

GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS

FRESH CATCH
FARMING FOR
TILAPIA

PAGE 8

WAUWATOSA'S
INFORMAL
FRENCH
BISTRO

PAGE 14



| *Chinese*

NEW YEAR



**EXTEND THE HOLIDAY PARTY SEASON
WITH THESE ASIAN-INSPIRED RECIPES**

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A WORD FROM
THE EDITOR.



DEAR READERS,

IT WAS A DANGEROUS PLACE TO BE, I HAD BEEN TOLD. IT WAS THE EARLY 1990S AND I WAS BACK IN MY CHILDHOOD HOME OF DERRY, NORTHERN IRELAND, A PLACE STILL RIVEN BY CIVIL STRIFE AND THE RANDOM VIOLENCE OF SHOOTINGS AND BOMBS.

I wanted to see the home I had grown up in but the neighborhood wasn't safe, I was told. The attic room in the house – my old bedroom – had been used as a sniper's post on at least one occasion, due to its view over the rest of the neighborhood.

I walked down the street with more than a little trepidation, hoping my camera would mark me as a silly tourist. Three doors down from my old home, a door opened in one of the narrow, three-story rowhouses and an old woman peered out. "What do youse want?" she asked. I told her the truth, that I had once lived on this street, in No. 5, and that I was nostalgic. "Ock, would you come in for a cuppa?"

I went in, and over a cup of strong Irish tea cut with milk and sugar and a few slices of buttered barmbrack (a round loaf of bread speckled with raisins), we talked about the old days, about the days before the Troubles, about the street and the people who had lived on it. Her family and mine had landed on opposite sides of the divide that had split Northern Ireland, but, over that pot of tea, we were briefly reunited.

Food does that. Whether ceremonial or informal, food and drink can cross divisions and bring people together. We all eat; we all seek nourishment. The holiday season may have passed, but the fellowship of food needn't. May you find time in the busy days of this bright new year to meet, and connect, over a cuppa.

MALCOLM MCDOWELL WOODS
editor

WHAT IS GRAZE ?

AUTHENTICALLY LOCAL

We're local and proud – happy to live in a city that values its unique identity. We'll celebrate the real flavors of our community and the surrounding area in every issue.

FRESH

It's simple – we believe that the tastiest flavors are tied to what's in season. Natural and honest food is our favorite food.

SMART

Sure we know our stuff, but we're right along side you on this food journey. We'll share what we know in a positive, expert way without a know-it-all attitude.

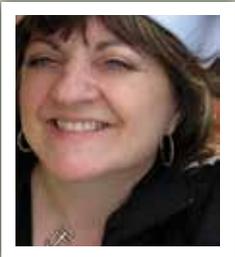
FUN

Roll up your sleeves, put your elbows on the table and slop the sauce on the tablecloth. Good food is messy and best shared with laughter and good friends.

GRAZE WILL BE
PUBLISHED QUARTERLY,
WITH NEW ISSUES
EACH SEASON.

graze@outpost.coop

WHO IS GRAZE ?

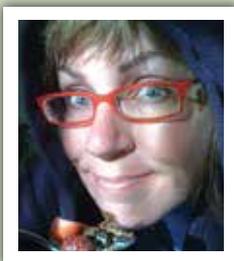


i am **LISA MALMAROWSKI.**

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 **PAUL SLOTH.**

I've been eating for decades. It's good to think about food, not only what we're eating, but about those who aren't eating. While some people today search the world over for the perfect truffle, others continue to go to bed hungry. That's crazy, but that's what's so awesome about food. It's a complex issue, one that is worth all the attention it gets.



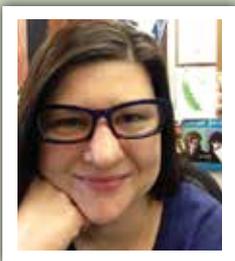
i am **CARRIE ROWE.**

My Grandmother had a glorious garden. I'd spend hours eating sunshine-warm raspberries and often just sitting, listening to the buzz and hum of all the critters hard at work making all of this magic possible. To me food is magic. And sharing it with people who make me smile is about the nicest thing a girl could ask for.



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, organizing my closet by season, color and sleeve length. My passions are laughing, traveling and sampling all of Milwaukee's newest restaurants.



Outpost Natural Foods is a founding member of Local First Milwaukee, an alliance that advocates for locally owned, independent businesses.



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- GRAZE.

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GRAZE @ OUTPOST.COOP



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What is
**Local &
Regional?**



Local = Wisconsin

**Regional = Minnesota, Iowa,
Michigan, Illinois, Indiana**

*Look for
these signs
in every
department!*



OUTPOST
NATURAL FOODS

(you'll)

SWOON!

THINGS WE LOVE.



SALAZON CHOCOLATE CO. SEA SALT & CARAMEL BARS

BECAUSE YOU NEED A NEW CHOCOLATE OBSESSION

We're not going to try to compare these magical organic chocolate bars to any others because it's impossible. The chocolate is lush and dark with the perfect balance of fruit and smoke. Then, nestled inside each perfect, delicate square is a dreamy dollop of creamy caramel. They could have stopped there, but no, they added the perfect dusting of sea salt along the top of each bar. Sure, we've all travelled the sea salt and caramel road, but this is really different and delicious. If a candy bar could be a magic trick, Salazon could take this vaudeville show on the road.



COCINA DE LEON ENCHILADAS

SOUTH OF THE BORDER FLAVOR FROM RIGHT HERE IN WISCONSIN

These perfectly gooey, savory, handmade enchiladas will make you nostalgic for your abuelita's cooking even if you don't have a Mexican bone in your body. They are a comfort food conveniently packed in a heat and serve tray. We stock up on all the flavors, but it's the Roasted Sweet Pepper variety that brings tears to our eyes. No, they're not that spicy, they just have such a beautiful balance of ancho and guajillo peppers that it's like the music of one hundred mariachis in your mouth. Maybe that sounds weird, but wait until you try one!



OXYLENT EFFERVESCENT SUPPLEMENT DRINK

THIS IS WHAT SUPER HEROES DRINK WHEN THEY WANT TO RECHARGE

It's cold, it's winter and it's the Midwest. We've been searching for a good stress-busting alternative to holing up under a blanket and watching a mindless cable marathon. Enter Oxylent. We're not joking when we tell you the little pouch packs a wallop with a full range of B vitamins, vitamin C, 1,000 IU of sunshine (in vitamin D3), essential minerals and more. The long-lasting effervescence means the nutrients are absorbed better and faster. Plus, they are sugar free and taste great. Tuck a pouch in your pocket or purse and you'll be ready to ward off the first signs of cold in a jiffy!



JUICED! COLD PRESSED JUICES

MILWAUKEE POWER PUNCHES READY TO ROLL WHEN YOU ARE

We know your 2013 resolution was to get more fresh fruit and veggies into your diet, but that the fancy juicer you bought is now holding up cookbooks in your pantry. Well, Juiced has your back. With minimal fuss and no mess to clean up, you can immediately make good on your produce promises. Conveniently packed to go, each of these delicious blends are cold-pressed to preserve nutrients and high pressure processed so no pasteurization is needed. Try the Hangover Destroyer even if you never imbibe; it's a blend of organic beet, organic carrot, apple and lemon that makes for a delicious, snappy tonic anyone would love.



