

GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS CO-OP

OUR THANKSGIVING
ORDERING MENU
LET US DO THE
COOKING

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NOTHING FANCY

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MEALS • PAGE 18

AN APPLE A DAY
PATTERSON
ORCHARDS
KEEPS US
LOCAL

PAGE 24

PLU 3010
FALL 2023

FREE WITH ANY PURCHASE



DECEMBER 1-31, 2023

Buy a \$100 gift card and receive a \$5 gift card—FREE!

One for you and one for a friend.

Holiday Gift Card Bonus!

Our gift cards don't expire or lose value. Offer valid only on gift cards purchased in store, online purchases are not eligible. For every \$100 you spend on gift cards, you'll receive a \$5 gift card at no charge. Offer good only for \$100 increments purchased.



November 1 – December 31

For \$20 Outpost purchases \$40 worth of natural and organic foods for those in need, including fresh produce!

Since 1999, Outpost's Buy A Bag program has provided over **\$2.2 million** worth of natural and organic food to Hunger Task Force.

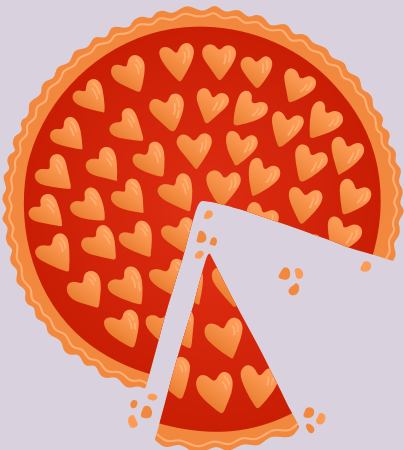


Donate \$20—or any amount—at an Outpost register or online at www.outpost.coop

Saturday, November 11

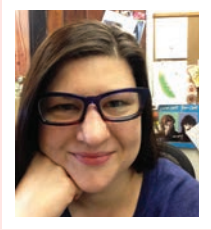
11 a.m. – 1 p.m.
or until pie is gone

BUY A SLICE
Fundraiser
all locations



Suggested \$2 donation – all proceeds go to Buy a Bag

WHO IS GRAZE ?

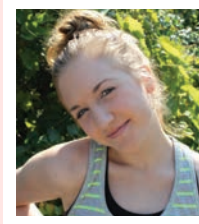


i am CARA BERKEN.

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.



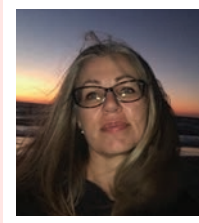
i am LISA MALMAROWSKI.

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 "bubbler". 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.

A QUARTERLY PUBLICATION OF
OUTPOST NATURAL FOODS COOPERATIVE

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WE'D LOVE TO HEAR FROM YOU!

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OUTPOST
NATURAL FOODS

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Holiday Hours

CLOSED THANKSGIVING DAY

CHRISTMAS EVE: 8AM-5PM

CLOSED CHRISTMAS DAY

DECEMBER 26: 8AM-7PM

NEW YEARS EVE: 8AM-6PM

NEW YEARS DAY: 9AM-6PM

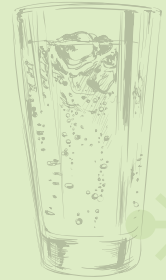
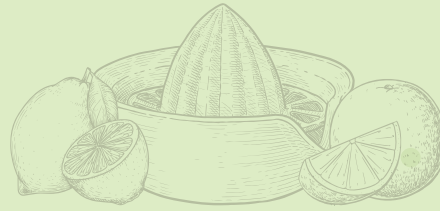
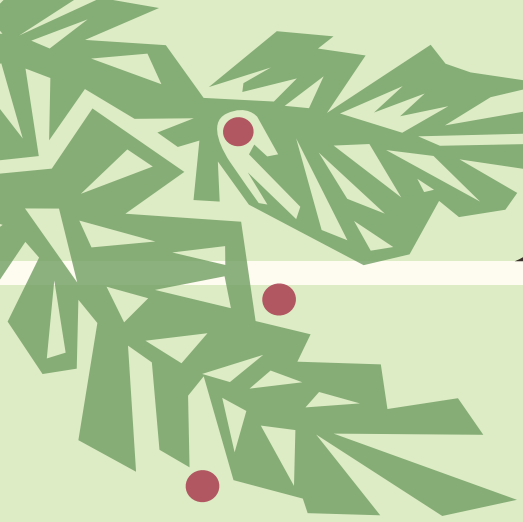
OUTPOST
NATURAL FOODS

WANT MORE OUTPOST?

WWW.OUTPOST.COOP



A toast



Cranberry Paloma

2 ounces cranberry juice
1 ounce fresh squeezed grapefruit juice
1 ounce fresh squeezed lime juice
1½ ounces Spiced Simple Syrup
2 ounces tequila
Sparkling water
Garnish – Rosemary sprig, grapefruit slice, cinnamon stick

Instructions:

1. Using a cocktail shaker, combine cranberry juice, grapefruit juice, lime juice, simple syrup, and tequila. Shake.
2. Pour into a sugar-rimmed glass, fill with ice, and top it off with sparkling water.
3. Add garnish.

Optional:

1. Wet the rim of a glass with grapefruit juice.
2. Dip or roll in a shallow dish of sugar. Shake off any excess.

Spiced Simple Syrup

1. In a small saucepan, combine ½ cup granulated sugar, ½ cup water, 2 whole cinnamon sticks, 2 whole cloves, 2 star anise, and 1 vanilla bean, split – OR – ½ teaspoon vanilla.
2. Bring to a boil and continue boiling until sugar is dissolved.
3. Remove from heat and set aside to allow for the spices to infuse with the syrup while cooling.
4. After 10 minutes, strain the spices from the syrup. Store in a jar in the fridge until ready to use.

to 2024



*Out with the old,
in with the new,
Cheers to the future,
and all that we do!*

Spiced Pear Bellini

3 cinnamon sticks
1 teaspoon ground cardamom
¼ cup sugar optional
4 cups pear juice or nectar
1 bottle of sparkling wine*

Instructions:

1. Pour about an ounce of the spiced pear juice into a glass
2. Top with sparkling wine
3. Add a thin pear wedge for garnish

**Also great with a non-alcohol sparkling wine*

Spiced Pear Nectar

1. Crack apart the cinnamon sticks by placing them on a sturdy surface giving them a sharp blow with the heel of your hand using the flat side of a Chef's knife.
2. To a saucepan, add the broken cinnamon, cardamom, sugar (if using) and pear juice.
3. Cook on high heat until boiling. Then turn off heat and cover.
4. Let sit for at least an hour.
5. Strain out the large pieces of cinnamon as you pour into a pitcher or other large container to cool.
6. Cool completely before serving.

