

GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS CO-OP

HAPPY BIRTHDAY TO US!
YOUR FAVORITE CO-OP TURNS 53!

SEEMA
CHANGING
LIVES ONE BAG
AT A TIME

PAGE 12

WE'RE
COOKING THE
BOOKS
SPRING RECIPES
FROM OUR
FAVORITE
COOKBOOKS

PAGE 14

OLDEN
ORGANICS
HELPING HANDS
FROM MEXICO

PAGE 26



PLU 3010
SPRING 2023

FREE WITH ANY PURCHASE



LAST WORD.

WHEN I TOOK THE JOB OF CUSTOMER SERVICE CLERK AT OUTPOST IN 1980, I DIDN'T THINK I WOULD STAY LONG. FRESH OUT OF COLLEGE, I WAS LOOKING FOR A JOB THAT WOULD HAVE A POSITIVE IMPACT AND BE MEANINGFUL – DOING SOMETHING GOOD FOR THE COMMUNITY OR FOR OTHERS. I EXPLORED JOBS AT THE BOYS & GIRLS CLUB, TO BE AN AMBULANCE DRIVER, OR A FULL-TIME CAMP COUNSELOR. THERE WAS NO CHANCE I COULD HAVE REALIZED AT THAT TIME, THAT WHAT I COULD DO AT OUTPOST, COULD MEAN MORE THAN JUST SELLING NATURAL FOODS.



Pam as Grocery Manager in the backroom of Holton St. location.

Today, with my retirement ahead (or as I've been considering it my "reinvention"), I'm looking in the rear-view mirror at what was meaningful to me over the past 42 years and why. The first that comes to mind are the relationships. I've made life-long friends here in Milwaukee and across the country with other cooperators. We've vacationed together, shared hardships and celebrations. I met my spouse here some 25 years ago, the most meaningful of all occurrences. I've met community leaders, change-makers, idea-generators, and activists. We partnered with many of them in great, meaningful community projects. I've also been so fortunate to hire a great team of leaders that I can't imagine leaving. That will be the most difficult day.

The natural products industry has changed in a huge way over the past decades, and especially the past few years. No longer are most of the suppliers independently owned and operated. Most have been sold to larger corporations and conglomerates with the intent of "giving their brand greater exposure." One has to consider the trade-off in that scenario. What have we gained from the loss of independent product lines? I believe in the end we will have lost our choice. The larger the ownership of brands, the more those brands will be culled down to only what "sells to the masses."

When I became general manager 35 years ago, I led the co-op to walk the line in the middle of the road, versus swaying too far either direction (most likely to the left). I believed for many years that as a co-op we were open to everyone, so we shouldn't really stand strong on social issues like our predecessors did, as it might alienate some owners and shoppers. The act of "playing Switzerland" likely helped grow our business for many years, but it wasn't going to create social impact.

It was only after we had opened three additional locations and the competition started to grow more and more impactful to our business, that I began to understand more. Being a cooperative isn't only about the Cooperative Principles. That is HOW we are structured, and it defines what we do. My team and I had to discover "why" we do what we do. What is meaningful in our work, in our products, and in the leadership role we have in our community? Why stay in business at all when natural and organic can be found everywhere else?

The values on which all cooperatives are based, according to the International Cooperative Alliance are: self-help, self-responsibility, democracy, equality, equity, and solidarity. Our purpose was to strive to represent our business as one where our member/owners believe in the ethical values of honesty, openness, social responsibility, and caring for others (www.ica.coop/en/cooperatives/cooperative-identity).

What I found in this job, at this co-op, and in those relationships, that I want to be remembered as my last word – is that we ARE the leaders, the change-makers, the idea-generators and activists. Every step we take to keep our co-op open and facing off the corporate giants that primarily exist to return profit to their shareholders – is a win for our community. Each person we stand up for because of our privilege, every action we take to bring equity – is a win for our community. Each person we can reach to help understand the impact of climate change on our food supply, on the poorest among our community, on our children's future – is a win for our community.

And if there is one thing that matters more than anything to me, which I hope I have left as my legacy, is to be kind and act out of kindness.

PAM MEHNERT
General Manager



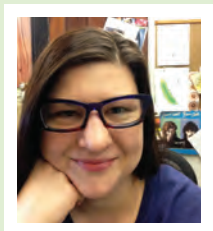
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WHO IS GRAZE ?



i am CARA BERKEN.

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

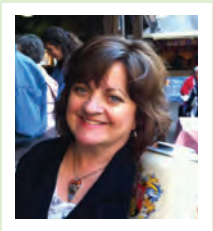
i am HANNAH EVANS.

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



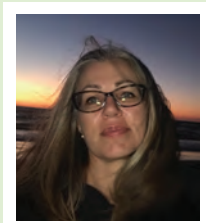
i am LISA MALMAROWSKI.

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



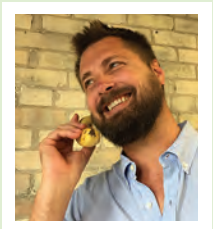
i am MARGARET MITTELSTADT.

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



i am MICHAEL SORENSEN.

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



i am MARI WOOD.

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



- GRAZE.

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CONTENTS.

SPRING 2023

...features.

NORI (2 WAYS)..... page 8

OUR PERIODIC TABLE OF MAY DAY MUST-HAVES..... page 10

COOK THE BOOK
SPRING RECIPES FROM OUR FAVORITE COOKBOOKS.... page 14

43 YEARS OF LEADERSHIP
A LOOK BACK AT GENERAL MANAGER PAM MEHNERT'S COOPERATIVE SERVICE..... page 22

OLDEN ORGANICS
LENDING A HELPING HAND..... page 26

THE CO-OP DIFFERENCE
OWNERSHIP VS. MEMBERSHIP..... page 30

...in the aisles.

YOU'LL SWOON
TONY'S CHOCOLATES, HEALTHY DRESSINGS, THE BEST BAGEL, AND MORE!..... page 6

A SMALL WAY TO MAKE A BIG DIFFERENCE
SEEMA'S BAGS AND MORE..... page 12

INFOGRAPHIC
MAKING THE MOST OUT OF WHAT YOU EAT..... page 20

COOKING FROM SKRATCH
COOKING CONSCIOUSLY WITH LOVE..... page 24

HERE COMES THE SUN!
GETTING READY FOR SUMMER WITH THE BEST WELLNESS PRODUCTS..... page 29

CHECK OUT
HAPPY BIRTHDAY TO US!..... page 31



8



12



14



28



We are the Co-op

A co-op is a kind of business that operates for the benefit of its co-owners. Unlike corporately owned businesses that make decisions primarily to maximize profits, co-ops like us make decisions to maximize service to our owners and our community.

THE CO-OP PRINCIPLES!



Stop in at one of our stores or visit www.outpost.coop/owners to learn more

WANT MORE OUTPOST?

WWW.OUTPOST.COOP



Organic Poblano
Organic Jalapenos,
Ste Wine Vinegar, Salt

(you'll)

SWOON!



THINGS WE LOVE.



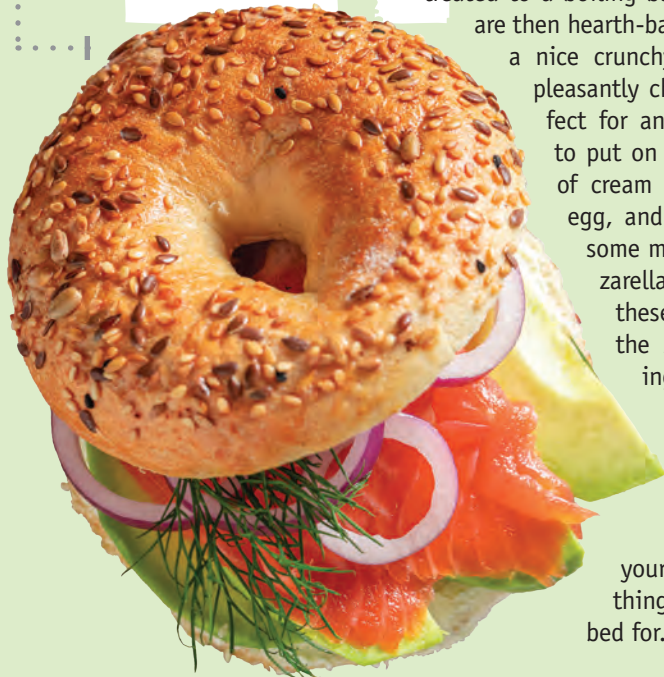
TONY'S CHOCOLONELY CHUNKY CHOCOLATE ON A MISSION

Every time we reach for a Tony's Chocolonely we feel a little like Charlie from the Chocolate Factory. Even if we don't win the Golden Ticket, we're still feeling lucky biting into one of these rich, chocolatey, oversized bars. Founded more than two decades ago by a Dutch journalist who was so appalled by the widespread slavery and illegal child labor used in the international cocoa trade he decided to go into business for himself by creating a 100% ethical, slave-free, fairtrade chocolate bar that works hand in hand with the farmers who do all the hard work. That alone would be good enough for us, but Tony's ups the stakes by creating one of the smoothest, creamiest milk chocolate bars we've ever tasted. It's hard to choose which bar we like the best. Is it the dark pretzel and toffee? Yes. The chocolate wafer? Yes. The honey almond with nougat? Also, yes. These bars are so big and thick that they're perfect for sharing but, as of this writing, it hasn't happened yet. Sorry, not sorry.