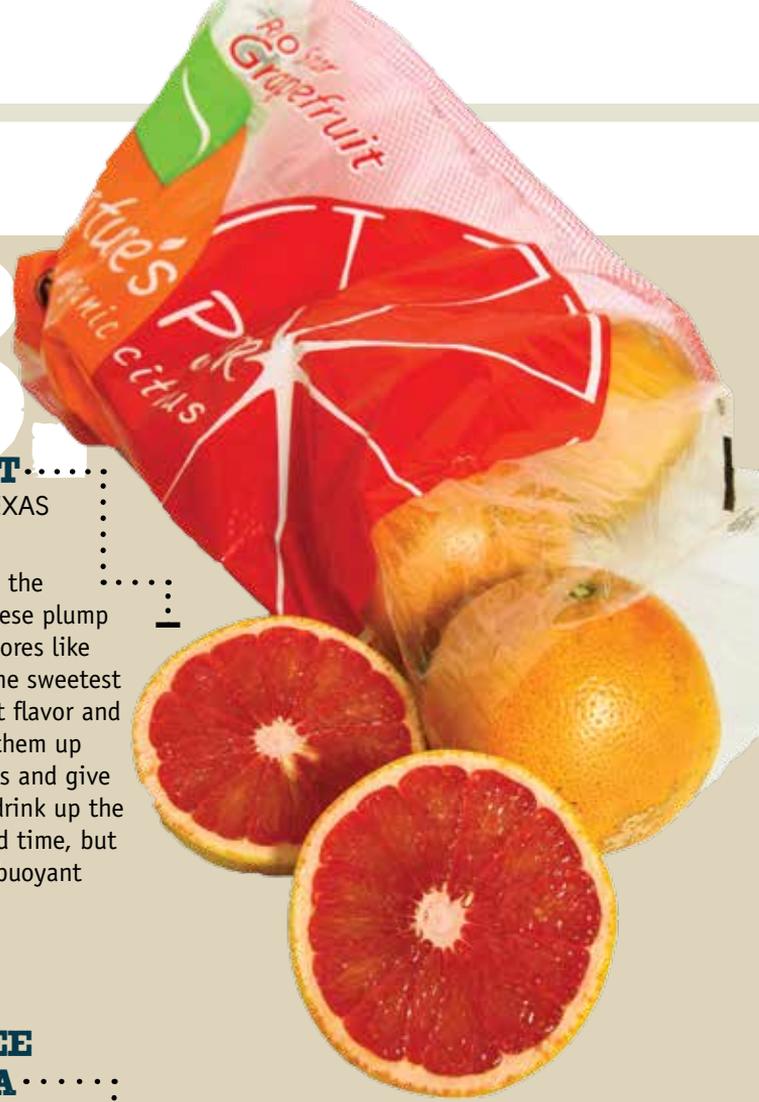


3

RIO STAR GRAPEFRUIT

THE REASON WE'VE FORGIVEN TEXAS FOR THE DALLAS COWBOYS

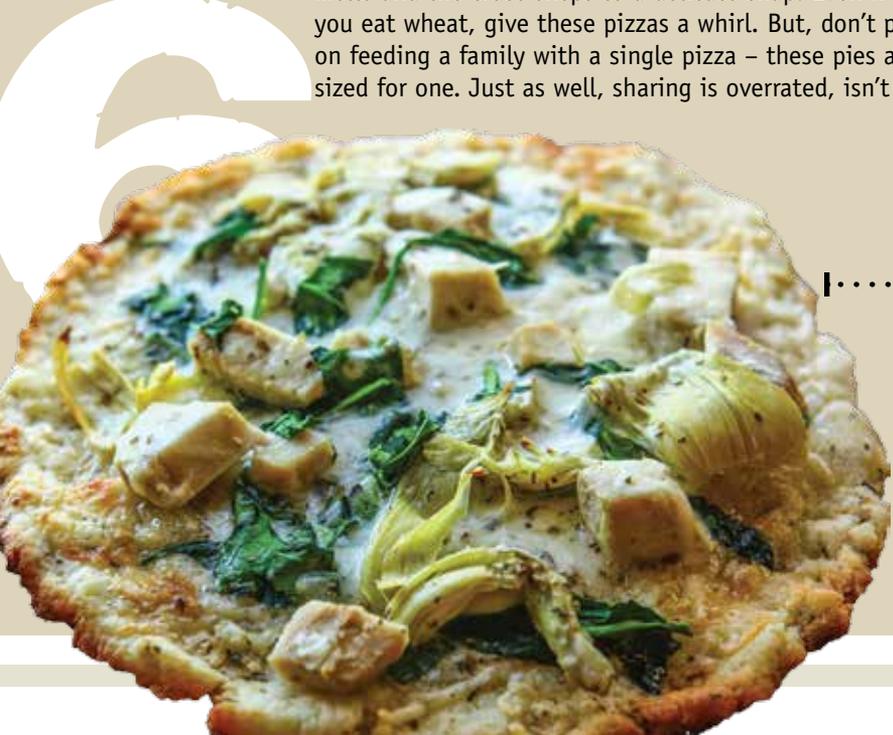
Every year, when we can barely stand the thought of another cold, gray day, these plump ruby balls of sunshine roll into our stores like juicy globes of happiness. They are the sweetest grapefruits we carry, full of grapefruit flavor and rich berry notes. Slice them and eat them up and when you're finished, grab a glass and give the halves another good squeeze to drink up the juice. They're only available a limited time, but they store well and should keep you buoyant until spring blooms.



OUTPOST'S OWN GLUTEN-FREE CHICKEN & ARTICHOKE PIZZA

SKIP THE GLUTEN BUT UP THE FLAVOR

Sitting quietly in our prepared food cases is a demure, little gem of a pizza packed with texture and flavor. We start with a handmade, gluten-free crust and add alfredo sauce, roasted chicken breast, artichoke hearts, cheese and fresh baby spinach. Sounds simple, right? But when you bake it up, the flavors expand, the cheese melts and the crust crisps to a delicate snap. Even if you eat wheat, give these pizzas a whirl. But, don't plan on feeding a family with a single pizza – these pies are sized for one. Just as well, sharing is overrated, isn't it?



FRONTIER HIMALAYAN PINK SALT

MOVE OVER MORTON'S, THIS SPARKLY SHOWGIRL JUST STOLE THE SHOW

Do you have more than two kinds of salt in your pantry? Do you believe that only a specific salt will do for certain dishes?

Have you spent as much on a saltcellar as you have on a pair of shoes? Congratulations, you qualify as a salt connoisseur! If you haven't succumbed to salt mania, then may we introduce you to your new best friend – Himalayan Pink Salt? Considered to be the purest salt in all the land, this pink salt gets its flamingo hue from naturally occurring minerals. It's the perfect finishing salt, and the handy, built-in adjustable grinder means no extra equipment is needed.

FISHING FOR SUCCESS.



AFRICAN FISH FIND WELCOMING WATERS AT SLINGER'S FALCON AQUAPONICS.

..... | story & photos by PAUL SLOTH



IN A LARGE METAL SHED IN SLINGER, FISH ARE BEING RAISED. TILAPIA TO BE EXACT, A FEISTY, FRESH WATER FISH NATIVE TO LAKES AND RIVERS IN NORTHERN AFRICA.

You likely wouldn't guess the nondescript metal shed with attached greenhouse contains a precisely controlled, miniature ecosystem. But it does.

This is the work of Gordy Jackson and friends, Shawn DeWane and Craig Jameson. The guys have been friends since playing college football together at the University of Wisconsin-River Falls. Now, they own and operate Falcon Aquaponics.

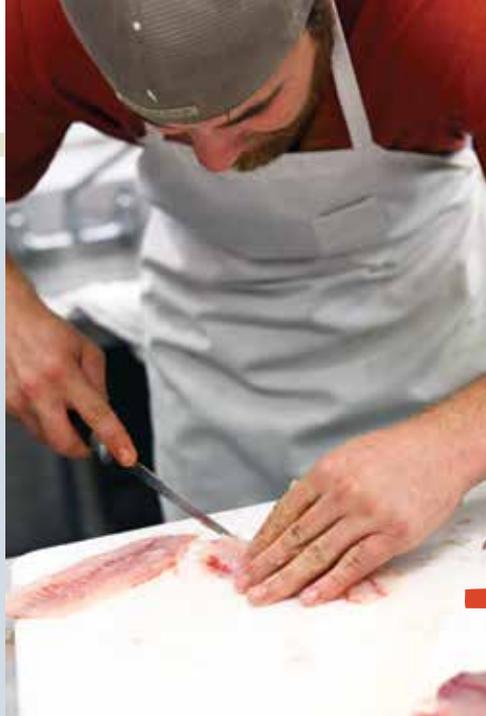
The metal shed where they raise the fish sits on land Gordy purchased years ago. It's where he built his home and runs his landscaping business. Gordy, Shawn and Craig all have day jobs. In fact, they all live hundreds of miles apart.

Running Falcon Aquaponics is, well, it's more than a side job; it's something of a passion. The guys hatched the scheme to raise fish indoors late one night during an ice-fishing trip, they say.

They aren't the first to raise tilapia indoors. They're not even the first to raise them indoors in Wisconsin. They are, however, doing something that sets them apart. They're processing their fish, filleting each by hand. Bringing locally-raised tilapia fillets to market instead of whole fish has proven popular with customers, but it's a lot of work.

"This is the most tedious part, but it's probably the most important ... the presentation, the quality control," Gordy said during a recent visit to the kitchen in Watertown where they process the tilapia. "Whatever comes out of here is what the customer sees, so we have to be very picky, very diligent. We just want to make sure we bring a quality product out to the consumers."





The time spent figuring out how to process the fish is just one example of why Gordy, Shawn and Craig spent nearly three years getting their business off the ground. They spent that time researching everything from where to get their stock to what to do with the waste the fish produced and everything in between. It helped that all three had agricultural backgrounds: Gordy studied agricultural conservation; Shawn studied agricultural engineering; and Craig studied agricultural education.

They wanted to raise fish, but they wanted to do it in an environmentally-sensitive and sustainable way. "We didn't want to pollute and we didn't want to use a lot of energy to do something that is natural," Shawn said.

The building that houses the fish boasts tanks filled with 13,000 gallons of water that is carefully monitored and filtered on a daily basis.

"You have to make sure that their world is as pristine as possible," Shawn said.

The fish are kept in different tanks as they grow until the final tank where they are cleaned out and cooled down before they are processed. The fillets are stocked at Outpost stores within a couple of hours of processing.

It takes about nine to 10 months to get the fish to two pounds, which is large enough to produce two decent sized fillets.

During that time, the fish produce a lot of waste, 50 to 100 pounds per day. The Falcon crew uses that waste to fertilize the herbs that they're raising in the greenhouse. There's enough waste to support 10 greenhouses, Gordy said. So, they're looking at selling the byproduct as fertilizer.

The fact that tilapia are one of the more popular fish to farm raise does not mean that they're easy to process. It's painstaking work. The guys found this out the hard way. They initially tried processing the fish using a machine, but conventional machines couldn't handle the fillets.

"These fish are like linebackers. They have strong bones, solid bones and so the conventional machines aren't used to that," Gordy said. "We were pushed towards hand filleting because of that and the cost is just incredible trying to get a machine that is dialed in for the tilapia."