(our) TABLE OF NIGHTSHADES

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 VARIETY IS THE SPICE OF LIFE

Go GOJI BERRIES



ORIGIN . CHINA
FLAVOR . VARIES—STRONG, BITTERSWEET
BENEFITS . VIT C, IRON, PROTEIN

As ASHWAGANDHA



ORIGIN . ASIA
FLAVOR . FRESH, LIGHT, EARTHY
BENEFITS . ADAPTOGEN, STRESS RELIEF

THE NIGHTSHADE, OR SOLANACEAE, FAMILY OF FRUITS AND VEGETABLES GETS A LOT OF PRESS. THEY ARE SOME OF OUR MOST BELOVED FOODS. IT'S HARD TO IMAGINE PIZZA WITHOUT THE RICH FLAVOR OF SLOW-COOKED TOMATO SAUCE OR A SAVORY HUNGARIAN STEW WITHOUT THE SIGNATURE FLAVOR OF PAPRIKA.

Nightshades are amazing sources of antioxidants, nutritional compounds that are believed to lower the risk of heart disease and cancer. Hot peppers have anti-bacterial properties, and all nightshades are high in vitamin C and fiber. It's no wonder the Mediterranean diet is touted for its health and taste benefits!

Po POTATOES



ORIGIN . PERU & BOLIVIA
FLAVOR . VARIES—SWEET, DRY TO CREAMY, STARCHY
BENEFITS . POTASSIUM, VIT C, FIBER, PROTEIN

Eg EGGPLANT



ORIGIN . SOUTHEAST ASIA
FLAVOR . NEUTRAL, SLIGHTLY SWEET, VEGETAL
BENEFITS . VIT B1, MANGANESE, FIBER

Hp HOT PEPPERS



ORIGIN . CENTRAL & SOUTH AMERICA
FLAVOR . VARIES BY VARIETY, HOT
BENEFITS . ANTI-INFLAMMATORY, VIT C, VIT E

Cp CAYENNE PEPPER, GROUND



ORIGIN . CENTRAL & SOUTH AMERICA
FLAVOR . VARIES—SWEET, HOT
BENEFITS . ANTI-INFLAMMATORY, VIT C, VIT E

To TOMATO



ORIGIN . PERU & BOLIVIA
FLAVOR . VARIES—SWEET, MEATY, JUICY, BRIGHT
BENEFITS . ANTIOXIDANT, VIT C, BIOTIN

Tm TOMATILLO



ORIGIN . MEXICO
FLAVOR . VARIES—TART, DRY, SLIGHTLY SWEET
BENEFITS . FIBER, VIT C, VIT A.

Sp SWEET PEPPERS



ORIGIN . CENTRAL & SOUTH AMERICA
FLAVOR . VARIES—SWEET, JUICY, FRUITY
BENEFITS . ANTIOXIDANT, VIT C, VIT A

Pa PAPRIKA, GROUND



ORIGIN . SOUTHERN MEXICO.
FLAVOR . VARIES—SWEET TO SPICY, FRUITY, SMOKY
BENEFITS . ANTIOXIDANT, VIT A, VIT E

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

There is another more controversial side to this family of plants: some people may be sensitive to the alkaloid, solanine, found in nightshades. The good news is that there are simple ways to reduce exposure to this alkaloid. Potatoes have traditionally had the highest concentration. Nowadays, modern potatoes have much lower concentrations; most of it is found in the inedible leaves and stems and in the skin. So, peeling helps as does avoiding green-skinned potatoes. Contrary to popular opinion, the green skin is not harmful; it just signals that the potato contains more alkaloids. You may also wish to avoid green tomatoes for the same reason. Cooking also helps reduce alkaloids in all varieties of nightshades.

With any food, and we mean any, it's best to eat a variety and "eat the rainbow." A diet bursting with fresh fruits and vegetables is the best way to ensure you're getting a variety of nutrients and flavors!



SPANISH EGGPLANT & RED PEPPER PATÉ

SERVES 8-12

This is a nice, light lemony vegetable-based dish to serve alongside the rich and spicy flavors of many tapas. It also makes a great sandwich topping.

2 medium eggplants
2 red bell peppers
2 cloves garlic, chopped
1 lemon, juice and half of the rind, zested
4-6 tablespoons olive oil, divided
1 tablespoon sweet paprika
Salt and freshly ground pepper to taste
Chopped flat leaf parsley for garnish

1. Preheat oven to 375 degrees.
2. Prick eggplants and bell peppers with a fork and brush lightly with olive oil. Place on a baking sheet and roast for 45 minutes to 1 hour. Remove from oven and cool. You can do this step ahead and pop veggies in the fridge to finish the pâté later.
3. Peel peppers, remove stems and seeds and chop into chunks. Cut eggplants in half and spoon out flesh.
4. In a large sauté pan, heat a small amount of olive oil over medium heat. Add garlic and cook for 2 minutes, then add the eggplant and red pepper chunks and sauté for 5 minutes.
5. Transfer cooked vegetables into a food processor. Add 2-3 tablespoons olive oil, lemon juice and zest, paprika, and salt and pepper. Pulse the mixture until roughly chopped. You want to see pieces of the vegetables.
6. Garnish with parsley and serve at room temperature with crudités and sliced baguette.

squash

(two ways)

THIS TIME OF YEAR, THE WINTER SQUASH VARIETIES AT OUTPOST ARE SIMPLY GOURD-GEOUS. WE HAVE NARRAGANSETT NATIVE AMERICANS TO THANK FOR THE WORD "SQUASH," DERIVED FROM *ASKUTASQUASH*, WHICH MEANS "EATEN RAW OR UNCOOKED." WE'RE HEATING UP THE OVEN FOR THESE TWO RECIPES. WITH CHEESY PUMPKIN, THE SERVING DISH IS THE SQUASH. THE ULTIMATE IN ECO-FRIENDLY DINING. AND SURPRISE, SURPRISE – BUTTERNUT SQUASH PUDDING AS A STAND IN FOR PUMPKIN PIE? HOO, YEAH.

CREAMY BUTTERNUT SQUASH PUDDING

SERVES 6 FOR DESSERT **Vegan • Gluten free**

Butternut squash lends this treat a velvety texture when blended. Depending on the moisture content of your squash after roasting, add almond milk in small increments with the blending process to achieve a smooth blend. If you need to use upwards of a cup of milk or more, that's okay. We felt a food processor works best for this dessert. The heat of the squash will melt the coconut cream and oil. Adjust for sweetness and spices if more is desired.

1 large butternut squash, 5–6 cups peeled, seeded, and cubed

Extra-virgin olive oil, for drizzling

½ cup coconut cream*

¼ cup maple syrup

1 tablespoon coconut oil

1 teaspoon vanilla

1 teaspoon cinnamon

¼ teaspoon nutmeg

¼ teaspoon ginger

⅛ teaspoon sea salt

Almond milk, if necessary, to blend

Optional toppings: your choice of whipped cream topping, grated chocolate, toasted pecans

1. Preheat the oven to 425 degrees and line a large baking sheet with parchment paper.
2. Arrange the squash cubes on the baking sheet and toss with just a little bit of olive oil. Roast for 30–35 minutes or until tender and soft.
3. Transfer the hot squash to a food processor and add the coconut cream, maple syrup, coconut oil, vanilla, cinnamon, nutmeg, ginger, and salt. Blend until smooth, adding almond milk, if necessary, to reach a velvety smooth blended consistency. Taste and adjust the sweetness and spices to your liking along the way.
4. Transfer to ramekins or dessert bowls and chill 4 hours or overnight. Serve with desired toppings.