ORIGINAL BAGEL A TASTE OF THE EAST (COAST) IN THE MIDWEST

Milwaukee may be known for a lot of great things to put in our mouths: beer, cheese, and brats, just to name a few, but Cream City is not known as a bagel destination spot. And that's okay, because who needs a New York deli when Outpost carries Original Bagels straight from Gotham's cousin across the Hudson - New Jersey. Since 1995 Original Bagels has been supplying delis and bodegas across the East Coast with authentic bagels that rival what you would get at a premier bagel bakery. Crafted from scratch using all-natural ingredients and allowed to ferment for twelve hours before being

treated to a boiling bath, these bagels are then hearth-baked to give them a nice crunchy outside and a pleasantly chewy center. Perfect for anything you want to put on them: a schmear of cream cheese; sausage, egg, and cheese; or even some marinara and mozzarella (bagel pizza!) these bagels have the bite you're looking for. Available in Plain, Everything and an exceptional Asiago, these bagels will make your breakfast something to get out of bed for.



DRIFTLESS PROVISIONS HANDCRAFTED SALUMI THE PERFECT PICNIC PACKABLE



If you think top quality salumi only exists on some fancy rustic, European table...think again! Some of the best, top quality charcuterie we've ever tasted comes right from Wisconsin's own back yard! Driftless Provisions' (from Wisconsin's Driftless Region) new line of pasture-raised, antibiotic-free salumis are sure to elevate any cheese board or picnic. The Saucisson variety is an homage to Old World, French style salami made with salt, pepper, garlic and humanely-raised, heritage pork. The Finnochiona gets its bold, Tuscan flavors from fennel, red wine and garlic while the Sopresseta is a Roman-style salami deftly spiced with white wine and red pepper. Looking for a little heat? The Spanish-influenced Chorizo packs a spicy punch with smoked paprika, cayenne, clove and the same humanely-raised heritage pork. Who needs to leave the Badger State when you can taste the flavors of Europe in every bite?





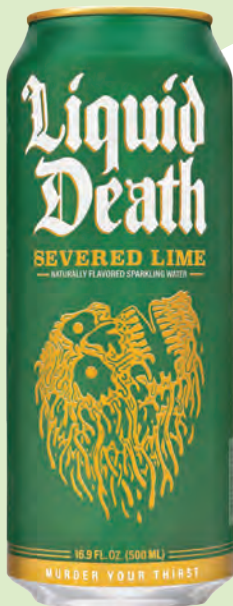
OUTPOST'S OWN TAKE & BAKE COOKIES
COOKIE CRAVINGS COVERED

Close your eyes and imagine a cookie: fresh from the oven, the outer edges are still a little crispy as you bite into the warm, soft center and your taste buds light up as the sweet sensors in your brain banish the bad thoughts and everything is bathed in nostalgia for a brief, fleeting moment transporting you back to a happy childhood. The best part? All you had to do is preheat the oven and pop as many frozen cookie dough balls you desire onto a baking sheet for 10-12 minutes and voila! Instant satisfaction. Outpost's frozen made-from-scratch cookies come in convenient six and twelve count packages for when you feel like a little or a lot. Want just a couple cookies? No problem! The whole dozen? Go ahead! Who's stopping you? The Vegan Oatmeal comes chock full of sweet, all-natural raisins and the Peanut Butter is just like mom used to make. Need a wheat-free alternative? No worries. The Wheat-Free Chocolate Chip is here for you. We may have gilded the lily a bit with our Classic Chocolate Chip by adding some chopped pecans, but we don't think you'll mind. Cold glass of milk not included.



BOLTHOUSE FARMS CLASSIC RANCH YOGURT DRESSING
THERE'S NOTHING HIDDEN ABOUT THIS RANCH

It's not an exaggeration to say the ranch dressing is as American as apple pie. It's our Midwest ketchup. Enjoyed by children and adults alike, its cool, creamy, and gently spiced nature is delicious on everything from wings to salads. But something is hidden in it – that something is calories. Lots of them. Now, we are not the calorie police, but ranch dressing is SO good that we want to put in on ALL the foods. Enter Bolthouse Farms. They've created a magical dressing that manages to be creamy and delicious using the clever substitution of yogurt in place of the usual mayonnaise and sour cream, that's chock full of classic ranch flavor. So go forth and ranch with abandon, at only 50 gluten-free calories a serving, you certainly can.



LIQUID DEATH
MURDER YOUR THIRST

It's easy to look at one of these 16-ounce tallboy cans of Liquid Death and think you're about to gulp down some illegal energy drink/malt liquor hybrid and spend the next few hours in a twitchy, drunk puddle. But, to our surprise, despite the Norwegian Death Metal font, Liquid Death is actually... water. Yep. Water. Really good mountain water full of healthy electrolytes. It also comes in a variety of flavored seltzers with names like "Severed Lime" and "Berry It Alive" that have garnered an almost cult-like following. So, what's with the name? According to their website: "We're just a funny beverage company who hates corporate marketing as much as you do. Our evil mission is to make people laugh and get more of them to drink more water more often, all while helping to kill plastic pollution." Either way we sure do feel cool drinking these tough-looking cans.



UPTON'S "UPDOG" VEGAN HOTDOGS
THIS CHICAGOAN IS ALWAYS WELCOME UP NORTH

Upton's Naturals calls Chicago "home" (we won't hold it against them), so they know that hot dogs are serious business at the ballpark, on a grill or dipped in ketchup (just kidding, hot dog purists) but for many vegans those soft, squishy unnatural-tasting meatless wieners are just sad shadows of what a hot dog should be. Enter the "Updog." Upton's Naturals goes above and beyond the usual bland hotdog to give you something better - these wheat, gluten-based dogs knock it out of the park with superior texture and flavor, made with authentic Windy City seasonings like yellow mustard seed and onion powder to give you a hot dog that actually tastes like a hot dog. Not only that, these 100% vegan franks set themselves apart from the pack with an innovative algae-based coating and curing process that gives them a bit of a "snap" with every bite! Perfect for the grill or stovetop, they're GMO-free, kosher, and pack a whopping 20 grams of plant-based protein in every dog.



nori

(two ways)

IT'S TIME TO TRY SEAWEED! NORI IS A DRIED EDIBLE SEAWEED POPULAR IN JAPANESE CUISINE. IT COMES IN THIN UNIFORM SHEETS AND IS A GORGEOUS DARK GREEN IN COLOR. MOST OFTEN YOU MIGHT SEE NORI USED AS A WRAPPER FOR MAKING SUSHI. HOWEVER, THERE ARE MANY WAYS THIS SEA VEGGIE MAKES ITS WAY INTO RECIPES BOTH TRADITIONAL AND NOVEL. THE FOLLOWING RECIPES ARE SO EASY TO MAKE...AND YOU CAN THEN ADD BRAGGING RIGHTS ABOUT EATING SEAWEED!

SOUTHWEST BLACKENED "FISH" TACOS

MAKES ABOUT 12 TACOS **Vegan • Gluten free with substitutions**

No fish? No problem! This flavorful taco recipe using tofu as the protein keeps all those little swimmers happy in their underwater home. Nori and lime together offer an ocean-y sabor a mar or "flavor of the sea" reminiscent of marinated tilapia. We kicked things up a notch with a crunchy Southwest-inspired slaw, and topped it off with some creamy avocados, a sweet bite of mango and a final squeeze of lime. Serve with a crispy Mexican-style lager.

