's own a grocery store together!

IT'S SWEET

TO BE AN OUTPOST OWNER

Join now February 1 – 28

All new owners who join our co-op in February will receive a **FREE** Co-op Cookie Kit while supplies last – Includes full-size bag of Guittard dairy-free chocolate chips & an 11-inch silicone spatula.



Join in-store or online:
outpost.coop/join

Outpost Owners: Join us for our Annual Meeting!

Sunday, March 9
1:00 – 4:00 p.m.
Tripoli Shrine Center
Milwaukee

030925

Music by youth musicians from Milwaukee Jazz Institute

Presentation by Kayla Riege, Program Manager –
Sustainable Living at Kohler Company



*This event is FREE for current
Outpost owners + one guest.*

RSVP after February 10 at
www.outpost.coop/annualmeeting



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*Support equitable access
to healthy meals*

February & March 2025

Round up at checkout to support the work of Food For Health, whose mission it is to prevent, manage and reverse chronic conditions through an immersive, medically tailored meal program for underserved populations.

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HEALTH™**

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