**Note: Be sure to mix the coconut cream before measuring to ensure all the liquid in the can is incorporated with the solids.*



1ST
way.





CHEESY PUMPKIN

Serves 8 - 10 **Vegetarian • Gluten free with substitutions**

The ultimate party pun'kin. When we were photographing this dish, we thought, "Let's use Honeycrisp apple slices to scoop the cheesy bread mixture from our plates." And the rest is history. It is all the flavors of autumn in one bite! Be sure to use your favorite Wisconsin cheeses. For our melty mélange, we used Cesar's Sharp White Cheddar for a rich, tangy bass note, and a blend of creamy Roth Gouda and Marieke Foenegreek Gouda for something lightly nutty. And remember to dig in on the cheesy fun by scooping out some of the roasted pumpkin flesh along with the gooey cheesy stuffing.

- | | |
|---|---|
| 1 12–15-inch baguette cut into ¼-inch slices | 8 ounces white cheddar cheese, grated |
| 1 6–7-pound pumpkin (any type of pumpkin will do) | 8 ounces melting cheese, grated (like Emmental, Gruyere, Fontina, or Gouda) |
| 1¾ teaspoons salt, divided | 1 tablespoon vegetable oil |
| 1½ cups heavy cream | Sliced apples and additional toasted baguette slices (optional) |
| 1 cup low-salt chicken or veggie broth | |
| ½ teaspoon ground black pepper | |
| Pinch cayenne or other type of pepper, to taste | |

1. Arrange rack in lower third of oven and preheat to 450 degrees. Make sure there is enough room above to accommodate a whole pumpkin.
2. Toast baguette slices in one layer on a baking sheet in oven until tops are browned, about 5–8 minutes. Break into smaller pieces. Set aside.
3. Prepare the pumpkin: Using a sharp knife cut a wide circle around pumpkin stem and remove the top cap with stem. Scrape out seeds and fibers from inside the pumpkin and the bottom of the cap. Season pumpkin cavity with a sprinkling of ¾ teaspoon salt.
4. In a medium bowl, whisk together cream, chicken broth, pepper, cayenne, and 1 teaspoon salt. In a separate bowl, toss to combine the grated cheeses.
5. Line the inside bottom of the pumpkin with a layer of toasted baguette pieces, then cover with 1 cup of cheese and about ½ cup cream mixture. Continue layering bread slices, cheese, and cream mixture, until all the cream mixture is used. The pumpkin should be filled to no less than ½-inch of the opening.
6. Cover pumpkin with its top and place on a small oiled roasting pan. Brush outside of pumpkin all over with 1 tablespoon vegetable oil. Bake until pumpkin is tender, and filling is puffed, 1¼ - 1½ hours.
7. Carefully transfer pumpkin from pan to a serving platter. Lift off the cap and give it a good stir right before serving. For the meltiest presentation, serve hot from the oven.



2ND
way.



TURKEY IN A HURRY

WE BLAME NORMAN ROCKWELL FOR THE EXPECTATION THAT EVERY THANKSGIVING DINNER WILL FEATURE A WHOLE, PERFECTLY ROASTED TURKEY PRESENTED TABLESIDE, ON A GIANT PLATTER, AND CARVED EXPERTLY WITH NO MESS. IF THIS IS YOU, WE'RE SLOW-CLAPPING IN AWE BECAUSE WE ARE IMPRESSED! IF IT'S NOT YOU, THEN WHY NOT SKIP SPENDING THE WHOLE DAY IN THE KITCHEN AND AVOID DRIED OUT BREAST MEAT BY COOKING YOUR TURKEY IN PIECES! YOU'LL BE ABLE TO PRESENT A PERFECTLY COOKED AND CARVED PLATTER OF TURKEY WITH PERFECT GARNISHING, JUST LIKE THE COVER OF A MAGAZINE!

- 1 whole cut turkey – wings, legs and breast split – or just buy the cuts you like!
- 2 large onions, cut into 6 wedges
- 4 cloves garlic, halved
- 2 tablespoons kosher salt
- 1 tablespoon fresh sage, minced
- 1 tablespoon fresh thyme leaves, minced
- 1 teaspoon finely ground black pepper
- 1 teaspoon sweet smoked paprika
- ½ cup extra-virgin olive oil

1. Preheat the oven to 450 degrees. In a large roasting pan, arrange the turkey pieces, leaving space between them. Tuck the onions and garlic in between the turkey pieces, then sprinkle everything with the salt, sage, thyme, black pepper and smoked paprika. Drizzle olive oil all over and rub turkey pieces to thoroughly coat. Place uncovered in oven and cook until browned, 25-30 minutes. Lower the heat to 400 degrees and continue cooking until an instant-read thermometer inserted

- into the thickest point in each piece registers 165 degrees which takes about 20-30 minutes.
2. Remove the pan from the oven, top with loosely fitted aluminum foil (to help keep it warm) and let the turkey rest for 15 minutes.
3. Transfer turkey to a cutting board, then slice the breast meat against the grain. Slice some dark meat if you like as well. Transfer all of the pieces to a large platter, garnish like a boss, and serve immediately.

LOOK FOR CUT TURKEY
PIECES IN OUR FRESH
MEAT DEPARTMENTS

OUTPOST TURKEYS

YOU'LL GOBBLE 'EM UP!

ALL TURKEYS SOLD AT OUTPOST COME FROM REPUTABLE MIDWEST FAMILY FARMS WHERE THE BIRDS HAVE FREE-RANGE ACCESS TO THE OUTDOORS, ARE RAISED SUSTAINABLY OR ORGANICALLY, ARE NEVER GIVEN ANTIBIOTICS, AND ARE NOT PROCESSED USING FILLERS, FLAVORINGS OR OTHER INGREDIENTS.

LARRY SCHULTZ FARM

OWATONNA, MINNESOTA

- USDA Certified Organic
- Frozen



FERNDALE FARMS TURKEY

CANNON FALLS, MINNESOTA

- Naturally raised
- Frozen



HERITAGE BREED TURKEYS

Our heritage turkeys are a breed apart from the rest of the flock. These birds are Wisconsin pasture raised and grain supplemented in very small flocks. It takes a lot of work to raise turkeys in this manner in order to achieve market weight within a shorter upper Midwest growing season, so the price reflects this effort. However, birds raised on pasture have a richer turkey flavor and texture.

KELLNER BACK ACRE GARDEN

DENMARK, WI

- Narragansett & Red Bourbon breeds (mix)
- Organically raised
- Frozen



PLEASE NOTE:

MOST OF OUR TURKEYS WILL BE AVAILABLE BY NOVEMBER 1, 2023. HERITAGE TURKEYS ARRIVE MID MONTH.

coop™
deals

NOV.
1-28



FERNDALE FARMS FROZEN TURKEY

Cannon Falls, MN

While supplies last • No pre-orders

2.29 per lb.