The quality of the fillet can be matched by anything coming from overseas, especially when it comes to freshness, Gordy said.

"Yes, we're only having four- to five-ounce fillets, but we probably have as much taste built into that four- to five-ounce fillet as a one pound fillet and that's what it comes down to is the taste," Gordy said.

FARM-RAISED TILAPIA ARE A GOOD CATCH.

A fast-growing and adaptable fish, tilapia have become the world's most popular farmed fish, surpassing all other fish. In the wild, tilapia have become invasive in many parts of the world.

Tilapia is the fourth most-consumed seafood in the U.S. after shrimp, tuna and salmon. The U.S. tilapia market is dominated by imports, with less than five percent produced domestically.

U.S. tilapia is mostly farmed in re-circulating systems — indoor facilities or ponds covered by greenhouse roofs isolated from wildlife, local water sources and predators, limiting risk to the environment. Waste is relatively low and is treated onsite in external treatment plants or used for crop irrigation.

U.S. tilapia farms use feed that's low in fishmeal and fish oil, instead relying on crop-derived ingredients. Tilapia farmed in the U.S. and Ecuador is your "Best Choice," according to the Monterey Bay Aquarium.

Source: *Monterrey Bay Aquarium*

FALCON AQUAPONICS
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WWW.FALCONAQUAPONICS.COM

(a) RECIPE.

Looking at – and smelling – all of the wonderful varieties of loose leaf teas in our stores got us wondering what other ways we could enjoy the incredible tasty world of tea. This recipe unites the two best parts of breakfast in one bodacious bowl.

Seriously, tea-infused oatmeal? We played around with the amounts of the ingredients and several tea varieties before settling on this recipe. Feel free to experiment – Apple Ginseng tea or a floral Earl Grey sound pretty appetizing. We used the Raspberry Green Tea from our loose leaf tea selection. If using tea bags, we'd recommend using at least two bags per serving.

RASPBERRY GREEN TEA OATMEAL SERVES 2

1 cup quick oatmeal
1½ cups liquid (we used equal parts Sassy Cow whole milk and water)
1-2 tablespoons loose Raspberry Green Tea, to taste
Brown sugar to taste
Dried cranberries as topping

1. In a saucepan, heat your liquid to near boiling. Remove from heat. Add tea. We put it in a reusable cloth tea bag; feel free to use whatever tea implement you have on hand. Steep for five minutes. Remove tea bag.
2. Add oats to the tea-infused liquid and return to medium-low heat for three to five minutes, stirring gently.
3. Serve in bowl. Sprinkle with brown sugar and dried cranberries.



Pg PU-ERH GINGER



FLAVOR . BRIGHT WITH GINGER & CITRUS NOTES.

SOURCE . YUNNAN, CHINA, & SOUTHEAST ASIA.

NOTES . ORGANIC.

The Taxonomy of Teatime

Real tea comes in several variations, which differ mostly in how the tea leaves have been dried and subject to oxidation.

BLACK TEA

Black teas undergo the greatest amount of oxidation, delivering strong, pungent flavors.

GREEN & WHITE TEA

Green and white teas are processed soon after the leaves and buds have withered, minimizing oxidation, which results in milder, more vegetal flavors.

PU-ERH TEA

Pu-erh teas are black teas which undergo actual microbial fermentation and are often sold in pressed shapes.



WINTER.

(two ways)

AMARANTH

DERIVING ITS NAME FROM THE GREEK WORD FOR “NEVER-FADING FLOWER,” AMARANTH IS A HIGHLY NUTRITIOUS SEED WITH A ROBUST, NUTTY, SWEET FLAVOR. AMARANTH IS PACKED WITH IRON AND CALCIUM (TWICE THAT OF MILK!) AND CONTAINS TWO ESSENTIAL AMINO ACIDS THAT ARE GENERALLY HARD TO FIND IN GRAINS. ITS FIBER CONTENT IS TRIPLE THAT OF WHEAT BUT IT IS GLUTEN-FREE AND VERY EASY TO DIGEST.

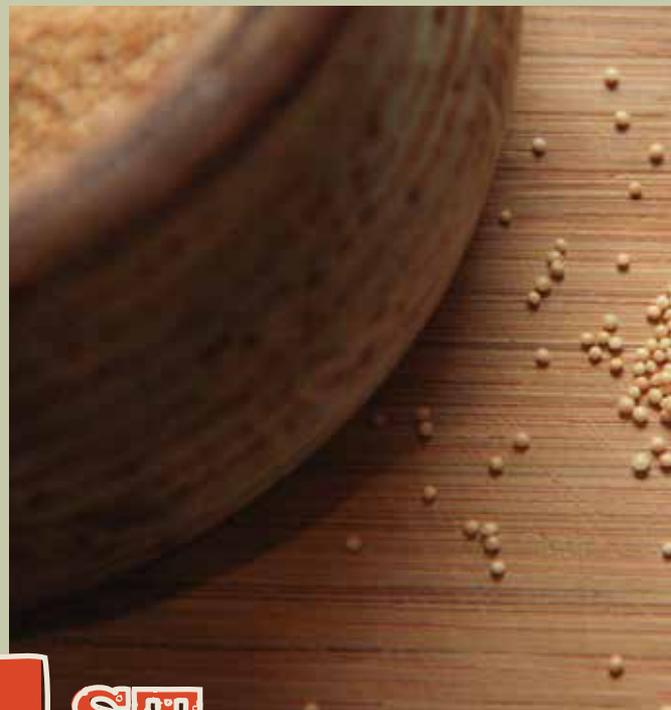
The tiny seeds keep their shape and add a lovely pop to soups and stews. Or enjoy amaranth porridge as a warm and healthy breakfast – simmer one cup of amaranth in three cups of water until the mixture thickens and serve with fresh fruit and yogurt.

AMARANTH & VEGETABLE SOUP

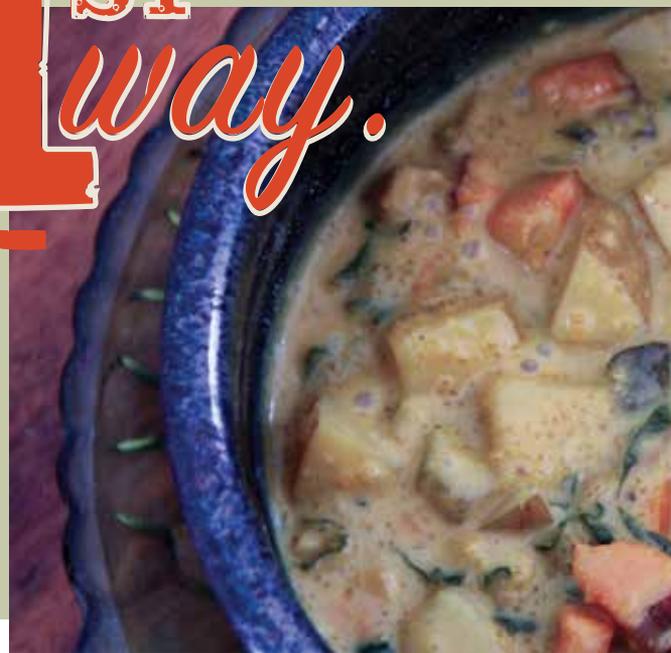
SERVES 6

½ cup mixed dried mushrooms	4 cups vegetable stock
2 tablespoons coconut oil	1 cup coconut milk
1 small onion, finely diced	1 packed cup green kale, thinly sliced
2 cloves garlic, minced	Salt and pepper to taste
1 carrot, diced	1 tablespoon freshly squeezed lemon juice
2 teaspoons fresh ginger, minced	Tamari or Braggs liquid aminos to taste
1 teaspoon turmeric	
1 cup sweet potato, diced into small cubes	
1 cup Yukon gold potato, diced into small cubes	
1 cup amaranth	
8 medium crimini mushrooms, diced	

1. Soak the dried mushrooms in a cup of freshly boiled water and set aside for about 20 minutes. In the meantime, prep all the veggies as directed in the ingredients list.
2. Drain the mushrooms (but reserve the water) and finely dice. Set aside mushrooms and mushroom water until needed.
3. In a large soup pot or Dutch oven, heat the coconut oil and sauté the onions and carrot for a few minutes, then add the ginger and turmeric. Continue to sweat for a few more minutes, then stir in the potatoes, amaranth and fresh mushrooms.
4. Add the stock, mushroom water and rehydrated mushrooms. Bring to a boil then turn down the heat to a gentle simmer for about 20 minutes. Add coconut milk, salt, pepper and tamari to taste.
5. After about 10 minutes, add the kale and simmer for another 5 minutes. Remove from heat and add lemon juice just before serving.



1ST
way.





2ND way.

recipes & photos by CARRIE ROWE

NUTTY AMARANTH BANANA MUFFINS

MAKES 12 MUFFINS

- 1 tablespoon chia seeds
- 1/3 cup water
- 2 tablespoons coconut oil
- 1/2 cup mashed banana (about 1 banana)
- 1/2 cup almond butter
- 1 tablespoon honey
- 1 teaspoon vanilla
- 1/2 cup almond or hazelnut milk
- 3/4 cup cooked amaranth
- 1 cup brown rice flour
- 2 teaspoons shredded coconut
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 cup chocolate chips, chopped
- 1/4 cup hazelnuts, toasted and chopped

1. Pre-heat oven to 350°.
2. Place chia seeds in a small bowl. Add water and mix with a fork. Set aside to let the seeds gel.
3. Mix coconut oil, banana, almond butter, honey, vanilla and milk together in a medium bowl.
4. Add the rest of the ingredients and mix until well incorporated.
5. Fill muffin tins 3/4 full and bake for 22 minutes.



