

# good food

FREE - TAKE ONE • MAY 2025



# FIBER FRIENDS

BEAN EDITION



**OUTPOST CO-OP**  
GROCERY STORE



# LOCAL FEATURE: DOUDLAH FARMS

"THAT'S ENOUGH BEANS FOR ABOUT A MILLION BURRITOS RIGHT THERE," FARMER MARK DOUDLAH MUSES AS HE WATCHES A STEADY STREAM OF BLACK BEANS CASCADE THROUGH THE AIR FROM HIS STATE OF THE ART COMBINE INTO THE BACK OF AN OPEN TRAILER AS BIG AS A SEMI. IT'S HARVEST TIME AT DOUDLAH FARMS AND MARK HAS BEEN WORKING SINCE THE SUN CAME UP. "SOMETIMES IT ENDS AT TWO IN THE MORNING," HE TELLS ME. "YOU'VE GOT TO MAKE HAY WHEN THE SUN IS SHINING."

For six generations the Doudlah family has been waking up before the birds and, during harvest season, often calling it quits under moonlight. But it wasn't until 2008 that Mark made the tough call to transition from conventional farming, which relies on chemicals, to becoming a certified organic operation. It was a decision that didn't come about lightly. "My dad is what woke me up," Mark confesses.

Mark's father, Earl, the man who taught him everything he knew about farming since he was a child, passed away in 2011 after battling a form of cancer known as Mantle Cell Lymphoma. It also goes by a more ominous name: Midwest farmer's cancer.

After his father's death Mark took a long, hard look at the conventional farming practices he and his father had been using for decades. Practices that relied heavily on the chemical glyphosate. In 2015, the World Health Organization classified glyphosate as "probably carcinogenic to humans," based on their review of publicly available research. It's also shown up in everything from meats and produce to breakfast cereals. It's a health hazard that Mark has become passionate about.

"My father started farming with horses—if you can believe that. He saw a lot of changes in his short lifetime, but we have different things coming at us now. People don't really understand that this soil that we're trying to tread lightly on is identical to what is in your gut. The processes, the microbes. What we don't realize is that glyphosate is an antibiotic, so it's stripping away your guts. We seem to be headed in the opposite direction of what is actually good for us as human beings." Mark's switch to organic farming took years and, along the way, Mark had to learn how to farm in an entirely different way, ditching the harmful chemicals and, instead, relying on regenerative and biodynamic farming practices—fancy names for growing nutrient-rich safe food. "It's a lot more work to farm organically, but we think it's worth it for the land and for the consumer. Healthy soil, healthy crops, healthy you."

Mark's passion to put whole, healthy food into people's hands has even made him a bit of a pariah among his local farmers as his decision to go organic goes against the way farming is usually done in this country.

"When I walk into a coffee shop it goes quiet. Now I'm the strange guy, oh he's a little different. He's organic. I think it's ridiculous. How many farmers do we have to bury until we realize we're killing people with the chemistry we're using daily?" Mark's valuable lesson he learned from his father is now reflected in what he teaches his son Jason, who is following his dad into the organic farming business.

"After seeing what conventional farming can do, seeing what happened to my grandpa and knowing where his sickness came from, there is no going back for me. I don't know how we've gotten away from organic farming in the last fifty to sixty years, but I know now that if we can do right by the land it will do right by us."