For tacos:

- 14 ounces extra firm tofu
- 12 small corn tortillas

For the sauce:

- 2 tablespoons soy sauce or tamari
- 3 tablespoons fresh squeezed lime juice
- 2 tablespoons water
- ½ cup nutritional yeast
- 2 nori sheets, ground (yield about ¼ cup)
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

For the slaw:

- 1 cup unsweetened vegan yogurt (like Oatly Plain Unsweetened)
- 1½ teaspoons chili powder
- ½ teaspoon garlic powder
- ½ teaspoon salt
- 2 tablespoons fresh squeezed lime juice
- 2½ cups coleslaw mix

Optional additions:

- Black bean salsa
- Diced fresh mango for serving
- Fresh lime slices for serving
- Avocado slices for serving

Make the nori tofu "fish"

1. Preheat oven to 425 degrees.
2. Tear nori sheets into smaller pieces, and, using a spice grinder or coffee mill, process into very fine flakes.
3. Combine all the sauce ingredients in a bowl. It should be thin enough to evenly cover the tofu without being runny.
4. Drain tofu and break into bite-sized chunks into a mixing bowl.
5. Gently fold the nori sauce into the tofu until all the pieces are covered.
6. Spread tofu out evenly onto a sheet pan lined in foil and lightly sprayed with oil. Roast in the oven for 30 minutes, stirring once about half-way through. Tofu should be blackened and golden-crispy on the outside when done.
7. Remove from oven.

Creamy slaw

Combine all the slaw ingredients in a bowl and mix to combine. Set aside.

Assemble the Taco Bar

Heat your corn tortillas on a dry skillet over medium heat just until they are softened (30 seconds to 1 minute per tortilla). Store the tortillas on a plate covered by another a clean towel to keep from drying out.

Set up your taco bar with all the ingredients arranged in order: corn tortillas, vegan "fish," creamy slaw, black bean salsa and finally all the add-ons. Remember to add a squeeze of lime!

1ST way.





SIMPLE ONIGIRI (JAPANESE RICE BALLS)

MAKES 6 **Vegan • Gluten free**

Onigiri is a simple, savory snack popular in Japanese culture. Traditionally made with just rice and nori, onigiri can also be stuffed, rolled in a seasoning blend, or even lightly pan fried. We stuffed half of our onigiri with tangy salty umeboshi plums and then rolled them in gomasio, a traditional Japanese condiment. The nori offers a flavorful exclamation point as your final bite. Unbelievably easy to make and ready in no time!

1 cup sushi rice, uncooked
1½ cups water
1 nori sheet, cut into six 2"x 3" strips
¼ cup gomasio (optional, located in World Flavors aisle at Outpost)
Umeboshi plums, pitted (optional)
Sea salt, for shaping

Make the rice

Add uncooked sushi rice to a mesh strainer and rinse under cold water until the water runs clear. This process removes extra starches which can make rice mushy. Add the washed rice and water to a saucepan and bring to a boil. Cover and reduce heat to low. Simmer for about 20 minutes, or until the water is completely absorbed. Remove from heat and set aside.

Shape the onigiri

Onigiri is traditionally shaped into a triangle. To do this, first you must wet your hands and rub them together with just a pinch of salt. (The salt adds a little extra flavor, and the water helps to keep the rice from sticking to your fingers. Repeat as often as necessary while shaping.) Take about a ½ cup of warm rice in your hands. If adding a filling, create an indentation and add about 1 tablespoon. Then, using both hands, firmly press and shape the rice into a triangular shape.

Add the nori wrapper

Once formed into a triangle, wrap one edge of the onigiri with a strip of the nori seaweed, preferably right before serving to keep it crispy.

Finish with seasoning

Press the edges of onigiri into the gomasio or you can sprinkle it on top. Serve warm or at room temp!

Notes

It's fine to make onigiri ahead of time. They can be stored for up to three days in an airtight container in the fridge. Prior to serving, cover with a damp paper towel and warm each for about 20 seconds in a microwave. Add the nori wrapper and seasonings right before serving. Don't be tempted: Long grain rice will not work as it does not have the necessary sticky quality that sushi rice does.

The sky's the limit as to how you can season and fill onigiri provided it is low in moisture to keep the rice from getting soggy. Traditional flavors would include umeboshi, chicken teriyaki, furikake, kombu, seaweed salad, spicy scrambled egg, tuna, mayo, and more!



2ND way.

(our) TABLE OF SPRING FLAVORS

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

Ra

RAMPS



FLAVOR. ONION & GARLIC
USES. SAUTE, GRILL, STIR-FRY
NOTES. LOCAL ARRIVES IN MAY

Mg

MICRO GREENS/
 SPROUTS



FLAVOR. BRIGHT, GREEN, VEGETAL
USES. SALADS, SANDWICHES, GARNISH
NOTES. LOCAL AVAILABLE YEAR ROUND

AS THE DAYS GET LONGER AND TEASE US WITH WARM SUNSHINE, IT'S NATURAL TO TURN TOWARDS LIGHTER, BRIGHTER FLAVORS. THE WORLD GIVES US A BOUNTY OF FOODS THAT HELP REVITALIZE OUR TIRED, WINTER TASTEBUDS. FROM SWEET TO BITTER, AND VEGETAL TO EARTHY, THESE SPRING FAVORITES ARE READY TO FLEX INTO ANY MEAL PLAN, SO LET'S GET COOKING!

Le

LEEKs



FLAVOR. MILD, SWEET, LIGHT ONION
USES. SOUPS, SAUTE, ROAST
NOTES. PAIRS GREAT WITH POTATO

Ps

PEA SHOOTS



FLAVOR. SWEET, GREEN, PEA-LIKE
USES. SALADS, SANDWICH, GARNISH
NOTES. LOCAL AVAILABLE YEAR ROUND

Ne

NETTLES



FLAVOR. VEGETAL, SPICY
USES. DRIED (TEA) OR FRESH
NOTES. HEALING, IMMUNE-BOOSTING

Mo

MORELS



FLAVOR. EARTHY, NUTTY
USES. ROAST, SAUTE
NOTES. WASH WELL BEFORE USING

As

ASPARAGUS



FLAVOR. GRASSY, ROBUST.
USES. SALADS, ROAST, STEAM
NOTES. LOCAL ARRIVES LATE MAY

Bg

BITTER GREENS –
 ARUGULA,
 DANDELION



FLAVOR. LIGHTLY BITTER, SPICY
USES. SALADS, PIZZA TOPPING
NOTES. LOCAL AVAILABLE IN JUNE

Mi

MINT



FLAVOR. BRIGHT, SWEET, MENTHOL
USES. SAUCES, TOPPING, TEAS
NOTES. EASY TO GROW AT HOME

Rh

RHUBARB




FLAVOR. TART BERRY-LIKE
USES. SAUCES, DESSERTS
NOTES. PAIRS WELL WITH BERRIES

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

(a) recipe

Fc FRESH CHEVRE



FLAVOR. CREAMY, MILD, BUTTERY
USES. SALADS, WITH FRUIT, SANDWICHES
NOTES. GOOD SUB FOR CREAM CHEESE

Hn HONEY



FLAVOR. FLORAL, SWEET, DELICATE
USES. SWEETENER, SKIN CARE
NOTES. LOCAL AVAILABLE YEAR ROUND

Eg EGGS



FLAVOR. SAVORY, MILDLY SWEET
USES. BAKING, OMELETES, SALADS
NOTES. LOCAL YEAR ROUND

St STRAWBERRIES



FLAVOR. SWEET, TART, FLORAL
USES. SAUCES, TOPPINGS, DESSERTS
NOTES. FREEZES WELL

Sa SALMON



FLAVOR. RICH, DELICATE, SLIGHTLY OILY
USES. STEAM, SAUTE, ROAST
NOTES. CHOOSE WILD CAUGHT

SPRING ASPARAGUS & GREEN PEA SOUP

SERVES 4-6

Vegan • Gluten free

This simple soup is not only tasty but is the prettiest spring green you ever did see. It's a quick cooking soup that's best served fresh to preserve the bright color.