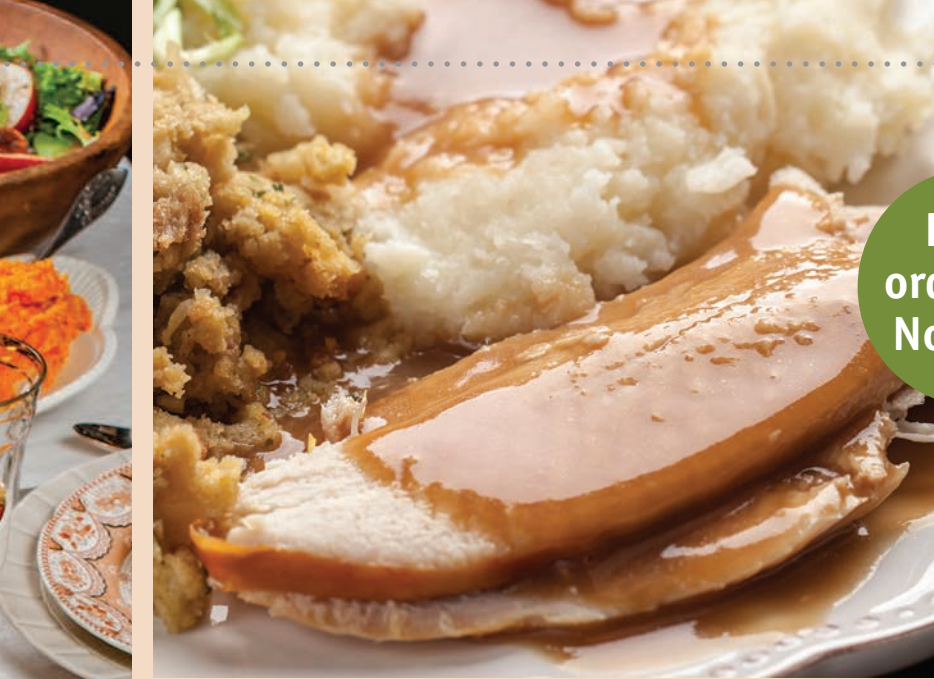
COOKING RATIOS & TIMES

NUMBER OF GUESTS	SIZE OF TURKEY	THAWING TIME	COOKING TIME
	1-1½ lb. per person, plus leftovers	always thaw turkey in a refrigerator	cooking times are approximate
4	4-8 lb.	1-2 days	2-3 hours
6	8-12 lb.	2 days	2-3 hours
8	12-14 lb.	2-3 days	3 hours
10	15-16 lb.	3-4 days	3.5 hours
12	18-20 lb.	3-4 days	4 hours
14	21-22 lb.	4-5 days	4.5 hours
16	24 lb.	4-5 days	4.75 hours



THANKSGIVING

FROM OUTPOST NATURAL FOODS



Place orders by Nov. 15!

ONLINE ORDERING FOR THANKSGIVING



Order portal opens on October 23, 2023

Thanksgiving menu orders must be placed online.

Visit: outpost.coop/thanksgiving

PRE-ORDER DEADLINE

All pre-orders must be placed by **Wednesday, November 15** and be paid for at time of order. *Order early – quantities are limited!*

PICK-UP DAYS

Orders may be picked up **Monday, November 20 — Wednesday, November 22** during store hours

Orders may be picked up during store hours by coming into the store or using our curbside pick-up service. See website order portal for details and to schedule your pick-up time and place.

Please note – our stores are closed on Thanksgiving – Thursday, November 23. All Thanksgiving menu items are available while supplies last.

- Our foods are crafted from scratch & chock-full of quality organic and local ingredients
- We never use any artificial flavors, colors or preservatives
- Our bakery is handmade from scratch by our in-house bakers using delicious ingredients like organic butter, apples & pumpkin
- For our vegan bakery, we use only non-hydrogenated fats

Dinners

Each dinner includes turkey or plant-based roast and sides. Whole turkey dinners also include a whole pie. Just reheat and serve!

Vegan Celebration Roast Dinner for Two.....\$38
One pound Field Roast Celebration Roast with Outpost’s Own Vegan Gravy. Vegan Mashed Potatoes, Autumn Roasted Vegetables, and choice of Leek Stuffing or Wild Rice Pilaf.

Turkey Dinner for Two.....\$49
Outpost roasted boneless turkey breast, thickly sliced, with choice of sides and gravy.

Turkey Dinner for Four.....\$95
Outpost roasted boneless turkey breast, thickly sliced, with choice of sides and gravy.

Smoked Whole Turkey Dinner (10-12 lbs.).....\$196
Serves 6-8. Ferndale Market fresh uncured smoked whole turkey with choice of sides, gravy and pie. Allow 1-2 hours to reheat.

Classic Whole Turkey Dinner (14-16 lbs.).....\$229
Serves 8-10. Plainville Farms traditionally cooked whole turkey with choice of sides, gravy and pie. Allow 1-2 hours to reheat.

(Thanksgiving Sides and Desserts menu continues on page 16)

Side dish choices for Turkey Dinners include:

- Potato:** (choose 1)
 - Berry Yam Bake
 - Classic Mashed Potatoes
 - Smashed Asiago Red Potatoes
 - Vegan Mashed Potatoes
- Vegetable:** (choose 1)
 - Autumn Roasted Vegetables
 - Green Bean Mushroom Bake
 - Creamed Corn
 - Roasted Brussels Sprouts
- Grain or Stuffing:** (choose 1)
 - Brown & Wild Rice Pilaf
 - Leek Stuffing
 - Wheat-Free Classic Stuffing
- Pie:** (choose 1)
 - Classic Pumpkin
 - Vegan Pumpkin
 - Wheat-free Pumpkin
 - Classic Apple Double Crust
 - Vegan Apple Cranberry Crumble
 - Wheat-Free Apple Crumble

Sorry, no substitutions



Sides

When ordering sides for your holiday meal, plan about ¼ pound per adult.

Potato Sides (minimum 2 lb. order)

Classic Mashed Potatoes (WF).....\$6.99/lb.

Satiny mashed organic russet potatoes with organic milk and organic butter.

Vegan Mashed Potatoes (V, WF).....\$6.99/lb.

Velvety mashed organic russet potatoes with organic soy milk and vegan buttery sticks.

Smashed Asiago Red Potatoes (WF).....\$6.99/lb.

Smashed organic red potatoes with aged asiago cheese, organic milk and organic butter.

Berry Yam Bake (WF).....\$9.99/lb.

An Outpost classic! Organic sweet potatoes with cranberries, honey, cinnamon and gluten-free rolled oats.

Stuffing (minimum 2 lb. order)

Leek Stuffing (V).....\$8.99/lb.

An Outpost Classic! Savory combination of cubed bread, organic leeks, organic onions and organic celery seasoned with fresh thyme, sage and parsley.

Classic Wheat-Free Stuffing (WF).....\$11.99/lb.

Cubed Canyon Ranch bread with organic onions, organic celery, organic cremini and shiitake mushrooms, seasoned with fresh herbs and spices.

Vegetables (minimum 2 lb. order)

Green Bean Mushroom Bake (WF).....\$7.99/lb.

Organic green beans in a creamy sauce with organic mushrooms and organic onions.

Creamed Corn (WF).....\$7.99/lb.

Organic corn highlighted with onion in a cornmeal thickened cream sauce seasoned with turmeric and a hint of rosemary.