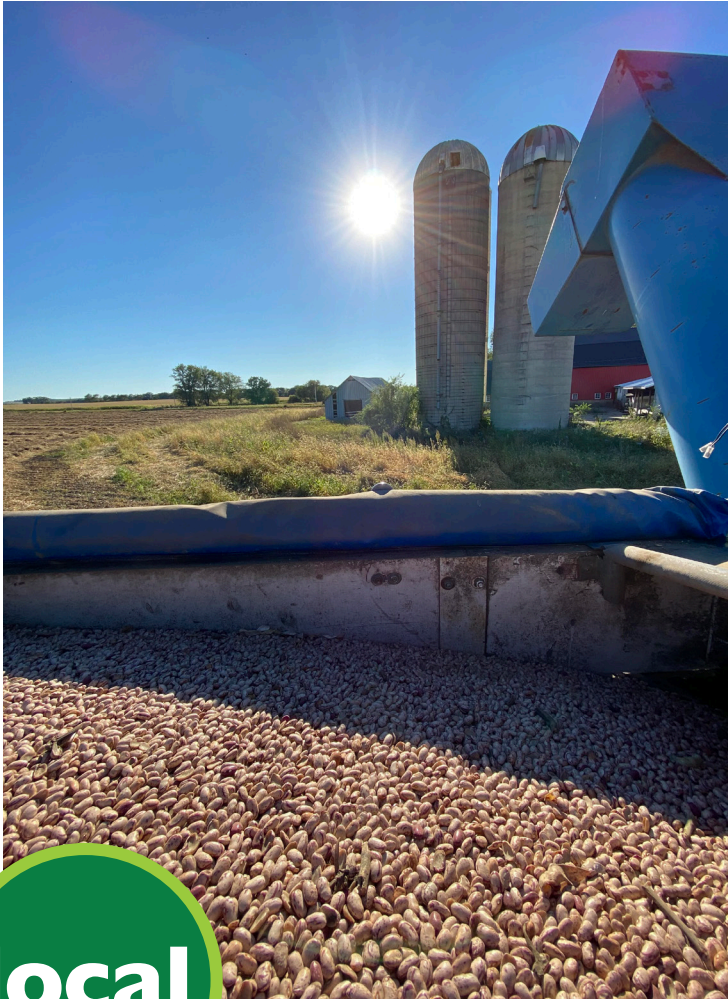
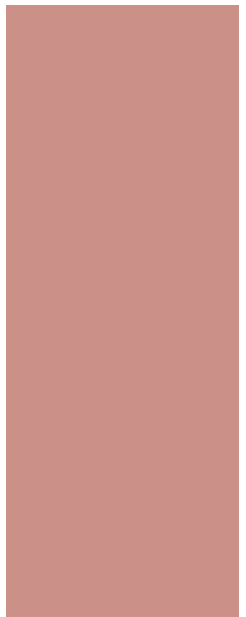
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**LOOK FOR DOUDLAH FARMS ORGANIC BEANS IN OUR BULK DEPARTMENT  
AND HELP SUPPORT A SMALL FARM THAT PUTS HEALTH ABOVE PROFITS!**  
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# DOUDLAH FARMS

ORGANICS



local



[WWW.DOUDLAHFARMS.COM](http://WWW.DOUDLAHFARMS.COM)



# FRENCH LENTIL PICNIC SALAD

SERVES 4 AS MAIN DISH,  
8 AS A SIDE

Vegan • Gluten-free

This tangy-savory take on a bean salad is oh so elegant and pairs well with so many dishes. It's excellent served over hearty greens, like we've done, but also sings alongside grilled chicken or vegetables, sautéed fish or as a bed for a perfectly cooked egg. Take your time and chop the carrots and celery small so the whole salad is uniform.

5 cups water  
2 cups French green lentils, rinsed and picked over

1 bay leaf  
2 teaspoons salt, divided  
2 small celery stalks, finely chopped  
2 small carrots, finely chopped  
2 garlic cloves, minced  
1 medium onion, finely chopped  
1 1/2 teaspoons fresh thyme, minced  
1/4 cup plus 1 tablespoon olive oil, divided  
3 tablespoons red wine vinegar  
1 tablespoon Dijon mustard  
Handful of fresh flat leaf parsley, chopped  
Arugula or other hearty salad green

1. Add the water, lentils and bay leaf in a medium saucepan and bring to a boil over high heat. Reduce heat and simmer, stirring occasionally, for 12 minutes. Add 1 teaspoon salt and continue simmering for 8 more minutes or so, until lentils are tender but still hold their shape. You don't want them to get mushy!