- Olive oil
- 1 large bunch of asparagus, trimmed
 - 1 package (10-ounce) frozen peas
 - 4 cloves garlic, minced
 - 1 shallot, thinly sliced
 - Salt and freshly ground black pepper
 - 1½ cups unsweetened plain plant-based milk
 - 1½ cups vegetable broth
 - 1 tablespoon nutritional yeast
 - ½ lemon, juiced
 - Pea shoots or chopped fresh herbs, and vegan sour cream for garnish
1. Preheat oven to 400 degrees.
 2. Spread asparagus in a single layer on a baking sheet. Drizzle with olive oil and salt and pepper to taste. Toss to coat. Roast for 15 minutes, set aside to cool a bit, then chop into 1-inch pieces.
 3. Heat a large saucepan on medium heat and add 2 tablespoons oil, shallot, and garlic. Sauté for 2-3 minutes or until fragrant and translucent. Reduce heat if garlic begins browning. Add salt and pepper to taste. Next, add peas, broth, and milk, and season with salt and pepper to taste.
 4. Transfer soup to blender along with chopped asparagus or add asparagus to pan and blend using an immersion blender. Blend soup until creamy and smooth. Transfer back to pot and bring to medium heat. Add nutritional yeast and whisk. Continue cooking until warmed through and simmering, then reduce heat to low. Add lemon juice just before serving. Garnish with pea shoots or fresh herbs and a dollop of vegan sour cream.



Making a difference ONE THREAD AT A TIME



by MICHAEL SORENSEN

“IT IS MY PASSION TO GET THIS MEDICAL CLINIC FINISHED. THEY NEED IT.” WHEN PAT MOLTER, THE CREATOR AND DRIVING FORCE BEHIND LOCAL WELLNESS SUPERFOODS ALIVE AND VIBRANT, WANTS TO ACHIEVE SOMETHING, YOU CAN BE SURE THAT NO MATTER THE OBSTACLES, NOTHING WILL GET IN THE WAY.

But this story isn't about Pat, her battle and victory over cancer, or her 100% organic, vegan nutrient powders that we sell. This is a story about a small school in a small town 7500 miles away from Milwaukee, and the desperate women who live and survive there.

Pat is a volunteer for SEEMA [Social Endeavor to Elevate Mahila (the Hindi word for "women") Awareness] located in rural India on the border of Nepal. The women of SEEMA hand-dye 100% organic and sustainably sourced cotton, transforming it into vibrant bags, purses, backpacks, wall decorations, plant hangers and more. It's all woven using traditional backstrap looms and the occasional antique sewing machine. With SEEMA's help, over 200 women so far have been rescued from forced labor, prostitution, and desperate circumstances.



“Buying these bags keeps these women and children from dying of starvation. There’s nowhere else for them to work here. People need to realize that just buying anything from SEEMA, even a little coin purse, has a big impact on helping these women. One hundred percent of everything we sell, minus the shipping costs, goes right back to SEEMA. We’re not paid. We’re volunteers who just want to help, and once you see how they live, you can’t do anything but want to help.”

Pat came to SEEMA through a local ministry which has ties to RAJ Ministries in Rupaidiha, India, run by missionaries Roy and Jenny Ramble. Recently, Pat was able to visit SEEMA and see the operation, along with the school that helps these women and nearly 600 children find hope amidst the crushing poverty they live in.

“The women at SEEMA are illiterate. Before coming to SEEMA, they were in powerless situations with no rights. Their husbands have the last say in everything, and if they’re widowed or cast aside, they will be destitute. At SEEMA, they’re taught how to write and read their name, and their kids are given a free education at their school along with medical care, food, and necessities for their families,” Pat tells us as she shares pictures from her trip. “When I visited, two of the students scored high enough on their exams that they both got a free scholarship to medical school. That would never happen without this school and SEEMA.”

Right now, Pat is focused on helping to raise money for a medical clinic on the school’s grounds since the nearest hospital is hours away.

“When I was there a young boy had been attacked by a leopard that was roaming the forest around the school. There’s nowhere to get medical help. It’s one hour, one way for basic medical care. If it’s more serious, it’s a three to four hour journey through traffic, even longer if there’s a cow in the road since cows are sacred and can’t be moved. You can’t have 600 kids in a school along with the SEEMA women and not have somewhere to get medical care, so that’s why they’re in the process of building an on-site medical clinic.”

As Pat (or "Auntie Pat" as the students call her) explains, just buying a SEEMA-produced bag can make a huge difference in the lives of someone half-a-world away. “Your purchase provides for families and breaks the cycle of abuse. Outpost selling these bags has been what has kept these women from dying of starvation.”

Photos courtesy of Pat Molter and SEEMA.

LOOK FOR A COLORFUL SELECTION OF BAGS
FROM ZIPPERED POUCHES TO BACKPACKS
AT YOUR FAVORITE OUTPOST LOCATION

WWW.SEEMAUSA.COM

by LISA MALMAROWSKI
photos CARA BERKEN



Cook the Book!

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

OVER WINTER, WE SPENT SOME QUALITY TIME PERUSING A BIG OLE STACK OF FABULOUS COOKBOOKS, BUT THESE TWO WERE THE ONES THAT MADE US HUNGRY. BOTH ARE UNIQUE – ONE RELIES ON TRUSTED COMFORT FAVORITES WITH A TWIST AND THE OTHER WHISKS YOU OFF TO THE SUNNY MIDDLE EAST – THEY'RE ALSO SIMILAR IN THAT BOTH OFFER UP A LOT OF FLEXIBILITY FOR EACH DISH, ARE CONVERSATIONAL, AND EASY TO FOLLOW. SO, A LOT LIKE A GOOD FRIEND SHARING THEIR FAVORITE RECIPE WITH YOU. WE ALSO LOVED HOW BOTH FREELY ENCOURAGED US TO MAKE A RECIPE OUR OWN, USE WHAT WE HAD ON HAND OR WAS EASY TO FIND, AND HOW THEY SERVED UP SUCH BIG, BODACIOUS FLAVORS.

BROCCOLI BITS *with* **CHEDDAR & DATES**

SERVES 4 *Vegetarian • Gluten free*

Tips from the author –

- This is best shoveled into your mouth with a spoon
- Instead of Cheddar, chop up Parmesan or pecorino
- Instead of broccoli, try cauliflower
- Cook cubes of Spanish chorizo or kielbasa – or you know, bacon – then cook the dates and broccoli in the drippings

$\frac{3}{4}$ cup sharp Cheddar cheese, chopped into $\frac{1}{4}$ -inch bits

$\frac{1}{2}$ cup smoked or roasted almonds, coarsely chopped

2 pounds broccoli

8 dates, pitted and coarsely chopped

4 tablespoons olive oil, divided

1 teaspoon red pepper flakes

Salt and pepper to taste

1 tablespoon sherry vinegar

1 teaspoon honey

1. Cut the broccoli florets off the bunch, keeping as much of the branch connected to the trunk. Peel the trunk and cut the trunk and branches into $\frac{1}{2}$ -inch pieces. Roughly chop the florets into small pieces so even the biggest ones fit into a teaspoon.

THE BOOK: **I Dream of Dinner (so you don't have to)** • by **Ali Slagle**

Simple to Make • Fast • Comfort Food • Lush Photos • Easy to Read • Fun

As a frequent contributor to the New York Times and Washington Post, it's no surprise that recipe creator and busy city dweller Ali Slagle has created a book full of low-effort, high-reward recipes perfect for any busy, over-scheduled human to toss together in a flash. These are realistic recipes that rely on pantry staples most folks will have on hand, and even if you don't, they're all customizable! From crafty combos like Turmeric-Dill Rice & Chickpeas to Green Chili Pork with Crispy Rice, we had a hard time picking just two recipes to share.

2. In a large skillet, heat 1 tablespoon olive oil over medium-high heat. Add dates and cook until softened and browned in spots, 2 to 3 minutes. Transfer to a large bowl and season with salt and pepper to taste.
3. In the same skillet, still over medium-high, heat 2 tablespoons olive oil. Add broccoli (including the specks on the cutting board) and 1 teaspoon red pepper flakes, season with salt and pepper, and cook until the broccoli is bright green and browned in spots, 3 to 5 minutes. Transfer to the bowl. Stir in sherry vinegar, 1 tablespoon olive oil and honey. Taste and adjust salt, acid (with vinegar), sweetness (with honey), and spice (with red pepper flakes) accordingly.