Autumn Roasted Vegetables (V, WF).....\$9.99/lb.

A medley of organic sweet potatoes, organic golden beets, organic carrots, organic parsnips, organic turnips, organic red potatoes and organic red onions, roasted in a cider brown sugar vinaigrette.

Brussels Sprouts (V, WF).....\$15.99/lb.

Organic Brussels sprouts and organic sweet potatoes roasted in a balsamic vinaigrette with just a hint of garlic and cumin.



Other Sides (minimum 2 lb. order)

Cranberry Chutney (WF).....\$8.99/lb.

Our classic combination of organic raw cranberries, organic Granny Smith apples, mandarin oranges, pineapple and walnuts tossed with honey and a hint of cinnamon.

Brown & Wild Rice Pilaf (V, WF).....\$5.99/lb.

Organic wild and brown basmati rice seasoned with organic tamari, organic scallions and organic garlic.

Four Cheese Mac & Cheese.....\$6.59/lb.

Cheddar, mozzarella, Swiss and Parmesan cheese with a hint of garlic, make up this popular Mac & Cheese. Topped with crispy herbed panko breadcrumbs.

Gravy (minimum 1.5 lb. order)

Mushroom Gravy (V, WF).....\$6.99/lb.

A rich and flavorful vegan gravy made with crimini mushrooms and oat milk.

Turkey Gravy (WF).....\$8.99/lb.

Made from rich turkey stock and simmered with fresh herbs and spices.

(V) – Vegan **(WF)** – Wheat-free

Desserts



Pies serve 6-8.

Apple Double Crust Pie.....\$16.99

A double crust of our handmade flaky pie dough filled with tart organic apples dusted with cinnamon and sugar.

Apple Cranberry Crumble Pie (V).....\$15.99

Our handmade flaky vegan dough filled with tart organic apples and cranberries, topped with old fashioned vegan crumble.

Wheat-Free Apple Crumble Pie (WF).....\$17.99

Our handmade wheat-free dough filled with tart organic apples and topped with wheat-free crumble.

Classic Pumpkin Pie.....\$18.99

A classic made with organic pumpkin and topped with whipped cream.

Vegan Pumpkin Pie (V).....\$16.99

A traditional pumpkin pie made with organic pumpkin, organic soy milk, sugar and spices.

Wheat-Free Pumpkin Pie (WF).....\$19.99

Our traditional pumpkin pie made with wheat-free pie dough.

Pumpkin Praline Cheesecake.....\$33.99

Our delicious homemade pumpkin cheesecake topped with caramel sauce and pecans for a dreamy praline finish. Serves 12.

Cook *the* Book!





by LISA MALMAROWSKI •
photos CARA BERKEN

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

FROM VIRAL RECIPES ON SOCIAL MEDIA TO A NEW YORK TIMES COLUMN AND A STINT FOR BON APPETIT MAGAZINE, ALISON HAS SHARED HER LOVE OF COOKING SIMPLE AND CRAVE-ABLE FOODS WITH PRETTY MUCH THE WORLD. WITH GLOBAL FLAVOR INSPIRATIONS, THE RECIPES IN THIS BOOK MANAGE TO BE BOTH FAMILIAR AND ADVENTUROUS AT THE SAME TIME. WE HAD A HARD TIME PICKING OUR FAVORITES TO SHARE, SO WE LANDED ON THE ONES THAT LENT THEMSELVES WELL TO COZY FALL OR HOLIDAY DINNERS.

She claims, "This is not a book about entertaining," but Alison, it is! Okay, we'll agree that cooking simply and flavorfully is one of the best ways to tell friends and family that you love them.

GARLICKY BEET DIP *with* WALNUTS

MAKES ABOUT 2 CUPS

Vegetarian • Gluten-free • Vegan with substitutions

Inspired by Romanesco, this dip comes together in minutes. The sweetness of the beets (or try roasted carrots or sweet potatoes) shines from the tangy vinegar, the slightly bitter notes of roasted nuts and creamy sour cream. You don't have to add the sour cream (or yogurt) but it's worth it and besides, it looks so pretty! Serve with raw vegetables, crusty bread, toast or crackers.

- 1 pound beets, tops removed and scrubbed
- 1/3 cup olive oil, plus more for drizzling
- Kosher salt and fresh ground pepper
- 1 garlic clove, finely grated
- 1/3 cup walnuts, hazelnuts, or almonds, toasted
- 2 tablespoons red wine vinegar or white wine vinegar, plus more as needed
- 1/2 cup sour cream or full-fat Greek yogurt
- 1/4 cup fresh dill, coarsely chopped

**Note – Dip can be made up to 1 week ahead, wrapped tightly and refrigerated.*

nothing fancy



ALISON ROMAN

THE BOOK:

Nothing Fancy • by Alison Roman

- Party ready recipes • Very simple
- Big on flavor • Easy to customize
- Handy tips throughout



(continued)

STICKY ROASTED CARROTS with CITRUS & TAHINI

SERVES 4 – 6

Vegan/Vegetarian • Gluten-free

The combination of sweet, roasted carrots on a bed of tahini cream kicks a bit like a peanut butter and jelly sammy, only one that's savory as well. Any of the suggested citrus will work great but we went with lemon because it was what we had on hand. This recipe can be made ahead – up to a few hours – keep the carrots warmish by loosely wrapping them until ready to share. And the tahini sauce can be made a week in advance – just seal well and pop in the fridge.

- 1 small or ½ medium red onion, peeled and cut into ½-inch wedges
- 2 tablespoons fresh lemon or lime juice, plus more for seasoning
- Kosher salt and freshly ground pepper
- 2 bunches small carrots, about 1 pound, scrubbed and tops removed if applicable
- 1 small blood orange, tangerine, or lemon; thinly sliced, seeds removed
- ½ teaspoon crushed red pepper flakes
- 2 tablespoons pure maple syrup or honey
- ¼ cup olive oil, plus more for drizzling
- 3 tablespoons olive oil

1. Preheat oven to 425 degrees.
2. Toss the onion and lemon juice together in a small bowl. Season with salt and pepper and let sit for 8–9 minutes.
3. Drain the onion, discarding the liquid. On a rimmed baking sheet, toss the onion with the carrots, orange, (or other citrus), red pepper flakes, maple syrup, and olive oil.
4. Roast, tossing occasionally until the carrots and citrus slices are totally tender and caramelized at the ends, 25–30 minutes.
5. Meanwhile, combine the tahini and water in a small bowl; season with salt and pepper.
6. Spoon some of the tahini on the bottom of a large serving platter or plate and top with roasted carrots, onion, and citrus. Serve extra tahini sauce alongside.





HARISSA-RUBBED PORK SHOULDER *with* WHITE BEANS & CHARD

SERVES 6 – 10

Gluten-free

No pre-sear, no complicated preliminary steps – just pop it in the oven. The addition of beans and greens make it a whole meal plus they get real happy cooking in the pan juices. When choosing a harissa – a citrusy, Tunisian chili sauce – look for the heat level you like from mild to spicy. Don't skip the preserved lemon, it's lends a lush, nuanced flavor to the dish.