Bonus - 3rd way! **POPPED AMARANTH**

1. Heat a pot over medium high heat. Add just enough amaranth seeds to cover the bottom of the pot. Move the seeds around with a wooden spoon – don't stop stirring the seeds or they'll burn.
2. The seeds will begin to pop, looking like tiny little popcorns. When most or all of the seeds have popped, immediately remove from the pot and start with your next batch.
3. Enjoy just as you would popcorn, sprinkle over a salad or eat as a super healthy breakfast cereal (hot or cold) with your milk of choice.



EAT HERE!



by MALCOLM MCDOWELL WOODS
photos by PAUL SLOTH

BISTRO LENDS A FRENCH
ACCENT TO TOSA'S
VILLAGE CENTER.



FRENCH DINING IS FORMAL, FANCY AND EXPENSIVE, WITH FOOD NAMES YOU CAN'T PRONOUNCE, STUFFY WAITERS AND PRICED MEAL TABS. SOMEBODY FORGOT TO TELL THAT TO THE FOLKS AT LA RÊVE PATISSERIE & CAFÉ.

This warm bistro nestled into the village of Wauwatosa has all the looks of a posh Parisian eatery – with an endless pastry display, elegant dark wood and exposed brick walls and a shimmering backbar – but it's soul is firmly suburban, informal and family-centered.

"We try hard to be approachable," says manager Cat Yee Cramton. "I want people to know it's a comfortable place. The staff here is very friendly." Cat, who grew up helping out at her family's restaurant, works to bring that casual feeling to La Rêve. So, summer mornings find regulars in shorts and flip-flops, while water bowls for family dogs accompany the handful of small bistro tables set outside along the sidewalk. "If you want stuffy and quiet, you're not going to find it here."

What you will find is delicious French food, dressed down in casual clothes, says Patrick Murphy, chef du cuisine. "I like to take French fine food and bring it to the bistro level." Patrick, a grad of MATC's culinary program, has been at La Rêve four and a half years and in that time has seen business at the restaurant and bakery grow steadily as the Wauwatosa Village business district has been revitalized. To keep pace, La Rêve underwent a small remodeling earlier this year, closing for several weeks while the upstairs dining area was opened up a bit.

The food offerings didn't change, fortunately. The long counter on the first floor remains crowded with golden pastries, colorful tarts and towering

slices of cake. Back in the kitchen, Patrick and his team craft menus for breakfast, lunch and dinner. "We change the menu seasonally," Patrick says. "We spend a month planning new dishes, refining them."

ONE ON ONE WITH CHEF PATRICK MURPHY

NAME ONE INGREDIENT YOU CAN'T LIVE WITHOUT.

"Sherry vinegar. It fixes everything."

WHAT DO YOU COOK FOR YOURSELF AT HOME?

"To be honest, I'm a big fan of one-pot meals. Nice hearty food – you throw it all in a pot and let it cook all day."

WHAT IS YOUR WEAKNESS?

"I've a sweet tooth." (Though Cat says his weakness is Shirley Temples.)

WHAT IS YOUR PHILOSOPHY ABOUT COOKING AND FOOD?

"You have to use quality ingredients. We try to source the best ingredients." Cat says Patrick spends a lot of time at farmers markets during the summer.

(recipe over)

LA RÊVE PATISSERIE & CAFÉ
7610 HARWOOD AVENUE, WAUWATOSA
414.778.3333
WWW.LAREVECAFE.COM



COQ AU RIESLING.

— SERVES 4

by CHEF PATRICK MURPHY,
LA RÊVE PATISSERIE & CAFÉ



- 4 airline chicken breasts*
- 4 chicken legs
- 3 shallots
- 4 garlic cloves
- 2 bayleaves
- 5 sprigs thyme
- 5 peppercorn, crushed
- 1 onion
- 1 carrot, rough chopped
- ¼ head celery, diced
- 1 leek, washed and chopped
- ⅛ cup tomato paste
- 750ml (one bottle) Riesling
- ½ gallon chicken stock
- ½ cup vegetable oil
- Salt to taste
- Pepper to taste
- Splash red wine vinegar

1. Using a Dutch oven, over med-high heat sear chicken legs and breasts in vegetable oil until both sides are golden brown, then remove from pot and set aside for later.
2. Add the shallots, garlic and onion and sweat until tender. Add carrots, leeks, bay leaves and thyme. Cook another 5 minutes. Add tomato paste and cook another 4 minutes.
3. Pre-heat oven to 400°. Add Riesling wine and chicken stock, bring mixture up to a simmer. Add chicken legs and transfer Dutch oven to oven and braise at 400° for 40 minutes.
4. Remove legs; keep warm for later use. Place breasts in braising liquid and cook for approximately 20 minutes. Remove from oven and remove breasts from braising liquid.
5. Strain braising liquid through medium basket strainer and reduce to 1 cup over medium-high heat. Season with salt and pepper and balance the taste with a splash of red wine vinegar. Serve immediately.

* a skin-on breast with partial wing attached. May use skin-on breasts.

OUTPOST'S

photos by PAUL SLOTH (secret recipe)

MAMA'S VEGGIE CHILI

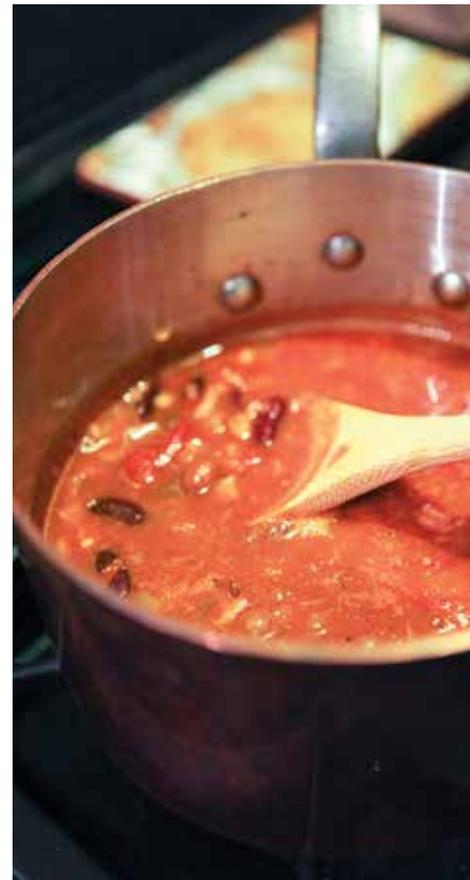
SERVES 12

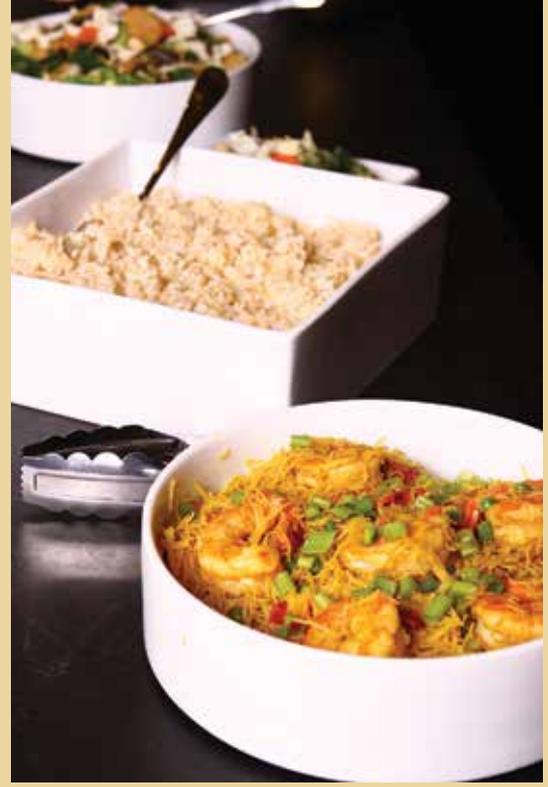
WE HAVE BEEN SERVING UP THIS CHILI EVERY DAY FOR MORE THAN A DECADE. IN FACT, ONE PARTICULARLY HOT SUMMER WE DECIDED TO STOP OFFERING IT DAILY. THAT LASTED ABOUT 4 DAYS AS THERE WAS QUITE AN OUTCRY AND IT QUICKLY WENT BACK ON THE DAILY MENU.

This simple, satisfying vegan chili is a bean lovers delight and relies on textured vegetable protein (TVP) for its meatiness. The TVP will plump up as it cooks.