(continued)

STICKY CHICKEN *with* PICKLED VEGETABLES

SERVES 4 *Gluten free, vegetarian or vegan with substitutions*

Tips from the author –

- For members of the teriyaki chicken fan club
- Instead of chicken, use cubed tofu, tempeh, or salmon
- After you sear the chicken and before you add the sauce, add any vegetables that cook in just a few minutes, like thinly sliced green beans or asparagus
- Rice in sushi tastes like so much more because it was probably mixed with rice vinegar, salt, and sugar. Once you start seasoning your rice similarly, whatever's alongside becomes less important

Our testing tips –

- Be sure to use low-sodium tamari or soy sauce; regular products will make the finished dish too salty!

- 1 cup sushi rice
- 3½ teaspoons salt
- 1½ pounds boneless, skinless chicken thighs
- 1 teaspoon pepper to taste
- 2 inches fresh ginger, peeled and finely grated
- 3 garlic cloves, peeled and grated
- ½ cup low-sodium tamari or soy sauce
- ⅓ cup honey
- ½ cup + 2 tablespoons unseasoned rice vinegar
- 1 tablespoon sugar
- 1 cup match-sticked or thinly sliced crunchy vegetables (like carrot, celery, raw sweet potato, chard stems, etc.)
- 1 tablespoon neutral oil
- 1 tablespoon butter

1. Make the rice: In a medium saucepan, bring 1¼ cups water, 1 cup sushi rice and ½ teaspoon salt to a boil. Cover, reduce heat to the lowest setting, and cook until the rice is tender, 12 to 15 minutes. Remove from heat and keep covered.
2. Meanwhile, pat chicken dry and cut into 1-inch pieces. Toss with 1 teaspoon each of salt and ground pepper. In a medium bowl add garlic, ginger, soy sauce, honey and 2 tablespoons unseasoned rice vinegar. Stir with a fork to combine and add the chicken; stir to combine.
3. Make the pickles: In a large measuring cup, stir together ½ cup unseasoned rice vinegar, sugar, and 2 teaspoons salt until the sugar and salt dissolve. Stir chopped vegetables into vinegar mixture (transfer to a bowl if you need to).
4. Heat oil in a large nonstick skillet over medium-high heat. Using a slotted spoon or tongs and shaking off excess glaze, add chicken to skillet. Cook, stirring once, until browned, 4 to 6 minutes. Add the marinade and bring to a boil (this is how you kill the chicken stuff). Cook, stirring the chicken in the sauce until the sauce is dark and syrupy, and the chicken is cooked through. Remove from heat and stir in butter until melted. Season to taste with salt and pepper.
5. Back to the rice: Hold the vegetables back with your hand and pour a tablespoon or two of the pickling liquid into the rice. Stir to combine. Eat the chicken and pickled vegetables on top of a mound of seasoned rice.





THE BOOK: **Ottolenghi Test Kitchen – Extra Good Things** • by Noor Murad & Yotam Ottolenghi

Vegetable Forward • Multiple Use Recipes • Flavor-packed • Middle Eastern/Mediterranean

We've been low-key obsessed with most every beautiful meal Ottolenghi shares with the foodie world. This book, part of the Test Kitchen series, was a delight. From the bold, bright dishes, to the handy fold out charts with "extras" we found ourselves going back and forth in this book, like a delicious scavenger hunt, mulling over what to make and how many ways we could use the marinade, sauce, dressing, or condiment tucked into every approachable recipe.



GREEN MINISTRONE *with*
CHEAT'S PRESERVED LEMON

SERVES 4 – 6 **Vegan & gluten free with substitutions**

Tips from the authors –

- This soup lands somewhere between a Persian herb soup (ash-e-reshteh) and an Italian minestrone
- Use an abundance of soft, fresh herbs – what you like or have on hand
- Sub your favorite canned bean – chickpeas work well
- Use any kind of little pasta shape you fancy – macaroni or orzo are good choices
- The preserved lemon gives the whole dish a sour tang. Save time by using store bought preserved lemon or finish it off with a squeeze of fresh lemon

1 pound 2 ounces leeks, trimmed and cut into $\frac{3}{4}$ -inch thick rounds – white and light green parts only (about $3\frac{1}{2}$ cups sliced)
7 tablespoons olive oil
 $6\frac{1}{2}$ ounces celery (about 3 to 4 stalks) trimmed and thinly sliced
3 cinnamon sticks
 $1\frac{1}{2}$ cups parsley, roughly chopped
 $1\frac{1}{2}$ cups cilantro, roughly chopped
1-ounce chives, chopped
1 cup fresh dill, chopped
4 garlic cloves, peeled and minced
 $\frac{1}{2}$ teaspoon ground turmeric
2 teaspoons cumin seeds, roughly crushed with mortar & pestle
 $1\frac{1}{4}$ teaspoons chili flakes

2, 14–15-ounce cans cannellini beans, drained
1 quart chicken or vegetable stock
 $1\frac{1}{4}$ cups water
 $4\frac{1}{2}$ ounces dried tubetti or other small pasta
1 cup frozen peas
Salt & black pepper

Cheat's Preserved Lemon

1 large unwaxed lemon (about $5\frac{1}{4}$ ounces), ends trimmed and discarded, then cut into $\frac{1}{4}$ -inch thick rounds, seeds removed
 $\frac{1}{4}$ cup fresh lemon juice from 2-3 lemons
2 teaspoons flaked sea salt

(continued)

(Green Minestrone, continued)

1. Place the leek rounds in a large bowl and pour in enough water to submerge them. Let soak for 10 minutes to remove any grit, then drain and pat dry.
2. Put 3 tablespoons of the oil into a large saucepan with a lid, over medium heat. Once hot, add the leeks, celery, cinnamon sticks, and $\frac{1}{2}$ teaspoon salt and cook for 7 minutes, to soften the vegetables slightly but not color. Add another tablespoon of oil plus the herbs and cook, stirring often, for 12 minutes, or until very fragrant and deeply green. Add garlic, turmeric, cumin, and $\frac{1}{2}$ teaspoon chili flakes and cook for 3 more minutes, stirring often. Stir in the beans, stock, water, 1 teaspoon of salt, and a generous grind of pepper. Bring to a simmer and cook for 10 minutes. Stir in the pasta, cover, then turn the heat down to medium-low and cook for 15 minutes more, or until the pasta is cooked through. Add the peas, replace the lid, and cook for just 2 minutes. Remove from heat.
3. Meanwhile, prepare the Cheat's Preserved Lemon. Put all the ingredients into a small saucepan with a lid, on medium-high heat. Bring to a simmer, then lower the heat to medium-low, cover, and cook for 12 to 14 minutes or until the rinds start to look translucent and the juice has reduced by about half. Set aside to cool slightly, then transfer everything to a food processor and blitz until you have a smooth, spreadable paste (similar to lemon curd – add more water if needed). You'll make more than you need. It's great on roasted vegetables!
4. Make the chili oil by putting the remaining 3 tablespoons of oil into a small frying pan and placing it over medium-high heat. Once hot, but not smoking, remove from the heat and immediately add the remaining $\frac{3}{4}$ teaspoon of chili flakes (it should sizzle). Set aside.
5. When ready to serve, divide the soup among 4-6 bowls and top each with a small spoonful of Cheat's Preserved Lemon and a good drizzle of the chili oil, making sure to mix the paste in before eating.





Buy the Book!

AVAILABLE AT YOUR LOCAL OUTPOST



Co-op Owner price 24.99
reg. 29.99



Co-op Owner price 26.99
reg. 31.99



TAHINI PARMESAN DRESSING

SERVES 4 *Vegetarian & gluten free with substitutions*

Tips from the authors –

- This tastes remarkably like a Caesar dressing
- If you don't eat fish, swap out the anchovies with capers
- Excellent tossed with roasted vegetables or roasted chicken
- Spread onto grilled corn or in a BLT for an umami hit

- ¼ cup tahini
- 3 tablespoons Greek yogurt
- 3 ½ tablespoons fresh lemon juice
- 2 garlic cloves, peeled and roughly chopped
- 1 ½ ounce fresh Parmesan, roughly grated
- ½ ounce anchovies packed in oil, drained
- 1 ½ teaspoons Dijon style mustard
- 2 tablespoons olive oil
- 2 tablespoons water
- Black pepper to taste

Put all ingredients into a food processor and blitz until smooth and pourable. Transfer to serving dish or storing container. Keep refrigerated in a sealed container for up to 3 days. Thin out with a splash of water as it tends to thicken as it sits.

