

GRAZZE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS CO-OP

Summer at **FULL VOLUME**

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TABLE OF
PROBIOTICS**

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TIMES TWO**

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SIGNATURE SALAMI**

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PLU 3010
SUMMER 2024

FREE WITH ANY PURCHASE



LAST WORD.

MORE THAN 27 YEARS AGO, I HOPPED OUT OF MY CAR IN THE SLUSHY PARKING LOT AT 100 E. CAPITOL DRIVE, SLAMMED THE DOOR, AND WALKED INTO MY FUTURE. BUT NOT BEFORE I HEARD A SNAPPING NOISE AS THE BUTTONS OF MY SKIRT POPPED OFF AND FELL INTO THE MUCK. LUCKILY A COUPLE STUBBORN BUTTONS STAYED ATTACHED SO I DIDN'T SHOW UP TO MY JOB INTERVIEW IN JUST TIGHTS AND BOOTS! AND DESPITE TELLING THIS STORY DURING THE INTERVIEW, I STILL GOT THE JOB.



Setting up for our first summer issue of Graze magazine



GRAZE IS PUBLISHED QUARTERLY, WITH NEW ISSUES EACH SEASON.

It's impossible to describe the "co-op smell" that perfumed all my clothes after my first week here at the co-op. I can still hear the sound of pages ringing out across the sales floor over clanging cash registers, rolling shopping carts and laughter. There was always laughter. And if I close my eyes, I swear I can taste the scent of roasting garlic that quickly became stifling in our hot, stuffy loft office over the kitchen. But it did make us hungry, so inevitably someone would head down to scout the hot case for the lunch special. And we would eat, without criticism because those meals were so damn good.

I thought I'd hang out for a few years and figure out what do to next, but along came remodels and expansions and new stores, wholesale accounts and cafes. Writing, recipe development, picking paint colors, new employees, new office spaces and food trends that came and went and came back again. And then somewhere in this gorgeous, relentless mess of a job, I met the love of my life here, and we worked together every day, alongside an incredibly talented and often hilarious group of people, many of whom became friends.

Well, those "few years" turned into decades and one day this past spring, I looked around and realized it was my time to step aside and give someone else a chance to experience the magic of working in this co-op – a rare and special place. You see, community ownership matters, and supporting a business that's founded on principles, is a different way of doing business and is truly a different place to work and a different way to work.

So Outpost, even though I'm retiring, I just can't quit you. I'll still be shopping your aisles, looking for what's delicious, and scouting the cases for lunch specials but this time the garlic won't be overpowering... mostly because your exhaust fans are much better these days.

Savor every moment,

Lisa

GRAZE@OUTPOST.COOP

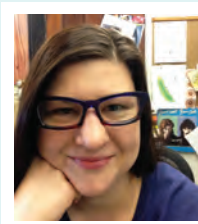


GRAZE is printed by MITERA located in Beaver Dam, Wisconsin, on Nature Web Matte paper with recycled content certified by the Forest Stewardship Council.

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.



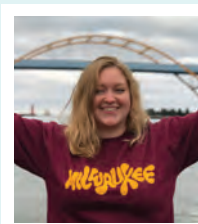
i am HANNAH EVANS.

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 SAM HANSON.

I love tasting my way through local eateries, drawing whenever possible and checking out cookbooks from the library. As a former self-admitted bad cook grown into a pretty good home cook, I now love developing and illustrating my own recipes. As a Second City of Chicago alum – humor tends to bleed into all that I do like writing, illustration, or design. I'm a softie with a love of big coffee table books, nature walks, with a rather serious bagel and lox addiction.



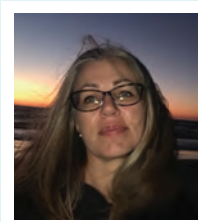
i am LISA MALMAROWSKI.

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.



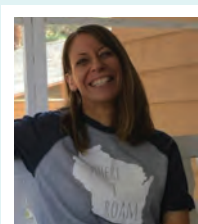
i am MICHAEL SORENSEN.

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
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YOU'LL SWOON

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Owner rewards are in the bag!



Earn 1 Owner Rewards Point for each ***full-sized reusable shopping bag*** you fill with your purchase.

OUTPOST
NATURAL FOODS

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(you'll)

SWOON!



THINGS WE LOVE.