- 1½ teaspoons canola oil
- 1 large onion, chopped
- ½ cup green bell peppers, chopped
- 1 15-ounce can kidney beans
- 1¾ pounds tomatoes, diced
- 2 15-ounce cans chili beans
- 1½ cups water
- ½ tablespoon chili powder
- ¼ tablespoon garlic powder
- 3 teaspoons salt
- 1½ teaspoons black pepper
- ½ teaspoon thyme
- ¾ teaspoon cumin
- ½ cup textured vegetable protein (TVP)

1. Heat canola oil in a large stock pot over medium-high heat. Add onion and green pepper and sauté until soft, about 5 minutes.
2. Add all remaining ingredients and bring to a boil. Reduce heat and simmer for 20 to 30 minutes. Serve.





by LISA MALMAROWSKI • photos by PAUL SLOTH

a Chinese New Year **CELEBRATION!**

AFTER THE WHIRLWIND OF THE DECEMBER HOLIDAYS, THE CHINESE NEW YEAR COMES AT JUST THE RIGHT TIME – IN THE DARK, SHORT COLD DAYS OF WINTER WHEN WE’RE READY TO LIVEN UP LONG NIGHTS WITH A LITTLE FUN. JANUARY 31 USHERS IN THE YEAR OF THE GREEN HORSE, A MOST AUSPICIOUS YEAR BELIEVED TO BE FULL OF ACTIVITY, CHANGE AND COMMUNICATION CHALLENGES. WHETHER YOU BELIEVE THE SYMBOLISM OR NOT, WE BET YOU CAN GET BEHIND A GREAT CHINESE-INSPIRED MEAL THAT’S AS FUN TO MAKE AS IT TO SHARE. DON’T FORGET TO INCLUDE THE COLORS RED AND GOLD, A BOWL OF TANGERINES (SAID TO INCREASE PROSPERITY) AND SOME GOOD MUSIC.



FIVE SPICE PUMPKIN SEEDS *with* MAPLE

Start the party with these crunchy, salty-sweet treats. The seeds represent fertility and abundance for the new year!

- 2 cups raw pumpkin seeds
- 3 tablespoons dark maple syrup
- 1 teaspoon five spice powder
- ½ teaspoon cinnamon
- 2 teaspoons salt

1. Preheat the oven to 325° and line a baking sheet with parchment paper.
2. Mix together all the ingredients until thoroughly combined.
3. Spread seeds as evenly as possible over the baking sheet.
4. Bake for about 15 minutes until the pumpkin seeds are golden – you’ll need to watch them to ensure they don’t burn or brown too quickly. Then, turn off the oven and let the seeds cool in the oven for 1 hour until they crisp up.
5. Store in an airtight container at room temperature.

LACQUERED SALMON SERVES 8

The Chinese word for fish, Yu, sounds a lot like the word for abundance. So, fish is an important dish to have on the New Year's table. It's traditional to serve fish whole, but we've simplified things by using fillets. This sweet/savory glaze lacquers the salmon, locking in flavor and juiciness (it would be equally delicious on chicken or tofu). The glaze can be made a day or two ahead, covered and chilled. Just let it warm up to room temperature before using.

- 1 cup dry Sherry
- 1 cup low-sodium soy sauce
- ¾ cup dark brown sugar
- 2 tablespoons fresh ginger, grated
- 4 cloves garlic, minced
- 3-3½ pounds wild caught salmon with skin – can be whole sides or pieces
- ¾ teaspoon salt
- ½ teaspoon black pepper

1. Combine Sherry, soy sauce, brown sugar, ginger and garlic in a 2-quart heavy saucepan. Cook, stirring, until sugar is dissolved, then boil until reduced to about ¾ cup and mixture is thickened and slightly syrupy, about 45 minutes. Strain if needed.
2. While marinade is cooking, place rack in center of oven and preheat to 400°. Line a large jelly roll style baking pan with parchment, lightly oiled foil or silicone baking mat. Arrange salmon, skin sides down, but do not crowd.
3. Reserve 6 tablespoons of glaze. You'll want to use this fresh glaze at the end when the salmon is cooked.
3. Pat salmon dry and sprinkle each fillet with a little salt and pepper. Roast 5 minutes, then brush tops with half of remaining glaze and roast 5 minutes more. Brush salmon once more with remaining glaze, then roast until salmon is just opaque in the center, about 6 to 10 minutes more, depending on thickness.
4. Remove from oven and brush reserved glaze over fish with a clean spoon or pastry brush. Transfer to a serving platter, using two spatulas and lifting the salmon from its skin.

FIVE SPICE PUMPKIN SEEDS WITH MAPLE

ANNIE CHUN'S PREPARED
DUMPLINGS & DIPPING SAUCE

SINGAPORE NOODLES WITH SHRIMP

BUDDHA'S DELIGHT STIR-FRY
WITH BROWN RICE

LACQUERED SALMON

TANGERINES

MANGO COCONUT CUSTARD
WITH POMEGRANATE

BUDDHA'S DELIGHT

SERVES 8

Buddhists have a new year tradition of cleansing the body with a vegetable diet. This classic recipe often features more than a dozen different vegetables, many of them hard to find here in the United States. Our version simplifies the dish and adds dried mushrooms for their earthy flavor. It's easy to customize this stir-fry, but be sure to include broccoli for its symbolism – the tiny trees are said to resemble flowers – and therefore, promise youth and long life.

- 3 tablespoons low-sodium tamari
- 1 tablespoon toasted dark sesame oil
- 2 tablespoons mirin
- 1 tablespoon rice vinegar
- 1 14-ounce package firm tofu, drained and cut into 1-inch cubes
- $\frac{1}{8}$ teaspoon crushed red pepper flakes
- 1 ounce dried Asian mushrooms, shiitake or oyster, reconstituted and chopped – reserve liquid
- 2 tablespoons canola oil
- 4 cups small broccoli florets
- 1 cup sliced carrots, sliced diagonally, about $\frac{1}{4}$ -inch thick (about 2 large carrots)
- 1 8-ounce can sliced water chestnuts
- 1 cup fresh cut green beans (or frozen and thawed)
- 1 cup sliced green onions
- 2 teaspoons fresh ginger root, grated
- 2 cloves garlic, minced
- $\frac{1}{2}$ cup fresh bean sprouts
- $\frac{1}{2}$ cup reserved mushroom liquid
- 1 tablespoon arrowroot powder
- Freshly ground black pepper to taste
- $\frac{1}{4}$ cup fresh cilantro, chopped
- $\frac{1}{2}$ cup fresh napa cabbage, chopped
- Cooked brown rice

1. Combine tamari, sesame oil, mirin, rice vinegar, tofu and red pepper flakes, tossing gently to coat. Cover and marinate for 1 to 2 hours. Drain in a colander over a bowl, reserving the marinade.
2. Meanwhile, place dried mushrooms in a heat proof bowl and add enough very hot/boiling water to cover mushrooms. Cover bowl so water stays warm. After mushrooms are softened, remove from water and chop. Reserve mushroom water to use in stir-fry.
3. Heat the canola oil in a wok or large skillet over medium-high heat. Add tofu and stir-fry for 5 minutes, until lightly browned on all sides. Remove tofu and set aside.
4. Add broccoli, carrots and water chestnuts, stir-fry for 5 minutes, or until just crisp-tender, then add green beans and stir-fry for another few minutes. Add green onions, ginger, garlic and mushrooms and stir-fry until aromatic. Return tofu to wok.
5. Combine reserved mushroom liquid with arrowroot powder and mix well until incorporated. Add arrowroot mixture to wok and stir gently until sauce thickens. Add bean sprouts and mix well. Season to taste with black pepper
6. Garnish with cilantro and bok choy and serve with cooked rice.



SINGAPORE NOODLES *with* SHRIMP

SERVES 6

Noodles are a standard holiday dish – just don't cut them, as they symbolize long life. This classic American Chinese restaurant dish is easy to make and incredibly tasty. Kick up the heat with red pepper flakes or your favorite hot sauce.

8 ounces dried rice vermicelli, soaked in water until pliable
24 small to medium raw shrimp, peeled and deveined
3 tablespoons vegetable oil
1 small onion, very thinly sliced
1 red bell pepper, deseeded and thinly sliced
1 tablespoon fresh ginger, minced
½ cup frozen peas, thawed
3-4 teaspoons Indian curry powder
2 tablespoons fish sauce
2 tablespoons low-sodium soy sauce
Salt and black pepper to taste
2-3 green onions, green tops only, chopped

1. Bring a pot of water to a boil over high heat and soften the noodles until tender yet firm, only about 10 seconds. Use a strainer and tongs to pick up the noodles and transfer them to a bowl.
2. In the same water, cook the shrimp until opaque, about 1 minute, and drain.
3. Heat 1 tablespoon of the oil in a large skillet or wok over high heat. Stir-fry the onion until golden, 3 to 5 minutes. Add the remaining 2 tablespoons of oil, then the noodles, peas and red peppers and sprinkle the curry powder over the top. Toss well, making sure all of the noodles become yellow.
4. Add the shrimp and fish sauce, and continue to stir-fry until the noodles are heated through, about 5 minutes. Adjust the seasoning with salt and pepper, if necessary, and serve garnished with green onions.



MANGO COCONUT CUSTARD

SERVES 4-6

This super simple 'custard' is actually a dairy-free and egg-free twist on classic cooked custard. It's light and not too sweet – a perfect ending to a spicy, flavorful meal. The pomegranates add a nice crunch and symbolize fertility for the New Year.