TAHINI FUDGE

SERVES 6 *Vegan • Gluten free*

Tips from the authors –

- The fudge is so good drizzled on toast, atop chopped bananas or ice cream and yes, over mousse like shown in the book!

Our testing tip –

- The thickness of the tahini you use will impact the texture so you may not use all or any of the water in the recipe. Add only as needed.

- ¼ cup tahini
- ¼ cup maple syrup
- 1½ tablespoons cocoa powder
- 1 teaspoon vanilla bean paste or vanilla extract
- 3 tablespoons water

Combine all ingredients together in a bowl and whisk until smooth. Cover and store in refrigerator until use. Add a tiny splash of water to the fudge sauce if it thickens too much.



Waste not, Want not

IT'S UP TO EACH OF US TO BE MINDFUL OF THE IMPACT THAT FOOD WASTE HAS ON OUR LOCAL AND GLOBAL COMMUNITIES, AGRICULTURE, AND THE ENVIRONMENT. THINK ABOUT IT: FOR EVERY BEAN, PEA AND BLUEBERRY THAT'S TOSSED, ALONG WITH IT GOES ALL THOSE RESOURCES (THINK FARMS, TRANSPORTATION, GROCERY OPERATOR, WORKER PAY, ETC.) THAT LANDED THEM ON YOUR COUNTERTOP. WHEN FOOD GOES INTO THE WASTE BIN, THE COLLECTIVE POTENTIAL FOR OTHERS TO BE FED ALSO GOES UNHEEDED. AND OUR PLANETARY RESOURCES, ALREADY STRETCHED TO THE LIMIT, SHOULDERS EVEN MORE OF THE BURDEN. BEING AWARE AND AWAKE TO THE DECISIONS WE MAKE ABOUT WHAT WE BRING HOME FROM THE CO-OP CAN HELP BRING AN END TO SOME OF OUR MOST PRESSING SOCIAL AND PLANETARY ISSUES OF THE DAY.

7 WAYS TO CONQUER FOOD WASTE:

1. SOUP'S ON!

Think of delicious ready-made soups as a rich and flavorful base. Sauté those veggies, swirl in some leftover cooked rice, add some pasta or protein – and voila! It'll taste like homemade because it is!

2. PROPER STORAGE

Fruits and veggies all give off an odorless, colorless gas called ethylene. Ethylene's one major job is to induce ripening. Properly storing fresh produce according to the type of item it is and the conditions that offer the best chances of survival will make a huge difference in how long these goodies stay fresh and edible.



3. SHARE

It's easy to end up with a bumper crop at the end of the gardening season. Rather than relegating it to the compost heap, gather up a basket and share with family, neighbors, or coworkers. Better yet, contact a community soup kitchen or gleaning group where your bounty can help feed someone in need.



4. "BEST BY" CAN BE YOUR BFF

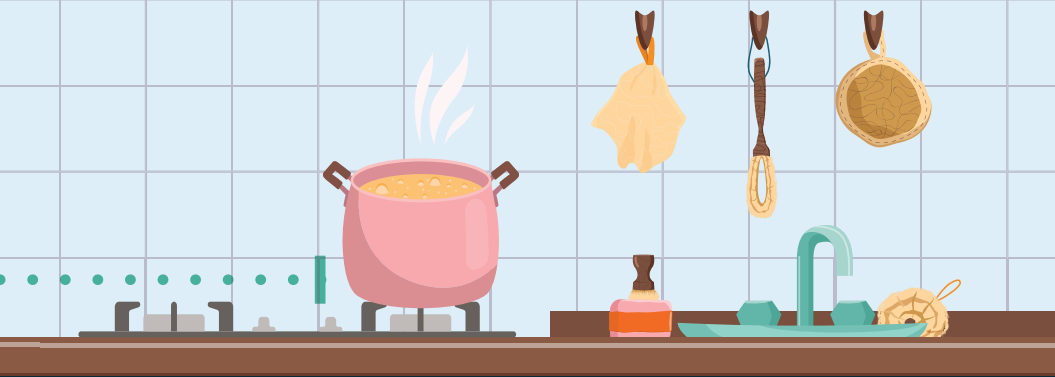
"Best Before" dates are more about freshness, texture, and nutritional value; not expiration dates. Just because an item has approached its "Best By" date doesn't mean it instantly goes bad the next day. Use it up right away so it doesn't land in the trash.

GET OUTPOST E-NEWS DELIVERED EVERY WEDNESDAY TO YOUR EMAIL. IT'S CHOCK FULL OF LINKS TO OUR MOST RECENT SALES FLYER!

SIGN UP AT OUTPOST.COOP

5. PRESERVATION STATION

The easiest and quickest way to preserve fruits and veggies that are reaching their prime is to freeze them. You can find all kinds of freezing tips online, however, a general rule of thumb is to freeze the item before you put it in a freezer safe container. This helps to reduce the amount of surface moisture that turns to ice crystals.



6. COMPOST HAPPENS

Here's the rub: organic matter in landfills creates methane, a potent greenhouse gas (GHG) that contributes to global warming. On the flip side, composting completely breaks down organic matter into nutrient-rich usable fertilizer, without the GHG emissions.



7. MAKE A PLAN

There's less chance of withering excess when you plan meals in advance. Count on leftovers for next day lunches. Creating a shopping list based on a weekly plan also allows you space to look for budget-friendly sales – that can include bulk purchases and pantry stocking multi-deals.

Download our handy guide "Give Plastic the Boot for Your Veggies & Fruit"



Keep it Glean:
Three groups that
want your bounty!

thi-milwaukee.org
thegatheringwis.org
nationalgleaningproject.org

Your one-stop
composting shop
thecompostcrusader.com



STARTED DECEMBER 1980
BECAME GENERAL MANAGER 1986
RETIRING JUNE 2023

43 Years of Leadership

A LOOK BACK AT PAM'S COOPERATIVE SERVICE

1. Early 80's, Holton Street.
2. Lending a hand at Capitol Dr. Produce Department.
3. Working Wellness Fest, 2002.
4. Bananas for Outpost!
5. Working the customer service desk at our Holton Street location, circa 1981.
6. Doing her udder best for our Dairy Department.
7. Promoting Outpost at an outdoor event.
8. Holton Street staff, circa 1984.





9.



10.



11.



12.



13.



14.



15.



17.



16.

- 9. Mortgage burning party for our State Street store.
- 10. As our Grocery Manager, 1983.
- 11. Making Christmas Cookies, Holton Street, 1988.
- 12. Bay View Grand Opening - Just 1 of 8 grand openings orchestrated by Pam!
- 13. Jumping in to help out in the Meat Department, 1995.
- 14. First day as General Manager, October 1986.
- 15. Capitol Dr. Grand Reopening party at Sprecher Brewery. Ein Prosit!
- 16. Opening Day at Capitol Dr., January 1990.
- 17. We can't say good-bye, so we'll just say, "See ya in the aisles!"

by MICHAEL SORENSEN
photos CARA BERKEN
recipes JASMINE CARTER-WARD

Cooking from SKRATCH

"I AM A HOME COOK. I AM A PROUD HOME COOK," JASMINE CARTER-WARD SAYS AS SHE SPRINKLES MICROGREENS OVER THE TOP OF AN IMPOSSIBLY CREAMY SUN-DRIED TOMATO SAUCE. "I FEEL PEOPLE SOMETIMES THINK WELL, YOU MUST BE A CHEF TO BE A REAL COOK. I'M LIKE, NOPE. YOU WILL FIGURE IT OUT. YOU WILL FIND YOUR WAY AND YOU WILL EDUCATE YOURSELF ALONG THE WAY."

Jasmine did that very thing for herself. With no formal training, Jasmine taught herself how to cook through culinary classes and YouTube videos that showcased other home cooks doing what they do best—cooking.

"One day I just started making stuff. I think it all started with pasta. I loved pasta so much that I started making my own sauces from scratch and then, I thought, if I'm making the sauce I bet I could learn how to make that pasta as well and it just took off from there."