STEPPIN' OUT FOODS MANGO JAM

SPREAD THE JOY...ON YOUR TOAST

Dive into a jar of Steppin' Out Foods Mango Jam and prepare for a flavor explosion that'll have your taste buds exclaiming "This isn't my usual grape jelly!" No, it isn't. It's a tropical paradise in every spoonful. Crafted with care and bursting with the juiciest mangoes, this jam is like a symphony of sweetness with just the right kick of tartness. Slather it on toast for a breakfast that'll make you feel like you're on a sunny island getaway or get creative and use it as a topping for pancakes, yogurt, or even as a glaze for grilled meats. But it's not just the taste that'll have you hooked - it's the quality. Made with real fruit and no artificial flavors or preservatives, you can feel good about indulging in this jammy goodness. So go ahead, take a step out of the ordinary and into the extraordinary!

COLLECTIVO SESSION COLD BREW

CHILLAXIN' THAT'S NOT TAXIN'

Ah, the humble cold brew coffee in a can - the elixir of life for the perpetually caffeinated and the slightly lazy. It's like a little aluminum can of magic, ready to kickstart your day with a caffeinated jolt and a side of cool vibes on a hot summer day. Milwaukee's very own Collectivo now has its own cold brew in a can for when you stumble out of bed, bleary-eyed and in desperate need of a caffeine fix. No need to fumble with filters or wait for the coffee machine to do its thing; just crack open that can and let the smooth, icy goodness flow. Brewed in-house for over 18 hours, Collectivo's Session Cold Brew is smooth and refreshing with flavor notes of sweet citrus, berry, and chocolate taffy. And just when you thought it couldn't get any better: Session Cold Brew is dairy-free, vegan, has no added sugar, and is now in ready-to-drink cans!

And the best part? You can take it anywhere! No more awkwardly balancing a mug while you rush to catch the bus - just grab your trusty can of cold brew and you're good to go.



TOTALLY BAMBOO TAKE ALONG REUSABLE UTENSIL SET

PACK, EAT, REPEAT

Ready to upgrade your on-the-go dining game? Say hello to the Totally Bamboo Take Along Reusable Utensil Set with Carrying Case. This nifty set hooks you up with a reusable bamboo spoon, fork, knife, and straw, complete with a handy cleaning brush for the straw. Why bamboo? Besides being a total eco-warrior, bamboo utensils are light as a feather, making them super easy to tote around. Plus, they're crafted to last, so you can chow down without worry.

Cleanup's a breeze too - just toss 'em in the dishwasher or give 'em a quick hand wash with soap and water. And when you're done? Pop 'em back in the included utensil roll, which even comes with a carabiner for clipping onto your bag or belt loop. These utensils are perfect for everything from school lunches to picnics in the park. So, whether you're hitting the trails or just need a break from plastic, this bamboo set has your back - and your belly!



KOOSHOO PLASTIC-FREE SCRUNCHIES & HAIR TIES

GREEN UP YOUR FASHION ROUTINE

Imagine your hair accessories doing double duty: keeping your locks in check while also saving the planet. Meet Kooshoo's Organic Hair Ties and Scrunchies – your eco-friendly hair heroes. Crafted from organic cotton, these beauties are as gentle on the Earth as they are on your hair.

Say goodbye to plastic and hello to sustainability with every tie and scrunch. They're not just pretty – they're a statement for a greener world. No more guilt about adding to the plastic waste pile when these hair essentials are 100% biodegradable. But don't think that sustainability means sacrificing style. With a rainbow of colors and patterns to choose from, these accessories are like a mini wardrobe for your hair. Plus, they're so soft and comfy, you'll forget you're even wearing them. So, whether you're hitting the gym or lounging at home, make a statement with Kooshoo's Organic Hair Ties and Scrunchies – because looking good and saving the planet should always go hand in hand.

FAIR STATE BREWING CO-OP HOP WATER

FIND YOUR HOPPY PLACE

What's that beverage with a touch of bitterness, a dash of earthiness, and hints of floral and citrus notes? If you guessed beer, you're close, but we're actually talking about hops! These little wonders not only elevate beer but also stand tall on their own, offering a complexity and joy all their own. Enter Fair State Brewing Cooperative Hop Water, the brainchild of those who understand the magic of hops, for those who seek a non-alcoholic, sophisticated option at the bar. It's a simple yet striking concoction, comprising just two ingredients: carbonated water and hops. With zero calories, no sugar, and gluten-free, it's a guilt-free indulgence. Unlike beer, these hop-infused waters won't leave you feeling full; instead, they impart a sense of tranquility and calm. Oh, and did we mention they're completely alcohol-free too? Take your pick from a variety of styles, each showcasing different hops like Mosaic, Centennial, and Galaxy varieties. It's time to find your hoppy place!