2 large ripe mangoes
½ cup ice
12 ounces coconut milk
2 teaspoons agave nectar
2 teaspoons agar-agar*
Fresh pomegranate seeds for garnish

**vegetarian gelatin made from seaweed*

1. In a blender, purée mangoes and ice until smooth.
2. In a large saucepan over medium-high heat, bring coconut milk and agave nectar to a boil. Lower heat to medium. Add agar-agar and whisk for about 5 minutes, until powder has dissolved.
3. Add mango purée to coconut milk mixture. Remove from heat, divide evenly between small service dishes and refrigerate about 1 hour before serving.
4. Garnish with fresh pomegranate seeds before serving.



A COLOSSAL THANK-YOU TO OUR PARTY MODELS AND PALS FROM BYTE STUDIOS – a fabulous boutique web design house located right here in Milwaukee featuring Michael Diedrick, Joy Patrice O'Brien, Kim Kriegel, Bryce Meyer, Joel Glovacki, Emily Hasenzahl-Reeder, Evan Maruszewski and of course, Shirley the Wonder Dog. Visit them at www.bytestudios.com.



WE'VE GOT EVEN MORE GREAT IDEAS AT WWW.OUTPOST.COOP/GRAZE



MAKE IT YOURSELF.

RECRUIT A CROCKPOT FOR THIS EASY HOMEMADE YOGURT.

story & photos by
CARRIE ROWE

YOU CAN MAKE YOGURT AT HOME AND IT'S NOT AS HARD AS YOU MIGHT THINK.

We waded through a lot of instructions on making your own yogurt and have to admit we were a little exhausted and overwhelmed by all the steps and precise temperatures involved in some of the do it yourself methods. The biggest and most important part of the whole process is the incubation – keeping the soon-to-be yogurt at the correct temperature for all the little microorganisms and cultures to work their magic. And this can be the trickiest part if you're not good at say, paying attention and reading thermometers. Some of us just aren't and we've come to accept that with a smile and a sigh.

But after some trial and error (and sometimes icky results), we found a wonderfully simple way to make yogurt at home. Make your own yogurt on a regular basis to save money and take pride in creating something delicious from a few basic ingredients or just every now and then when you are in the mood for some kitchen alchemy. Either way, it's sort of a fun and edible science experiment.

Don't be overwhelmed – we're going to throw a lot of steps at you here, but they're all important and worth the effort.

PREPARING YOGURT CONTAINERS:

- Gather containers for your yogurt to live in. You can save plastic store bought yogurt containers or use glass jars with lids. We like using old jam jars as they're the perfect size for about two servings of yogurt, don't have any undesirable smells or tastes like old pickle or tomato sauce jars and always have nice tight fitting lids.
- Make sure your containers are clean and sterilized. Run through the dishwasher or soak in a sink full of very hot, just shy of boiling water. If you use glass jars, you don't have to worry about plastic melting or warping.

YET ANOTHER USE FOR OUR CROCKPOTS:

- By far our most favorite (and low maintenance) method for making yogurt has to be in the crockpot. You'll need at least a 4-quart crock and no plans for using it for anything else for two days.

A FEW NOTES ON INGREDIENTS:

- We're using whole milk. You can use lower fat milk but your yogurt will not be as thick. You can add in one packet of plain gelatin to thicken if using low fat milk but we wanted to keep our ingredient list as short as possible here.
- Make sure your milk is NOT ultra-pasteurized as there are not enough microorganisms left to make a decent yogurt.
- You'll need a starter culture, just like in making sourdough bread. You can use store-bought yogurt or a dry yogurt starter culture. Once you have your own yogurt made, save ½ cup for starting future batches.

(preparation)
NOTES ||





CROCKPOT YOGURT

½ gallon (8 cups) whole milk

½ cup plain yogurt or starter culture (follow instructions on packaging)

A thick bath towel or two

Fresh or frozen fruit to be added when yogurt is ready to eat

1. Turn your crock to low heat. Add the ½ gallon of milk, cover and cook on low for two and a half hours.
2. Turn off crock pot (we unplug ours so another family member wandering by isn't is less likely to turn the heat back on). Leave the cover on and let sit for three hours. Don't take that cover off!
3. After three hours, remove two cups of the warm milk and pour into a bowl. Add the ½ cup of starter yogurt and whisk to combine. Pour everything back into your crock pot, stirring to combine.
4. Put the cover back on the crock. **DO NOT TURN THE HEAT BACK ON.** Wrap tightly with your bath towel and let sit for eight hours.
5. After eight hours, the mixture will be yogurt! It will have thickened, but not as much as store-bought stuff. For a thicker Greek-style yogurt, you can strain through a coffee filter or cheese cloth.
6. Ladle into your prepared containers and store in refrigerator for seven to 10 days. We like to add fruit as we eat the yogurt instead of adding ahead of time, so the consistency stays thick and creamy.
7. Be sure to reserve ½ cup for starting future batches.

HERBED YOGURT SPREAD MAKES ABOUT 1 CUP

This spread is wonderful in a whole-wheat pita with cucumbers, tomatoes and sprouts, dolloped on baked potatoes or simply with your favorite crackers.

1 quart plain homemade yogurt

12 cloves of garlic, roasted until soft and mashed

2 tablespoons fresh chopped thyme

2 tablespoons fresh chopped chives

2¼ teaspoons fresh squeezed lemon juice

½ teaspoon Worcestershire sauce

Salt and pepper to taste

1. In a mixing bowl, combine all ingredients except for salt and pepper and mix well.
2. Line a colander with a cheesecloth and set in a large bowl. Pour yogurt mixture into cheesecloth and place in refrigerator for 12 hours.
3. After 12 hours, yogurt in the bowl will be very thick. Transfer to serving bowl and season with salt and pepper to taste.

KNOW WHAT'S GREAT WITH HOMEMADE
YOGURT? PAM'S GRANOLA #5.
GET THE RECIPE AT

WWW.OUTPOST.COOP/GRAZE.



WWW.OUTPOST.COOP | 23

IT'S BEAN TO BAR AT MILWAUKEE'S TABAL.

SINGLE SOURCE CHOCOLATES
DOUBLE UP ON FLAVOR.

Story & photos by PAUL SLOTH



IT STANDS TO REASON THAT BAKERIES USUALLY SMELL GOOD. AFTER ALL, WHO DOESN'T LOVE THE SMELL OF FRESHLY BAKED ... WELL, ANYTHING? ON MOST DAYS, THE WONDERFUL AROMAS COMING FROM THE KITCHEN AT AMARANTH BAKERY & CAFÉ ARE FROM THE FRESH BREADS, COOKIES AND OTHER PASTRIES THAT OWNERS DAVID BOUCHER AND STEPHANIE SHIPLEY TURN OUT.

But if you've ever noticed the odd intoxicating whiff of sinful chocolate at the westside bakery as well, then you've probably gotten a noseful of Dan Bieser's after-hours work.

What's he doing back there? Well, Dan's making chocolate. Making chocolate, you say? But, the world's full of chocolate.



Seriously, have you checked lately? There's no shortage of chocolate bars out there. Stores have shelves full of them. There's no shortage of chocolate out there, period, regardless of the shape or size. But that's no guarantee that it's good chocolate and Tabal, well, Tabal is GOOD chocolate.

So, what's Dan Bieser, owner of Tabal Chocolate, doing differently? He's making chocolate from scratch — chocolate aficionados call the process "bean to bar."

How on earth does a guy from Milwaukee, who works as a curriculum director for Growing Power by day, start making chocolate bars from scratch in his spare time?

Deep down inside, Dan says he always wanted to have his own business, so, why not chocolate? But for Dan this endeavor is about more than just making and selling chocolate.

"Chocolate brings people together. When you think of chocolate you think of people coming together and that's what we're all about, bringing people together," Dan said.

According to Dan, Tabal is the Mayan word for relationship.

"(Chocolate) makes you feel good. Just like coffee, it's a little bit of a mood enhancer. I wouldn't go so far as to say addicting, but some people would say addicting," Dan said.

As Dan likes to point out, chocolate has about one-twentieth of the caffeine of far more potent coffee, but it has other natural mood enhancers. In the right quantity and quality, it's good for your body and your spirit, he says.

Which brings us to an important point in the story of Tabal Chocolate. Dan's not a coffee drinker. He says so with an apologetic tone and a twinge of envy. But he loves chocolate and he's searched far and wide for a decent hot chocolate. That's how this all got started. He'd go out with friends or family and they would get to enjoy a fabulous cup of coffee from some exotic place. Dan wanted to be part of that.

"So, I started the chocolate company to not only bring chocolate bars, but exotic chocolate beverages, not only to me but to other people who are in the same position," Dan said.

In March of 2012, Dan traveled to Toronto where he learned to make chocolate. He came home inspired to start a chocolate company of his own. He bought some of the basic equipment and some raw ingredients and started making chocolate for family and friends. As he went along, he refined his product based on feedback received. He eventually decided the time was right to see if he could make a go of it. About a year later, Dan started renting space in the kitchen at Amaranth. He credits Outpost Natural Foods with helping to break into the Milwaukee market.

Now onto Dan's chocolate-making process and it is a process. It's crucial to remember that it's not chocolate until the later stages of the process.

The first and most important part of the process is finding the right ingredients. The four basic ingredients for chocolate are cacao beans, vanilla, cocoa butter and sugar. Dan uses all organic.