- 4 pounds boneless pork shoulder
- Kosher salt and freshly ground black pepper
- ½ cup harissa paste
- ¼ cup distilled white vinegar
- 3 tablespoons tomato paste
- 3 tablespoons light brown sugar
- 1½ cups water
- 2, 15-ounce cans small white beans like cannellini or great northern, drained and rinsed
- 1 large bunch chard, stems removed, leaves torn into bite-sized pieces
- 1 preserved lemon, seeds removed, thinly sliced
- 1 cup cilantro, tender leaves and stems
- 1 lemon, halved

1. Preheat oven to 325 degrees.
2. Season the pork with salt and pepper and place into large Dutch oven. Combine the harissa paste, vinegar, tomato paste, brown sugar, and garlic in a medium bowl. Smear the mixture all over pork, getting into all the nooks and crannies, and add the water. Place the lid on the pot and roast, until the pork is nearly falling-apart tender, 3–3½ hours.
3. Remove the lid, season with salt and pepper. Increase oven temperature to 425 degrees and return the pot to the oven, uncovered. Roast until the beans have soaked up all the liquid and the top of the pork is deeply golden brown, 40–45 minutes. Keep an eye on it so that the liquid doesn't evaporate.
4. Transfer pork to cutting board. Add the chard and preserved lemon to the beans and stir to wilt the leaves. Slice pork into ½ inch thick slices (if it starts to shred, that's fine). Transfer beans and chard to a large serving platter or dish and place pork on top or just serve it from the roasting pan. Scatter with cilantro and serve the fresh lemon on side for squeezing over.



(continued)

Buy the Book!

Available at your local Outpost

Nothing Fancy by Alison Roman

nothing fancy



ALISON ROMAN



Regularly \$32.50

Owner Price \$26.99



TINY, SALTY, CHOCOLATEY COOKIES

MAKES 24 COOKIES

No special equipment, no fancy techniques, or chilling needed but these over-the-top chocolate cookies shine when you use the best cocoa and chocolate you can find. The kick of salt is the perfect balance for their intense chocolate flavor. Cookies can be baked up to 2 days ahead, wrapped tightly, and stored at room temperature.

6 tablespoons ($\frac{3}{4}$ stick) unsalted butter
2½ cups confectioners' sugar
 $\frac{3}{4}$ cup unsweetened cocoa powder
1 teaspoon kosher salt
2 large egg whites
1 large egg
8 ounces bittersweet chocolate (at least 67% cacao), chopped
 $\frac{1}{2}$ cup finely chopped hazelnuts, almonds, pistachios, pecans, or walnuts (optional)
Flaky sea salt like Maldon

1. Preheat oven to 350 degrees. Line two baking sheets with parchment paper.
2. Melt the butter in a small pot over medium heat, swirl until it starts to foam and brown, 3–4 minutes, whisking occasionally so that the solids don't stick to the bottom of the pot. Let cool.
3. Whisk the confectioners' sugar, cocoa powder, and salt in a medium bowl, to get it as lump free as possible. Or sift together.
4. Using a spatula, mix in the egg whites, whole egg, and browned butter, stirring until you have a smooth-ish mixture (don't be concerned with a few small lumps) followed by the chocolate and any nuts you may want to add.
5. Using a spoon, drop quarter-sized blobs of dough (the texture is somewhere between a dough and batter), spacing about 2 inches apart on the baking sheet – they'll spread a lot. Sprinkle with a dash of flaky salt and bake until the cookies have flattened considerably and look baked through and a little wrinkled, 6–8 minutes. Let cool before eating so they firm up.



(bonus) recipe

CLASSIC CAULIFLOWER GRATIN

SERVES 6-8

Vegetarian • Gluten-free with substitutions

This gratin is like mac 'n cheese, but it's vegetables...and a whole lotta' cheese happiness. In other words, an ultimate comfort food side dish for any fall or holiday dinner! We used Wood River Creamery's Cheddar Gruyere cheese for a Wisconsin twist, but feel free to go classic with Swiss Gruyere.

Bonus, it can be made entirely in advance – just cool, wrap and refrigerate. To serve, reheat in a 350 degree oven covered for about 15 minutes, then remove the cover and bake for another 10–15 minutes until bubbling around the sides.

1 large head of cauliflower, trimmed and cut into florets (about 2½ pounds or 6-7 heaping cups)
3 tablespoons butter, plus more to butter casserole dish
¼ cup all-purpose flour
1½ cups skim or reduced fat milk, warmed
¼ cup heavy cream
2 teaspoons Kosher salt, plus more to taste

Freshly ground pepper to taste
¼ teaspoon fresh nutmeg
6 ounces Cheddar Gruyere cheese, grated (about 3 cups), divided

Topping

3 tablespoons butter
1 clove garlic, finely minced
1¼ cups panko breadcrumbs
1 teaspoon fresh thyme leaves
Salt and freshly ground pepper to taste

1. Keeping the cauliflower as dry as you can is the trick to this dish. Place florets in a microwave-safe bowl and add just enough water to cover the bottom of the bowl, 2–3 tablespoons.
2. Place a plate over the bowl and microwave for 2-3 minutes, until al dente – they should be a bit firm. Timing can be different based on the wattage of your microwave. Drain well.
3. Preheat the oven to 400 degrees and butter the inside of a medium casserole dish.
4. Melt butter in a medium saucepan over medium heat, then whisk in the flour until it absorbs all the butter, about 1–2 minutes. Then slowly whisk in 1½ cups of the warmed milk. Continue whisking until it comes up to a boil. Then, lower the heat, continue whisking, and cook for 2–3 minutes until thickened.
5. Whisk in the heavy cream, salt and pepper, then turn off the heat. Stir in the nutmeg and ⅓ of the grated cheese (about 1 cup) until the cheese is melted.
6. Add the semi-cooked cauliflower to the cheese sauce and mix to combine. Taste for seasoning and salt and pepper to taste. Add cauliflower cheese mixture to buttered casserole dish – include all the cheese sauce. Then sprinkle top with remaining grated cheese. Set aside.
7. Make the topping. Melt the butter in a medium sauté pan over medium heat, then add the garlic and stir around until it starts to sizzle. Then add breadcrumbs, thyme, and a pinch of salt and pepper. Continue to stir until light golden brown, about 5 minutes.
8. Spread the breadcrumbs on top of the cauliflower in an even layer. Bake for about 20 minutes, or until the breadcrumbs have browned a few shades and it's bubbling up around the sides.
9. Allow the gratin to cool down for about 10 minutes before serving.







The Little Orchard That Could

story & photos by
MICHAEL SORENSEN



BREAKING UP IS HARD TO DO. SINCE THE 1970'S OUTPOST BROUGHT APPLES IN BY THE BUSHEL THROUGH A PARTNERSHIP WITH MEQUON'S BARTHEL FRUIT FARM. WHEN BOB BARTHEL AND NINO RIDGEWAY RETIRED IN 2019, NEW OWNERS SUE AND JEFF KNUDSEN KEPT THE APPLES COMING...AND THEN THE PANDEMIC HIT, AND EVERYTHING CHANGED.