Now Jasmine runs Skratch Kitchen that specializes in small event catering and private dining. "I'll come to your house with everything for a four course meal. I'll set the table. I'll bring the wine. I'll do the cooking and clean everything up like I was never there. All the customer has to do is sit back and enjoy the experience."

Jasmine's cooking style relies a lot upon seasonal ingredients and freshness. Processed foods need not apply.

"Just knowing your ingredients and where they come from, being able to trace them from somewhere that's responsibly sourced is so important. It doesn't matter to me if you're a vegan, a vegetarian, a meat eater, however you eat is your business, but just know what you are eating. I am very anti-terrible ingredients. So much of today's food is processed, but we can limit that by making things from scratch. It's not as complicated as people think it is."

And just because it's healthy doesn't mean it has to be boring.

"That is the biggest misconception. People think that healthy means blanched broccoli and a thick, dry, unseasoned chicken breast. It's so easy to elevate the flavors in your meals. There are so many ways to get flavor into your food and keep you excited about learning new ways to cook. Learning comes from passion."



CRISPY SHIITAKE MUSHROOMS & SUN-DRIED TOMATO CREAM SAUCE

SERVES 4-6

Remember to have fun, cook with what you have on hand, reach for fresh, when possible, add your own twist and swap and change out as you wish! I've prepared this dish many times and most times I change something or add an additional seasoning. Don't forget to serve it with love! - Jasmine

1½ cups shiitake mushrooms, sliced	4 black garlic cloves, finely chopped
2 tablespoons grapeseed oil (or any neutral oil with high smoke point)	1 pint heavy cream
1 tablespoon butter	1 cup white wine
2 fresh rosemary sprigs	1½ cups Parmesan cheese (shaved or grated)
6 fresh thyme sprigs	Salt, pepper, garlic and onion powder
1 cup sun-dried tomatoes (in oil)	Prepared rice or pasta of choice
2 shallots, finely diced	Microgreens for garnish

1. Clean shiitake mushrooms and slice.
2. Heat stainless steel or cast-iron skillet to medium-high.
3. When skillet is hot, add oil and allow temperature to rise. Add dry mushrooms in a single layer being careful to not over-

TO LEARN MORE VISIT

WWW.SKATCHKITCHENMKE.COM



GODDESS CHICKEN SANDWICH with HERBY SLAW

SERVES 4

This recipe is easy to make your own. You can add a lot of herbs and ingredients or keep it simple. For example, don't feel like making a slaw? No problem. Make an aioli instead and add microgreens for a nutritious crunch!

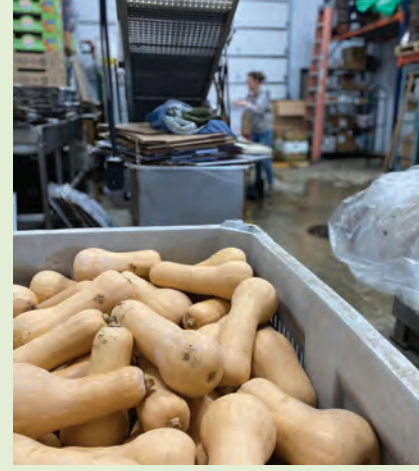
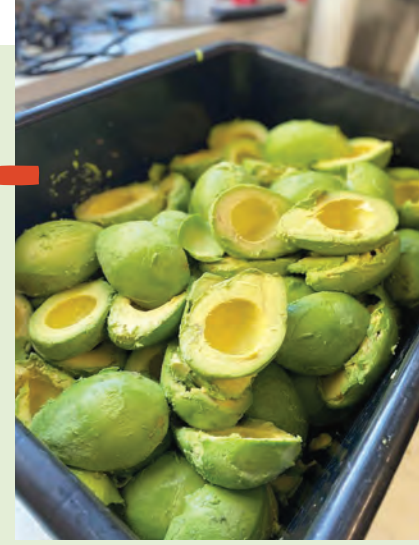
4 skinless, boneless chicken thighs	2 garlic cloves, minced	2 tablespoons buttermilk
Salt, pepper, Blackening Seasoning	4 brioche buns	1 tablespoon white vinegar
1 cup buttermilk	2 cups green cabbage, thinly sliced	2 tablespoons sugar
2-3 tablespoons chives, chopped and divided	1 cup red cabbage, thinly sliced	½ teaspoon salt
2-3 tablespoons dill, chopped and divided	½ cup fennel, thinly sliced	¼ teaspoon pepper
2-3 tablespoons basil, chopped and divided	½ cup red onion, thinly sliced	¼ teaspoon celery seed
2-3 tablespoons parsley, chopped and divided	½ cup mayonnaise	Grapeseed oil
	1 tablespoon lemon juice + zest	Butter
		Optional sandwich additions: bacon, Muenster cheese, pickles

crowd the pan. Do not touch them for 4-5 minutes, turn one over to check doneness. If golden brown color has been reached, flip mushrooms and add butter, thyme, and rosemary springs. Begin tossing mushroom around skillet while basting them with butter and oil. Add salt and pepper while continuing to move around pan. Remove crispy mushrooms, rosemary and thyme springs from oil and set aside.

4. Turn the heat down to medium-low and add shallots, sauté for 3 to 4 minutes, add sundried tomatoes, and black garlic. Season with salt and fresh cracked pepper.
 5. Add white wine and cook until wine reduces by more than half.
 6. Add heavy cream and simmer. Add more rosemary and thyme sprigs while bringing to simmer.
 7. Add fresh Parmesan cheese. Start with a cup and add more if necessary.
 8. Taste sauce and adjust seasoning with salt, pepper, garlic, and onion powder as desired.
 9. Serve with prepared rice or pasta and garnish with a healthy bunch of microgreens.
1. Season cleaned and flattened chicken thighs with salt, pepper, blackening seasoning, set aside.
 2. Combine 1 tablespoon each fresh chives, dill, basil, parsley and 2 garlic cloves with buttermilk.
 3. Add seasoned chicken to buttermilk and herb mixture, let marinate 4-6 hours.
 4. Toss together thinly sliced green and red cabbage, fennel, red onion, and remaining tablespoons of chives, dill, basil, parsley, set aside.
 5. In a separate container combine mayo, lemon zest and juice, buttermilk, vinegar, sugar, and season to taste with salt, pepper, celery seed. Taste and adjust as needed. Combine ½ mixture with slaw and mix, add more as desired. Less is more when making a slaw!
 6. Using a stainless steel or cast-iron skillet heat to medium-high. When the pan is ready, add a few tablespoons of grapeseed oil and allow oil to heat up. Remove chicken from marinade and carefully add to heated pan. Allow chicken to sear for at least 5-6 minutes and carefully lift chicken to check sear, if desired crust is reached flip chicken thighs. Add 1-2 tablespoons of butter and more fresh herbs and baste chicken with herbs and pan drippings. Cook until internal temp reaches 165 degrees.
 7. Toast buns and assemble as desired.



OLDEN ORGANICS
WWW.OLDENORGANICS.COM



story & photos by MICHAEL SORENSEN

a Helping Hand

IT'S BEEN NEARLY SIX YEARS SINCE RICHARD AND TRACY VINZ FROM OLDEN ORGANICS GOT INTO THE SPIRALIZING BUSINESS, TRANSFORMING SQUASHES, BEETS, SWEET POTATOES AND MORE INTO GLUTEN-FREE, LOW-CARB, KETO-FRIENDLY, RECIPE-READY RIBBONS. SINCE THEN, THEIR BUSINESS HAS BOOMED.

"When we put in the kitchen five years ago I had high hopes we could rent it out on days when we weren't in there," Tracy tells me from behind a makeshift desk outside the cutting room. "Now we're in there seven days a week, and if I could have an eighth day a week, I would. It's nonstop."

