



**Welcome
to Salad
Season!**

OUTPOST
CO-OP SINCE 1970



Fresh Summer Salads

Grilled Panzanella

Serves 4 to 6. Prep time: 30 minutes.

2 slices of rustic bread, cut $\frac{3}{4}$ -inch thick
1 medium zucchini, quartered lengthwise
1 large, firm avocado, pitted and quartered
 $\frac{1}{2}$ medium red onion, cut into $\frac{3}{4}$ -inch rounds
3 tablespoons extra virgin olive oil,
plus more for brushing
3 tablespoons balsamic vinegar
1 teaspoon salt
 $\frac{1}{2}$ teaspoon freshly ground black pepper
1 clove garlic, crushed
4 large tomatoes, chunked
4 ounces fresh mozzarella, diced
1 cup fresh basil, shredded

1. Preheat the grill to medium high. Put two tablespoons of olive oil in a small bowl or cup and dip a wadded paper towel into the oil. When ready to grill, use tongs to swab the grate with the oiled towel.
2. Use your pastry brush to brush the bread, zucchini, avocado and onion with oil, then place each piece on the hot grill. Grill the bread for about one minute per side, until browned and toasted. Grill the zucchini, onion and avocado until tender, about four to five minutes. Transfer the food back to the cutting board and let cool, then cut into bite-sized pieces.
3. Transfer the grilled ingredients to a large bowl. In another bowl, whisk the remaining oil, balsamic vinegar, salt, pepper and garlic, and pour over the ingredients in the large bowl.
4. Add the tomatoes, mozzarella and basil to the bowl, and toss to mix. Serve immediately.



Black-eyed Pea Salad

Serves 6. Prep time: 20 minutes.

- 2 15-ounce cans black-eyed peas, drained and rinsed
- 1 large carrot, shredded
- 1 medium cucumber, peeled, seeded and chopped
- 2 large scallions, chopped
- 1 large jalapeño, minced
- 1 cup cherry tomatoes, halved
- ½ cup fresh parsley, chopped

Dressing

- 3 tablespoons sesame seeds
- 2 tablespoons red wine vinegar
- 2 tablespoons honey
- ¼ cup extra virgin olive oil
- ½ teaspoon salt

1. Combine the black-eyed peas, carrot, cucumber, scallions, jalapeño, tomatoes and parsley in a large bowl.
2. In a small saute pan, place the sesame seeds and swirl over high heat. When the seeds are lightly toasted, transfer to a small bowl. Add the vinegar, honey, olive oil and salt and whisk to combine.
3. Drizzle the dressing over the pea mixture and toss to mix. Serve or refrigerate, tightly covered, for up to three days.



Thai Cucumber Salad with Peanuts

Serves 6. Prep time: 1 hour 15 minutes; 15 minutes active.

- 2 pounds (about 3 large) cucumbers, split lengthwise, seeded, and sliced into 1/4-inch crescents
- 3 scallions, sliced
- ¼ cup cilantro, finely chopped
- 2 tablespoons fresh parsley, finely chopped
- 1 small jalapeño pepper, seeded and finely chopped
- ½ cup roasted peanuts, coarsely chopped
- 1 tablespoon sesame seeds

Dressing

- ⅓ cup rice wine vinegar
- ¼ cup canola oil
- 2 teaspoons sugar
- 1 teaspoon garlic, minced
- 1 teaspoon curry powder

1. In a small bowl, whisk together all dressing ingredients. Set aside.
2. In a large glass or stainless steel bowl, combine all vegetables. Add dressing and toss. Let sit at least 1 hour, mixing occasionally.
3. Add peanuts just before serving and stir to combine. Garnish salad with sesame seeds.

LOCAL VENDOR SPOTLIGHT:



Grilled Thai Beef Salad recipe from our archives!



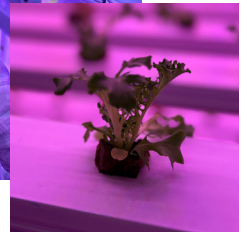
Growing Milwaukee, One Harvest at a Time

When Chris Corkery helped launch Hundred Acre, he wasn't an experienced farmer—he was a chef with a passion for great food and a willingness to learn. Today, that leap of faith has grown into one of Milwaukee's most innovative urban farms.

Inside their state-of-the-art hydroponic facility, rows of vibrant greens grow year-round in carefully controlled conditions using a fraction of the water required by traditional farming. By growing indoors, Hundred Acre avoids many of the challenges of conventional agriculture while delivering exceptionally fresh, organic produce with minimal waste.

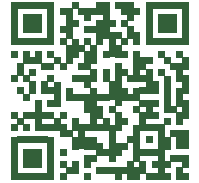


Hundred Acre owner, Chris Corkery



Outpost is proud to be one of the first grocery stores to carry Hundred Acre's greens, and we're excited to see their offerings continue to grow. In addition to their popular basil and salad mixes, Hundred Acre now crafts fresh basil pesto, nut-free pesto, and flavorful salad dressings made with the same high-quality ingredients grown on their farm.

Beyond producing exceptional food, Hundred Acre is committed to strengthening Milwaukee's local food system through education and community partnerships, helping connect more people to where their food comes from—one harvest at a time.



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