Barthel's found themselves stretched too thin with waves of people visiting their farm for quarantine relief, forcing them to rethink their wholesale accounts and deciding to focus solely on selling apples at their spacious farm. Outpost's longtime Produce Category Manager, William Quinn, understood Barthel's choice but wondered what our shelves would look like without a vendor who was with us from the start.

"It wouldn't be Outpost without local produce. It's what we are. We had to have a local apple grower," says William.

Enter Patterson's Orchard.

"It was suggested that we talk to Patterson's," Quinn recalls. "We already had been selling their wonderful cider for years, so I thought maybe Outpost can expand on that. Patterson's only sells apples at their orchard store at 124th and Layton and to some local school districts as well, so it was possible that they would have enough volume to sell to us as well."

(continued)



A trip out to Patterson's picturesque orchard is proof enough they've got the apples.

"We have close to 5,000 trees altogether," third generation apple farmer Jay Patterson tells me as we walked through his lush orchard of apple and pear trees as well as Concord grapes. "My grandfather and father planted these trees together back in 1947. It used to be a mink farm before that. They decided to get out of that business, and they just figured let's give apples a try."

In October and November, the busy season, you'll find the workers picking apples with a graceful skill, maneuvering up and down ladders, swiftly filling a burlap bucket strapped to their body. The baskets are emptied in a "blink and you miss it" motion into a giant wooden bin and then they're off for more.

"We have about 35 different varieties of apples. The season kicks off with McIntosh, Gala, and Honeycrisp apples and then it just keeps getting busier from there: Zestar, Ginger Gold, Paula Red. Thanks to advances in ripening technology and our cold storage facilities we'll have fresh apples well into the winter and beyond."

Like most farmers, the biggest threats to success are two-fold: the weather (good luck influencing that) and pests. The apple's fruit can be especially tricky when it comes to insects.

"Insects seem to like apples at all stages of the fruit's lifetime," Jay tells me with a soft chuckle. "It's not just one kind of bug you have to be on the lookout for. One insect likes to attack the apple when it's a flower, another might show up when it's just turning ripe, and another might appear on the scene at peak ripeness. It's a constant battle."

PATTERSON ORCHARDS
4607 S 124TH STREET
NEW BERLIN, WI 53151



To gain an upper hand Patterson's (just like Barthel's) uses Integrated Pest Management, an environmentally-sensitive approach to pest management that relies on a combination of common-sense practices using only the very minimum amount of chemicals necessary to keep their harvest intact.

"We hire an entomologist who comes out and sets traps for the insects so we can figure out what kind of pest we're dealing with. If there's not a lot of pests, then we don't have to spray. If we do have to spray, we use the least harsh chemicals we can. They cost more, but it's better for the people and us, as the grower to handle. We try to limit how much we spray as much as possible."

2022 was Outpost's first year selling Patterson's apples and they were a huge hit with everyone. Jay says that an anonymous someone on social media called Patterson's the "little orchard that could" and we couldn't agree more.



NEW DEI CO-OP PRINCIPLE DEFINES EVOLVING CO-OP SPIRIT



by MARI WOOD

Thirteen of the original 28 Pioneers. Photo by unknown photographer, 1865.

AS THE TREES TURN GOLD AND THERE'S A NIP IN THE AIR, STUDENTS HEAD BACK TO SCHOOL TO SOAK UP KNOWLEDGE IN THE CLASSROOM. THAT'S WHY THIS OCTOBER (WHICH IS APPROPRIATELY NATIONAL CO-OP MONTH), WE THOUGHT IT'S A GOOD TIME FOR A BRIEF CO-OP HISTORY LESSON. SO SIT BACK, GRAB YOUR NOTEBOOK AND PENCIL, AND LEARN ABOUT THE STORY OF OUR DYNAMIC AND EVOLVING CO-OP PRINCIPLES THAT GUIDE COOPERATIVE BUSINESSES INTO THE FUTURE.

Let's travel back to the longest night of the year on December 21, 1844 when 28 Rochdale Equitable Pioneers opened their co-op storefront on Toad Lane in Rochdale, England. They sold a meager supply of sugar, butter, flour, oatmeal and tallow candles in a response to the over-priced low-quality food offered to them at the company store. For example, there was frequently plaster of Paris and ground bones in the flour, dirt in the cocoa and sugar was half made up of salt. Wanting better for themselves and their families, this group of weavers pooled their resources and contributed one pound each to the creation of a democratically controlled grocery cooperative.

One of the greatest impacts the Rochdale Pioneers had on the modern cooperative movement, was the creation of a list of principles that co-ops have been using as a road map for their policies and practices for the past 179 years. Ever-changing, this list of principles has been edited and updated over the years to define the role of modern-day co-ops in their communities.

That's why, in 2023, it is extremely relevant and important that an eighth Co-op Principle – Diversity, Equity and Inclusion, is currently being added and adopted by food co-ops and credit unions in the United States. The call for an eighth Co-op Principle began in 2019 and was spearheaded by Maurice R. Smith,

Our Cooperative Principles

former CEO of Local Government Federal Credit Union and Civic Federal Credit Union, and the Chairman of the African American Credit Union Coalition. In a 2022 essay, Maurice R. Smith writes, “As times change, perspectives are born. Cooperative identity as expressed through values and principles must resonate with the times.”

Kelly Smith, Senior Director of Marketing, Communications and Cooperative Relations at National Co-op Grocers, agrees. She says, “The International Cooperative Principles were written nearly 180 years ago and have only rarely been updated. Cooperatives, and humanity broadly, still have a long way to go to create a more just, inclusive and prosperous world for everyone. Adopting an eighth Cooperative Principle related to Diversity, Equity and Inclusion makes it clear that these ideals are and continue to be important to cooperatives and should be actively prioritized and pursued for the benefit of society.”

Prior to the creation of the DEI Co-op Principle, Outpost has been earnestly working on DEI-related initiatives since 2020. Outpost’s General Manager, Ray Simpkins, explains: “The Outpost Board of Directors is working on policy that will help incorporate DEI into everything we do. The Co-op has taken many steps to weave DEI into the fabric of our organization. Multiple development hours have been focused on DEI. All directors have had six months of DEI training and development and have completed an Intercultural Development Inventory (IDI), a valid and reliable assessment of intercultural competence.”

Critics of the addition of an eighth Cooperative Principle have suggested that the new principle is unnecessary and that Co-op Principle 1 – Voluntary and Open Membership addresses the issue of inclusivity. Kelly Smith disagrees and says that co-ops need to think about DEI more broadly: “The first Cooperative Principle speaks to membership being open to everyone, without gender, social, racial, political or religious discrimination...It’s important to recognize and fix the systemic issues that hinder inclusive cultures and prevent a more equitable and just society. Voluntary and Open Membership is strengthened when we embrace and engage everyone in governance, management and representation.”

Which makes us wonder, would the original 28 Rochdale Pioneers have agreed with the addition of our newest Co-op Principle? As early adopters of the right for women to own property and vote, the promotion of education and housing for all, and practicing equality through democracy, we think that Co-op Principle 8: Diversity, Equity and Inclusion enhances the cooperative spirit that guides our community-owned businesses into the future.