2. While the lentils are simmering, heat 1 tablespoon olive oil in a large sauté pan over medium-low heat. Add the celery, carrots, garlic, onion, thyme, 1/2 teaspoon salt and cook, stirring occasionally, until onions are soft and translucent, 5-7 minutes.
3. In a small bowl, whisk together the vinegar, mustard and remaining 1/2 teaspoon salt. Add the remaining 1/4 cup olive oil in a thin, steady stream, whisking constantly, until vinaigrette is thoroughly blended.
4. When lentils are done cooking, drain into a colander and discard bay leaf. Add lentils and vinaigrette to the pan with the cooked vegetables and stir to mix. Serve warm, cold or at room temperature. Leftovers will keep for 3-4 days in the refrigerator.
5. Serve over sturdy greens or alongside your favorite grilled meat or veggies.



# FIBER FRIENDS

# CURRIED CHICKPEA SAMMIES

SERVES 4

Vegan • Gluten-free with substitutions

This sandwich salad delighted both vegetarians and meat-eaters alike. It's satisfying and filling, crunchy and creamy and the savory blend of curry with cumin and other spices is tasty without being overpowering. Like most salads, it tastes even better the next day after the flavors have melded.

- 1, 15-ounce can chickpeas, drained and rinsed
- $\frac{3}{4}$  cup vegan mayonnaise (we like Veganaise)
- 1 tablespoon lemon juice
- 1 teaspoon curry
- 1 teaspoon coriander
- $\frac{1}{2}$  teaspoon cumin
- $\frac{1}{2}$  teaspoon turmeric
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon pepper
- Pinch of smoked paprika
- $\frac{1}{4}$  cup white onions, finely diced
- $\frac{1}{4}$  cup celery, diced
- $\frac{1}{2}$  cup almonds, chopped
- $\frac{1}{4}$  cup raisins
- 4 Tortillas or wraps
- 2 carrots, grated
- 4 lettuce leaves

1. To mash chickpeas, place drained and rinsed beans into a bowl and use a fork to mash until about half are completely mashed. Leave the other half un-mashed or lightly mashed for more texture.
2. In a medium bowl, whisk together mayonnaise, lemon juice, curry powder, coriander, cumin, turmeric, salt, pepper and smoked paprika until mixed well. Fold in chickpeas and remaining ingredients.
3. Top tortillas or wraps with a lettuce leaf and then a layer of salad, sprinkle evenly with grated carrots and tightly roll up.
4. Cover and store in refrigerator. Slice in half before serving.



# THE SO NICE BEANS & RICE BREAKFAST BOWL

SERVES 2

Vegetarian • Gluten-free • Vegan with substitutions

This is infinitely customizable and will work with pretty much any beans you like. Feel free to add sautéed vegetables like bell peppers or greens, substitute crispy or baked tofu for the eggs, use cooked quinoa instead of rice, or switch out the cheddar for

pepper jack cheese or a vegan alternative. And of course, this makes a great meal any time of the day!

- $1\frac{1}{2}$  cups cooked brown rice
- 2 cups cooked beans, we like black, kidney, red or pinto varieties
- Note: you can also use 1, 15-16 ounce can of cooked beans, lightly drained (you want some moisture)
- $\frac{1}{2}$  teaspoon extra-virgin olive oil
- 1 shallot, minced
- 2 cloves garlic, smashed
- $\frac{1}{2}$  teaspoon smoked paprika
- $\frac{1}{2}$  teaspoon ground cumin
- $\frac{1}{2}$  teaspoon chili powder
- 2 large eggs, cooked over easy
- $\frac{1}{4}$  cup sharp cheddar cheese
- 3 tablespoons green salsa verde or your favorite salsa

Sliced avocados, chopped cilantro, chopped fresh tomatoes and chopped onion for garnish

1. In a medium-sized skillet, heat olive oil over medium heat. Add minced shallot and cook until softened, 2-3 minutes.
2. Add the beans, season with salt and pepper, crushed garlic and cumin, and cook for 5 minutes until heated through.
3. As beans are cooking, fry two eggs in a separate skillet.
4. To serve, add rice to the bottom of two bowls, then add beans, cheese, top with eggs, salsa, avocado, tomatoes, onion and chopped cilantro.