Getting the beans to Milwaukee is the trickiest part. Dan buys the beans directly from farmers in Costa Rica, the Dominican Republic, Bolivia, Mexico, Ecuador and Peru. Each bean has different flavor characteristics.

Once he gets them here, Dan roasts and grinds the beans into cocoa nibs. The nibs are what Dan grinds into the chocolate liquor that eventually becomes the chocolate. It's usually a two-day process, using a stone grinder. The process of stone grinding helps to maintain nutrients. The two-day process also helps to remove some of the cocoa's natural bitterness and helps to produce a smooth, delicate chocolate.

"That's really what's special about our product. We sell it in 3-ounce bars. It's kind of like drinking a fine wine that has a unique flavor profile," Dan said. "Each bean has a little bit different flavor in terms of its fruitiness, or its cocoaness, little bit more or less bitter."

the language of **CHOCOLATE.**

CACAO

Refers to the *Theobroma cacao* tree, and the fruits it produces, as well as their seeds. This rainforest evergreen is typically grown within 20° of the equator.



CACAO (COCOA) BEANS

The fermented and dried cacao seeds are also often called "cocoa" beans. They are found in the pods of the cacao tree.



CACAO (COCOA) BUTTER

The natural, cream-colored vegetable fat extracted from cacao beans using a hydraulic press. Cacao butter adds smoothness and flavor.



COCOA NIBS

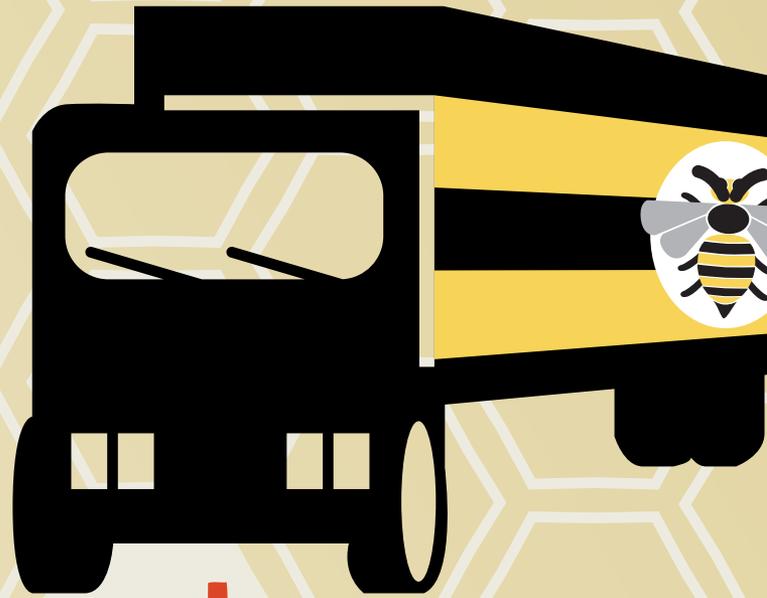
The broken pieces of the fermented, dried and usually roasted cacao bean, after the shell (actually the thin seed coat of the cacao bean) has been removed.



TABAL CHOCOLATE
TABALCHOCOLATE.COM

the importance of **BEEES.**

THERE'S MORE TO BEES THAN HONEY, A LOT MORE. BEES, ESPECIALLY HONEYBEES, PLAY A VITAL ROLE IN PUTTING FOOD ON OUR TABLES. IF YOU FEEL YOU OWE FARMERS A DEBT OF GRATITUDE FOR THE FOOD YOU EAT, YOU OWE AT LEAST A PORTION OF THAT GRATITUDE (A SIZABLE PORTION) TO THE BEES THAT POLLINATE THEIR CROPS. IN 2010, CROPS POLLINATED BY HONEYBEES AND OTHER INSECTS CONTRIBUTED \$29 BILLION TO FARM INCOME. BUT BEES AND BEEKEEPERS HAVE TAKEN A HUGE HIT, ESPECIALLY IN RECENT YEARS. LARGE NUMBERS OF BEES ARE DYING FROM A CONDITION CALLED COLONY COLLAPSE DISORDER. WHILE SCIENTISTS WORK TO FIND A CAUSE, IT'S IMPORTANT TO UNDERSTAND JUST HOW IMPORTANT BEES ARE TO OUR EVERYDAY LIVES.



**BEES ARE RESPONSIBLE
FOR POLLINATING MORE THAN**

100

**DIFFERENT CROPS IN THE
UNITED STATES.**



Crops vary in their reliance on bee pollination, but all crops benefit in both quality and yield from adequate pollination.

Directly dependent crops require pollinators to produce a fruit, while indirectly dependent crops require pollinators to create seeds, but not the crop itself.

DIRECTLY DEPENDENT CROPS

- Apples
- Almonds
- Blueberries
- Cherries
- Oranges
- Squash

INDIRECTLY DEPENDENT CROPS

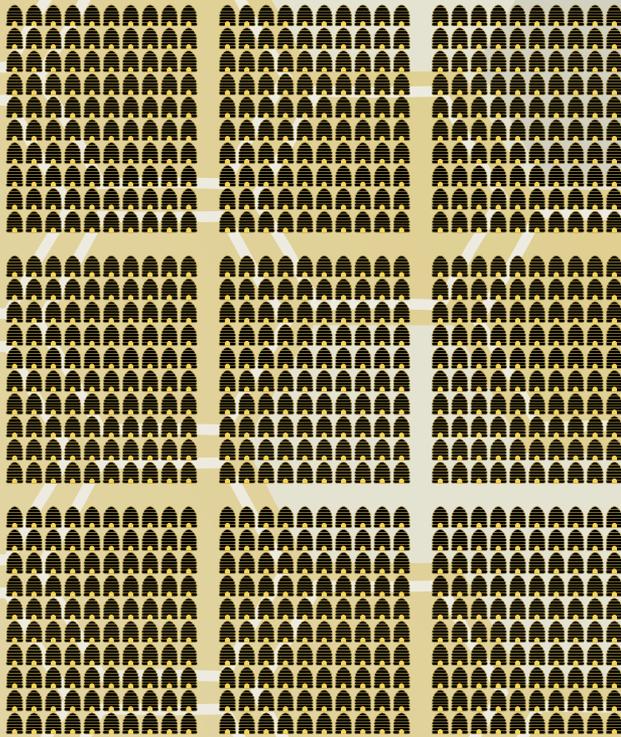
- Alfalfa
- Asparagus
- Broccoli
- Sugar beets
- Carrots
- Onions

With increased food production comes an increased demand for cultivated pollinators. Wild pollinators do their part, but there aren't enough to pollinate all of the food produced in the United States.

When pollination is this important, farmers can't depend on wild honeybees that happen to nest near crop fields. Farmers contract with migratory beekeepers who move millions of beehives to fields each year just as crops flower.

While other insects are important pollinators, honeybees are responsible for an estimated 80 percent of pollination.





WHAT IS COLONY COLLAPSE DISORDER?

In 2006, beekeepers first reported that large numbers of seemingly healthy bees simply abandoned their hives en masse and never returned. Researchers called this phenomenon Colony Collapse Disorder.

While researchers have not named a single cause of Colony Collapse Disorder, there are several theories.

- **Global warming** — Flowers are blooming earlier or later than usual. When pollinators come out of hibernation, the flowers that provide the food they need to start the season have already bloomed.
- **Pesticide use** — Some toxic pesticides meant to kill pests can harm the honeybees needed for pollination.
- **Habitat loss** — Development pressure and dwindling agricultural land are creating a hostile environment for pollinators.
- **Parasites** — Harmful mites like the varroa mite could be a cause.



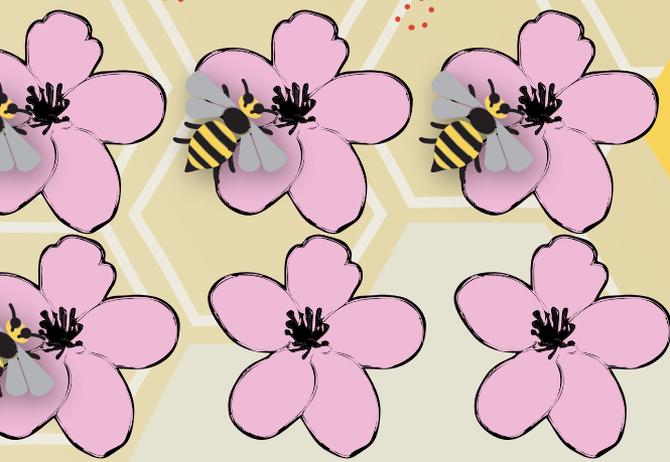
 = 1,000 COLONIES

Pollinating California's more than 400,000 acres of almond trees alone takes between 900,000 and one million honeybee colonies.



WANT TO DO SOMETHING TO HELP THE BEES?

- **Learn more and spread the word** — You're off to a good start. But the best thing you can do is spread the word about the importance of bees.
- **Eat local and organic** — Supporting local producers (whether or not they're organic) reduces our dependence on food that is shipped across the country. This helps to create and sustain a local food economy that gives bees a job closer to home.
- **Eat more honey** — The bees can't eat it all themselves. Buying local honey gives local beekeepers a reason to stay in the business.