References:

- “Co-op Principles Then and Now (Parts 1 and 2)” by David Thompson. *Cooperative Grocer Archives: July – August, 1994*
- “Principle 6 Newsletter – It’s Time for an 8th Cooperative Principle” by Maurice R. Smith. *NCBA CLUSA newsletter: December 7, 2022*

1 Voluntary and open membership

2 Democratic member control

3 Member economic participation

4 Autonomy and independence

5 Education, training, and information

6 Cooperation among cooperatives

7 Concern for community

8 Diversity, equity, and inclusion

(just one more) recipe

WARM SPINACH ARTICHOKE DIP

SERVES 10 • **Vegan** • **Gluten-free**

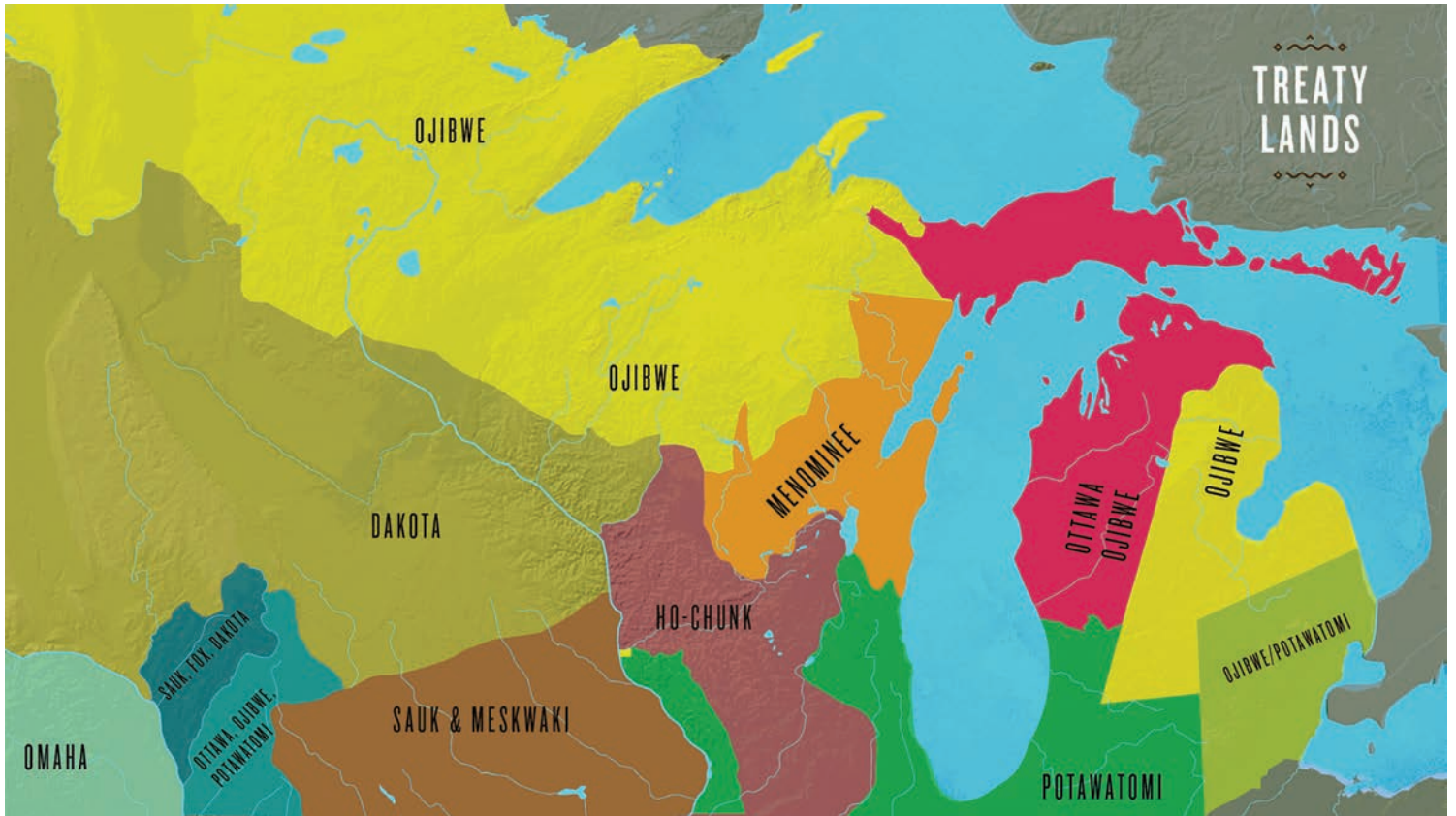
This crowd-pleaser is easy and fast to make. Creamy, cheesy (but dairy free!), and chock full of vegetables, it's perfect for that "dish to pass" at your next party. Be sure to choose silken tofu – the kind you find in a box in the Asian food section – for its light, custard-like consistency. You can make this ahead and refrigerate, just pop it in the oven before serving.

2 tablespoons olive oil
1 onion, roughly chopped
3 garlic cloves, minced
½ teaspoon crushed red pepper flakes, or to taste
5 ounces fresh baby spinach
1, 14-ounce package silken soft tofu
½ cup nutritional yeast flakes
2 tablespoons fresh lemon juice
1 teaspoon dried basil
1½ teaspoons sea salt
½ teaspoon fresh ground black pepper
14 ounces artichoke hearts, drained (canned or frozen)
Fresh parsley, chopped for garnish
Bread, chips or crackers for serving

1. Preheat oven to 350 degrees, and lightly grease a 1-quart baking dish.
2. Heat oil in a large skillet over medium-high heat and sauté the onions until soft.
3. Add garlic and red pepper and cook a few more minutes, then reduce the heat to medium-low and add spinach. Cook, stirring, until spinach is wilted.
4. Using a food processor blend the tofu, yeast, lemon juice, basil, salt and pepper until smooth. Add artichokes and spinach mixture and pulse about 15 times to chop the veggies – you want them to be chunky, so the dip has texture.
5. Transfer the mixture to the prepared baking dish and bake for 30 minutes, or until lightly browned on top. Let cool a bit and serve with bread, chips or crackers. Refrigerate any leftovers. Note - if refrigerating to bake later, cover tightly and use within 2 days.



CHECK OUT



Outpost Natural Foods Cooperative acknowledges that our four store locations and central offices occupy the ancestral home of Indigenous peoples who were forced from their land with the arrival of white settlers. These tribal nations include Anishinaabeg (Ojibwe), Kiikaapoi (Kickapoo), Peoria, Bodéwandimiakiwen (Potawatomi), Menominee, Myaamia (Miami), Waazija (Ho-Chunk/Winnebago), and Očhéthi Šakówin (Lakota).

Descendants and members of these tribal nations continue to live in Milwaukee and its neighboring towns and communities. Many are owners of our co-op and shop at our stores. Their patronage contributes to Outpost's success and the resiliency of our community.

Out of great respect, Outpost pledges to annually contribute \$2,500 to the Gerald L. Ignace Indian Health Center located in Milwaukee.

**You're doing too much already,
let us handle dinner.**



Wholesome meals made with the fresh, natural and organic ingredients you'd use, but they're already cooked. All you have to do is bring it home!

OUTPOST
NATURAL FOODS

4 stores in Metro Milwaukee • 24/7 online shopping • outpost.coop