# ..... the INS&OUTS



## HERE'S THE DIETARY SCOOP TO MAINTAIN A SMOOTH MOVE!

**M**OST OF US AMERICANS DON'T EAT ENOUGH DIETARY FIBER. WE FIGURE IF WE CAN "GO," WE'RE GOOD TO GO, RIGHT? UM, NOT NECESSARILY. FIBER'S FAB BENEFITS GO FAR BEYOND THE IMPACT OF MAINTAINING REGULARITY. ON THE WHOLE, WOMEN NEED AT LEAST 28 GRAMS AND MEN 34 GRAMS PER DAY. FIBER CAN HELP US BE OUR PHYSIOLOGICAL BEST. THE MORE WHOLESOME FOODS WE ADD TO OUR MEAL PLANS, THE BETTER FOR OUR BOD. IF WE EAT A WELL-BALANCED DIET THAT KEEPS PROCESSED FOODS TO A MINIMUM, AND DRINK PLENTY OF WATER, CHANCES ARE WE ARE GETTING WHAT WE NEED FOR HOLISTIC HEALTH. IN THE END, IF YOU'RE STILL FEELING STUCK WHEN IT COMES TO UNDERSTANDING THE ROLE OF DIETARY FIBER, IN YOUR LIFE, CONSULT WITH YOUR HEALTHCARE PROVIDER AS TO THE BEST COURSE OF ACTION FOR A HAPPY, SNAPPY GUT.

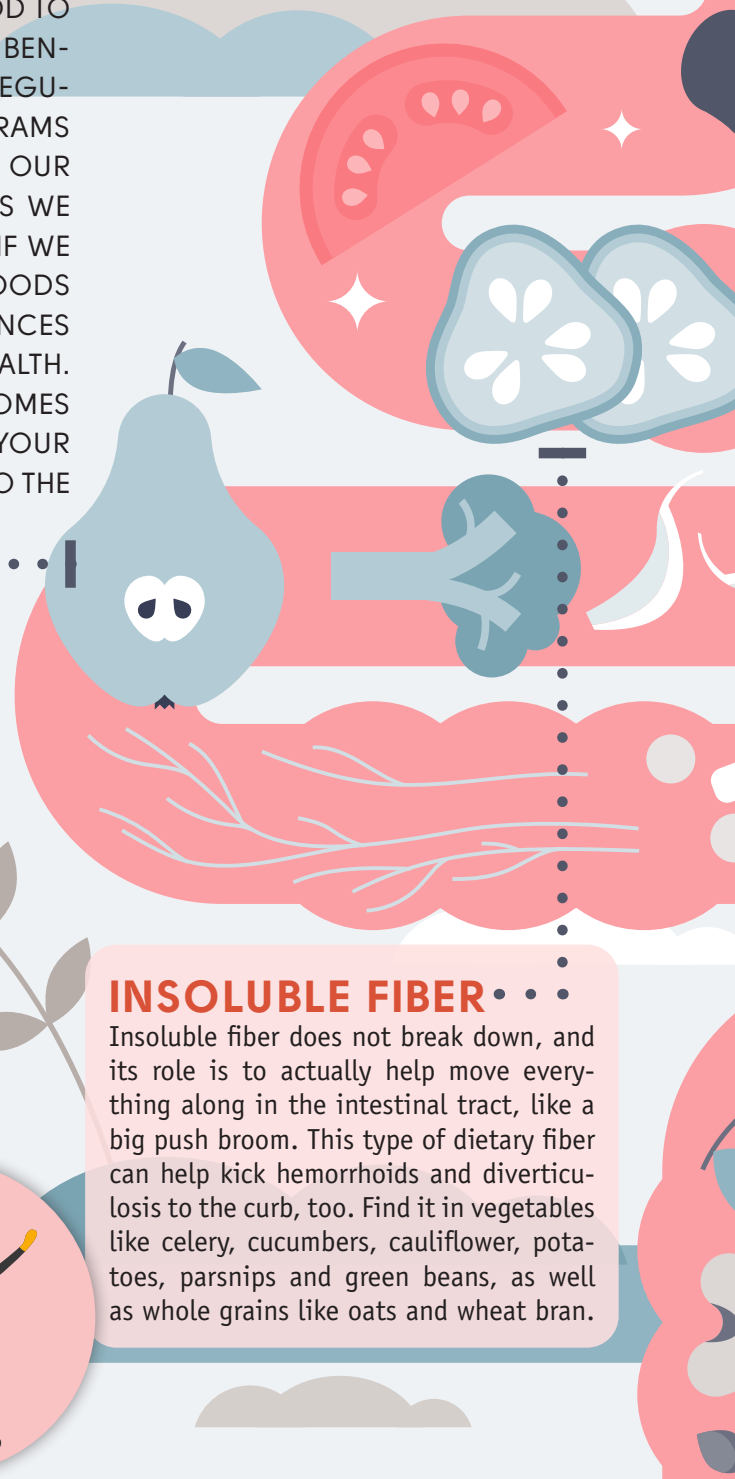
### SOLUBLE FIBER.....