IN AN IDEAL WORLD...

by MARGARET MITTELSTADT

... PEOPLE RECONNECT WITH THE LAND.



Photos courtesy of Gerald L. Ignace Indian Health Center

BE ON THE LOOKOUT FOR WOLFES! WOLFE IS THE ACRONYM FOR THE WORK OUT, LOW FAT FOR ELDERS WELLNESS PROGRAM – ONE OF MANY COMMUNITY HEALTH AND WELLNESS PROGRAMS OFFERED AT THE GERALD L. IGNACE INDIAN HEALTH CENTER (GLIHC). WOLFE IS MINO AYAA – BEING WELL.

More than 12,000 American Indians, including enrolled members of the eleven tribes of Wisconsin, call Milwaukee home. The mission of GLIHC, located at 1711 S. 11th St. in Milwaukee, is to improve the health, peace and welfare of the urban Indian community. The center offers a host of services that address the mind-body-spirit connection, incorporating traditional and complementary therapies and practices.

Diabetes is met head on at GLIHC. American Indians and Alaskan Natives are twice as likely to develop diabetes, compared to non-Hispanic whites. According to the American Diabetes Association, 95% of American Indians with diabetes have type 2. Much of the pain and heartache associated with this debilitating disease can be controlled through a nutritional approach to lifestyle management, which includes diet, cooking education and exercise. Steering folks away from readily available food that contributes to the onset

of type 2 diabetes can be particularly challenging. Jennifer Casey, RD, CD, is the GLIHC's diabetes program coordinator and heads up the community-directed Special Diabetes Programs for Indians. She and her staff are passionate about the benefits of local, seasonal food, healthy cooking and community gardening in combatting diabetes and other health woes. Their vision for the future of GLIHC includes developing a new farmers market, a mobile teaching kitchen and expanding on their Native Wellness Garden.

As a co-op, Outpost grows and evolves through its strong community partnerships. We look after each other, providing each other with insight, awareness and acceptance. Our Ideal World includes supporting the steadfast work and dedication of the staff, volunteers and patrons at the Gerald L. Ignace Indian Health Center. Together we are mino ayaa! Chi-miigwetch!

Watch our events calendar for our Gerald L. Ignace Indian Health Center fundraiser, coming in March, www.outpost.coop/events/.



GERALD L. IGNACE INDIAN HEALTH CENTER
1711 S. 11TH STREET, MILWAUKEE
414.383.9526
WWW.GLIHC.NET



photo by Paul Sloth

... EVERYONE IS FED

BUY A BAG PROGRAM TOPS HALF MILLION DOLLARS IN DONATED FOOD.

GOOD FOOD SHOULD NOT BE A LUXURY. A HEALTHY MEAL SHOULDN'T BE A DREAM.

Since 1999, Outpost shoppers have helped us provide more than a half million dollars worth of food to the hungry right here in our community. Through our Buy a Bag program, your \$20 donation helps us buy \$40 worth of nutritious food to be distributed to needy families by Hunger Task Force.

In the 2012 holiday season, Outpost shoppers purchased and paid for more than 2,600 bags of food, helping us deliver more than \$100,000 worth of healthy food. Shoppers at each of our stores pitched in and local schoolchildren got in on the holiday spirit by hand decorating grocery bags.

Thank you to everyone who has helped out and a huge thank you to Les Ambrosh (pictured above), cashier at our Wauwatosa store. In 2012, Les sold 624 bags, announcing each donation loud and clear by ringing a cowbell. If you shopped at the State Street store in November or December, you've surely heard it.

Concern for community is one of the seven cooperative principles and it's one of the things that sets a co-op apart from other types of businesses. It's also clearly a characteristic of our shoppers.

SHOP LOCAL. BUY LOCAL. BORROW LOCAL.

by MARGARET MITTELSTADT

PUT YOUR MONEY WHERE YOUR MOUTH IS – LOCALLY! AT LEAST THAT'S HOW SEVEN INVESTOR-MEMBERS FROM THE LOCAL INVESTMENT GROUP, FUND MILWAUKEE, THINK ABOUT OUTPOST. THEY HAVE PROVIDED OUR CO-OP WITH A \$500,000 LOAN FOR THE DEVELOPMENT OF OUR MEQUON STORE. THEIR LOAN IS PART OF AN OVERALL PROGRAM THAT RELIES MAINLY ON LOCAL SOURCES FOR FUNDING, INCLUDING A \$2,100,000 LOAN FROM AMERICAN FAMILY INSURANCE IN MADISON.

Fund Milwaukee co-founder Juli Kaufman says the organization seeks investment opportunities to help create a web of local small businesses that believe in social justice and environmental sustainability. "Outpost already sells products made by several other businesses supported by Fund Milwaukee. Extending support to Outpost was a natural fit for many of our Fund Milwaukee members."

Building meaningful relationships with groups like Fund Milwaukee only helps to underscore the synergy that is created when local supports local. The overall economic multiplier stimulates our local economy because these dollars recirculate within the community. We think that's pretty amazing. Thanks, Fund Milwaukee!

photo by Cara Berken





THE LOCAL FOODS EXPERT'S LOCAL FOOD EXPERT.

I by MALCOLM MCDOWELL WOODS
photo by PAUL SLOTH

DECADES AGO, FORMER US SENATOR RUSS FEINGOLD MADE A PROMISE TO VISIT EVERY SINGLE WISCONSIN COUNTY DURING HIS RE-ELECTION CAMPAIGN. IF A POLITICIAN WERE TO ATTEMPT A SIMILAR FEAT TODAY, HE OR SHE WOULD PROBABLY CROSS PATHS WITH OUR ZACK HEPNER.

Zack travels Wisconsin – literally and figuratively – but instead of votes, he’s seeking great-tasting foods and other locally sourced products. Zack is our Local Purchasing Specialist, and his job is to help us locate and develop partnerships with farmers and food producers throughout the state.

That means frequenting a lot of farmers markets and hitting up trade shows and other food-related events, crisscrossing the state. Zack, who is in his second stint with Outpost (he had been an assistant manager at our Capitol Drive store), says he couldn’t be happier to be back. “I’ve always been passionate about the local food movement,” he says. “This is a dream job for me.”

But his work doesn’t end when he brings a new product in. “It’s not enough to just find the product and plop them on a shelf,” he says. “I want them to be successful.” Depending on the expertise and skills of the vendor, that could entail helping with labeling, packaging, delivery and merchandising issues.

In the process, Zack quickly becomes their champion. “I really hope so. I hope I’m doing the best I can for them and for Outpost.” He admits that he may get a little too involved. “I end up buying them all when I shop. I care so much.”

If he’s done his job, you will, too.

DO YOU HAVE A PRODUCT YOU THINK OUTPOST SHOULD CARRY?

CHECK OUT “BECOME A VENDOR” ON OUR WEBSITE: WWW.OUTPOST.COOP/ABOUT/BECOME_A_VENDOR/

OUTPOST'S KITCHEN FORGES TIES WITH FONDY'S FLEDGLING FARMERS.

AS DEMAND FOR LOCAL FOODS GROWS, SO DOES THE DEMAND FOR LOCAL FARMERS. OUTPOST HAS BEEN SOURCING FOOD LOCALLY SINCE OUR VERY START IN 1970 AND WE’RE ALWAYS EXPLORING NEW AVENUES TO HELP GROW THE NEXT GENERATION OF FARMERS.

This past summer, that search took us to a field in Ozaukee County, home to the Fondy Farm Project. The Fondy Farm is a farming cooperative for small-scale local immigrant and limited resource farmers. The goal is to get more people

involved in the occupation of farming. Most of the food grown there is sold at the Fondy Farmers Market, but developing other markets helps make the farming initiative sustainable.

Enter our main kitchen. This past summer, a handful of crops, from beets to zucchini, made the journey down I-43 from the Fondy Farm to our Central Kitchen at our Bay View store, to be used in our signature prepared foods. It’s a match made in heaven: local farmers get a market for their foods, we get fresh, local foods, and the money stays in the local economy.

Oh, there is one more benefit and you can taste it anytime you eat at Outpost: great tasting foods.

CHECKOUT



photos by Malcolm McDowell Woods

SENATOR IN THE HOUSE

IN NOVEMBER, STATE SENATOR NIKIYA Q. HARRIS VISITED OUR STATE STREET STORE AS AN INVITED GUEST OF FRONT END BAGGER CHARLIE MUNGER. THE VISIT HAD BEEN ARRANGED BY THE WISCONSIN BOARD FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES. CHARLIE GAVE SEN. HARRIS A TOUR OF THE STORE, TOLD HER HOW MUCH HE LOVES HIS JOB AT OUTPOST, AND JUST GENERALLY ACTED AS A WONDERFUL AMBASSADOR FOR OUR CO-OP. OF COURSE, CHARLIE DOES THAT EACH AND EVERY DAY HE'S AT WORK.

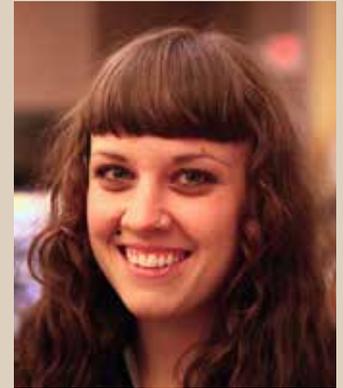
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