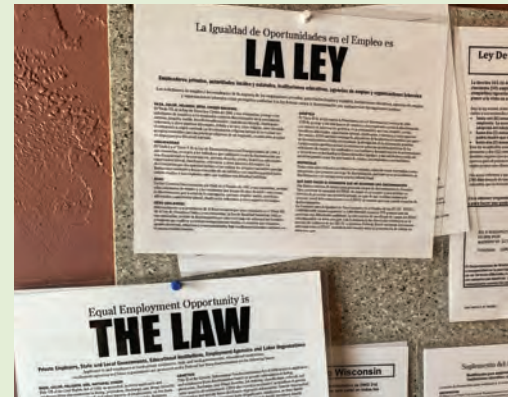
In the past five years, Olden has expanded from spiralizing veggies to adding cauliflower rice, seasonal vegetable mixes, shaved Brussels sprouts and some of the best guacamole we've ever tasted. "We thought long and hard about making guacamole because it wasn't our mission. It wasn't local food,

but at the same time we would bring in organic zucchini in the winter so what's the difference? Now we are making about 600 containers of it a week."

On top of that, Olden started supplying Outpost's Central Kitchen with pre-cut vegetables for our recipes and salad bars. With all the added business came the need for more workers, so Olden Organics decided to look into the U.S. government's H-2A Visa program which helps American farmers fill employment gaps by hiring workers from other countries.

"In 2020 we had the opportunity to borrow a farmer friend's crew of H-2A workers and was blown away by how efficient they were. In 2021 we contracted with their farm labor contractor so that we could get a crew for our farm. We supplied the house for the guys to live in and the farm labor contractor paid all expenses to get the gentlemen to the U.S., as well as the workman's comp insurance," Tracy explains.

(continued)



But that relationship between Tracy and the owner of the farm labor contracting business was less than ideal, so Olden made the decision to find someone to assist with the visa paperwork, and then the crew would be employed by Olden Organics instead of someone else. Basically, cutting out the middleman.

“The owner of the farm labor management company and I didn’t get along too well. I was a woman with a voice, and he didn’t like that,” Tracy confides. “Long story short - we had a huge argument due to us filing paperwork for a new contract and he sent his ‘enforcer’ to our crew’s house in the wee hours of the morning, took their phones and gave them ten minutes to pack. He drove them to the bus station and put them all on buses back to Mexico. These were grown men who were treated like cattle. It was human trafficking plain and simple.”

It was a devastating blow to Tracy, her other employees, as well as the town.

“Everyone loved having them around. Their neighbor would grill out for them three days a week, picking up pizzas for

them. My other employees would do the same. They’re part of the family, they come to Thanksgiving dinner, Christmas, they’re part of the community, and to see them treated like this was infuriating.”

“Thanks to help from Senator Tammy Baldwin’s office, the paperwork for the new contract was pushed through and we were able to bring both gentlemen back. We had hoped the process would have worked faster but at least we were able to help get these guys back. In a way, this whole ordeal helped me because I was forced to learn the ins, outs, and everything involved in the H-2A program. Now I really know my farm labor agents. They’re a mother and daughter company out of Virginia and they work with us so well they’re like an extension of our business.”

Olden Organics is a business that keeps growing thanks to a lot of hard work, a support system, and a some helping hands from south of the border.

Here Comes the Sun

GET READY FOR SUMMER NATURALLY!

MAD HIPPIE SKIN BRIGHTENING ROUTINE

GROOVE ON YOUR HAPPY SUPPLE SKIN

Face it, sun is fun but can be harsh on your skin. But who wants complicated skin care during your carefree summer? This handy kit makes it easy as 1-2-3 to gently brighten up your complexion. Each kit includes 15ml – 20ml containers of Vit C Serum, AHA Exfoliating Peel and a Triple C Night Cream ready to pop in your purse or travel bag.



BADGER SUNSCREEN

BANISH THE BURN WHILE SAVING THE EARTH

Ditch the plastic and dip into this tin all – natural, mineral-based sunscreen cream. Reef-friendly certified, so you know it's not just safe for us humans, but also safe for our sea and great lake wildlife. SPF 40



HUMBLE DEODORANT

STAY SWEET IN THE HEAT

Glides on smoothly and keeps you fresh all day. Each soothing scent is crafted with essential oils and botanical extracts – that means no aluminum, parabens, dyes or artificial fragrances. Plus, from the paperboard to the ink and lining, this plastic-free deodorant is biodegradable in 2-5 months and recyclable. Better for you and the planet!



BRITTANIE'S THYME ORGANIC BUG REPELLANT

BUG OFF BUGS

Packaged in recyclable aluminum bottles, this safe and effective organic essential oil-based bug repellent is crafted with quality organic ingredients to keep those bugs away! Its floral and woody scent is light and lovely, yet bugs hate it! Long lasting but doesn't contain citronella or DEET and will not stain clothes.



NUUN SPORT HYDRATION

SLAY YOUR THIRST

Kick up your rehydration game with these fun, fizzy electrolyte tabs. Each tab provides five essential electrolytes, offers up irresistible flavors minus any added sugar. Just drop a tab in 16 oz. of water, wait a few minutes for it dissolve and sip, savor and enjoy.



Co-op Ownership

Money = Equity

Rights & responsibilities

Serves the community

You own the business



VS

Club Membership

Money = Fees/Dues

Rules & regulations

Serves itself

You borrow the services within the membership



What Does It Mean to Join a Co-op? (Spoiler – It's Not Like Joining a Club!)

by MARI WOOD

“LOVE OUTPOST!” IT'S A PHRASE WE HEAR AT THE CO-OP ALMOST ON A DAILY BASIS. ASIDE FROM TELLING US DIRECTLY, OUR CUSTOMERS EXPRESS THAT LOVE BY SHOPPING AT AND BECOMING OWNERS OF OUR COOPERATIVE.

But what does it really mean to be an owner of a co-op? I can tell you what it's not like: being a member of a grocery warehouse club. At our co-op, owners don't pay for the privilege to shop (ALL are welcome at Outpost!), but at a club store, you're required to pay a membership fee before they let you in the door.

Fees aren't charged at food co-ops. Any payments made toward an ownership add up to shares of common stock in the business and is equity in the co-op. That's why we call the people who invest in Outpost our “owners,” since they truly do own the business. Once a \$200 refundable fair share is paid for, co-op owners are done making payments, yet keep enjoying all the benefits of ownership. On the other hand, when you join a membership-based grocery retailer owned by corporate investors, that pesky annual fee never goes away.

And what do you get for a club membership? The right to shop there. Yes, there are some exclusive membership levels that offer an annual rebate at the club stores, but if you have a small family or live alone, it is nearly impossible to receive any financial benefits back.

Grocery co-ops offer its owners both financial and intangible perks for investing in their local community-owned business. At Outpost, all owner benefits are based on patronage of the co-op; so the more you shop, the more you'll save through Outpost Owner Rewards (our loyalty points program), Get

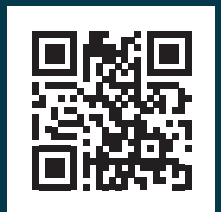
Fresh and Get Local owner-only sales, and discounts on pre-ordered bulk and case purchases (to name a few). The intangible benefits of joining a grocery co-op are nearly too numerous to mention. Outpost has impacted the Milwaukee area for the past 53 years in many positive ways, from job creation, to keeping money in our local economy (47 cents per dollar spent at Outpost remains local according to the American Independent Business Alliance), to charitable giving, Outpost continually strives to achieve our mission of supporting a healthy, diverse and sustainable community. Grocery co-ops are also democratically run organizations that offer their owners the right to vote in annual elections for directors of their cooperative board. So let's review...money in your pocket, a thriving community, and a say in the store you own...What's not to love about co-ops??

The next time you're shopping at Outpost and your cashier asks you if you're an owner of our co-op, hopefully you can proudly say “Yes!” because you're an owner of a business that cares about you and your community, you're not just a member of a club.



Join today –
Become a part of
something great!

outpost.coop/owners/join/



CHECKOUT



..... Hey! There's Pam.

WHO . Outpost Co-op employees & owners

WHERE . Earth Day Parade on the streets of Milwaukee

WHEN . April 22, 1990

Shine like the sun!



The advantages of solar energy are many. It's abundant, renewable, adaptable, cost-saving, and environmentally friendly. Outpost's Mequon store features a 56 kW solar panel array on its roof, quietly generating energy on a clear day and sending it back onto the grid. Since it was installed in 2015, these panels have generated a whopping 365,075 kWh of energy! That's an energy savings equivalent to burning 283,253 pounds of coal or keeping 235,470 pounds of carbon dioxide out of the air.

Outpost Sustainability Report – coming Spring 2023

www.outpost.coop/sustainability/

OUTPOST
NATURAL FOODS