Soluble fiber breaks down easily in the intestinal tract and bulks you up to help create digestive harmony by bringing more water to the bowels. Choose from foods like onions, shallots and leeks, and cereal grains like oats and bran, nuts and seeds, beans, legumes, lentils and fruits. Even dried fruits like plums, raisins, figs and apricots.



### INSOLUBLE FIBER.....

Insoluble fiber does not break down, and its role is to actually help move everything along in the intestinal tract, like a big push broom. This type of dietary fiber can help kick hemorrhoids and diverticulosis to the curb, too. Find it in vegetables like celery, cucumbers, cauliflower, potatoes, parsnips and green beans, as well as whole grains like oats and wheat bran.





# of Dietary Fiber

## LIQUIDS

Liquids are essential for cellular health. Even mild dehydration can cause constipation in your digestive system. The best source of hydration is water. Fruit juices can also give a liquid fiber boost, as some fruits are high in sorbitol, a sugar alcohol that actually pulls water into your large intestine. Add juices made with apples, pears, grapes and pitted fruits (plums, peaches and apricots). Just beware that juices can also be high in sugar. Try adding water to your juice!



## PREBIOTIC FOOD

Prebiotics is a new term to become familiar with. These dandy organisms feed the friendly probiotic bacteria that live in your gut and can help to increase overall microbial biodiversity. All good stuff! Look for chocolate, underripe bananas, beans, peas and lentils, alliums (garlic, onions, etc.), spinach, oats, blueberries, asparagus, apples, whole grains.



## FIBER SUPPLEMENTS

Still looking for an added lift? Another convenient way to support your fiber intake is through natural fiber supplements. Rather than an all-out laxative which can be dehydrating and can throw off the balance in the gut flora, ask about gentle aids and softeners the next time you shop the co-op.



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## ROUND UP FOR KINSHIP COMMUNITY FOOD CENTER

Kinship Community Food Center operates their local non-profit organization beyond the traditional food pantry model. Located in the Riverwest neighborhood, Kinship engages the community in an effort to end hunger, isolation, and poverty through their innovative programs that include a fresh food market, an urban farm and collaborative meals.

Through their food center, they offer free fresh and quality-packaged food, as well as health education, cooking demonstrations, a food bar, collaborative meals, crisis assistance and workforce training. Annually they distribute 322,000 pounds of food to 16,725 shoppers, which include in order of representation underemployed individuals and families,

children, those on fixed incomes and those actively in crisis.

Kinship has multiple programs that work in tandem with one another to help facilitate a healthy, thriving community. One of these programs, Kinship's 'Grow' effort, operates a 27,000 square foot urban hoop house farm in Glendale, Wisconsin where they harvest approximately 19,000 pounds of organic produce for the families at their food center every year.

## VOLUNTEER AT KINSHIP COMMUNITY FOOD CENTER URBAN FARM!

4287 N. Port Washington Road in Glendale  
Tuesdays, Thursdays & Saturdays:  
8:30 a.m. - Noon

Give the gift of your time by volunteering at Kinship's urban hoop house vegetable farm where thousands of pounds of organic produce are grown and harvested to feed the hungry.

Sign-up to volunteer at  
[www.kinshipmke.org/volunteer](http://www.kinshipmke.org/volunteer)

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