JOEY'S FABULOUS TOFU SANDWICH

THIS TASTEBUD TANTALIZING TOFU IS ONLY AT THE CO-OP

Do you know the story behind one of our café's most popular sandwiches? Joey's Fabulous Tofu sandwich is a culinary masterpiece born from the creative genius of one of our very own employees. This vegan delight packs a punch of flavor that'll have even the most devout carnivores singing its praises. At the heart of this sandwich is locally-sourced marinated tofu, perfectly seasoned and cooked to tofu-perfection. But the magic doesn't stop there – each bite is a symphony of textures and tastes, thanks to the crispy cornmeal breading and the sweet tang of caramelized organic onions. We then slather on a generous dollop of Vegenaïse, because who says vegan food can't be indulgent? And just when you think it couldn't get any better, a drizzle of red chili sauce adds a spicy finish that'll leave your taste buds begging for more. All nestled between slices of freshly baked ciabatta, this sandwich isn't just a meal – it's an experience. So, whether you're a die-hard vegan or just looking to shake up your lunch routine, this tasty tofu nosh is sure to satisfy.

ANDALOU DAILY SHADE + POLLUTION DEFENSE SPF30

MADE IN THE SHADE FOR WHEN YOU'RE IN THE SUN

Introducing the new superhero of skincare: a lightweight lotion that's your daily defense against the sun and other environmental villains! Wave goodbye to heavy, greasy sunscreens that leave you feeling slipperier than an eel. Andalou Daily Shade + Pollution Defense SPF30 fights pollution, blue light, and sunburn without a heavy schmear of lotion. It's your personal bodyguard, but lightweight and fragrance-free. Plus, it's dermatologically tested, hypoallergenic, and won't clog pores. And that ultra-sheer formula? It's like spreading a cloud on your skin – absorbs fast for a non-greasy, matte finish smoother than an ice rink. Whether battling blemishes, oily skin, or just avoiding lobster status at the beach, this lotion's got your back (and arms and neck). Say hello to your skincare sidekick – because with great lotion comes great responsibility.



1 tomatoes

(two ways)

ALL HAIL THE SUN-RIPENED TOMATO! THERE IS NOT A MORE PERFECT FLAVOR OF SUMMER. MY FAVORITE WAY TO EAT A TOMATO IS FRESHLY PICKED IN THE HEAT OF THE DAY, WHERE THE LINGERING EARTHY, GRASSY SCENT OF THE VINE HANGS ON YOUR FINGERTIPS, AND THE SUN'S RAYS HAVE WARMED IT TO THE CORE (BITE-SIZED CHERRY TOMATOES ARE PERFECT FOR EATING THIS WAY - LIKE NATURE'S CANDY).

Thankfully, tomatoes are relatively easy to grow, with good nutrient-dense soil, room for the deep spreading roots, something to trellis the vines on, and plenty of Midwest sunshine. "Volunteer" plants have been known to grow from the previous year's dropped seeds. Some varieties are cultivated to handily grow in pots, making them perfect for patios and balconies.

Pro Tip: The acidity of tomatoes will cause a reaction with aluminum or unlined copper cookware. This reaction can lead to an off taste, discoloration, and can corrode and cause damage. Use stainless steel, or best yet, enamel-coated saucepans or heat-safe glass or ceramic baking dishes.

EASY TOMATO JAM

YIELDS ABOUT 2 CUPS

Caramelized sweet Vidalia onions are a treat like no other. The secret to caramelization is Tomato jam is one of those summer-born kitchen staples that will make ponder "Why haven't I done this before?" It is at once sweet and savory, with a bit of heat and a little tang; a jam that wears many hats. Elevate a grilled cheese sandwich, swap in place of a tomato on a BLT, use as a condiment with smoky grilled meats or use it as a last-minute grill glaze, even plop a small jam pot onto a charcuterie board. This recipe is super easy to make, start to finish in about an hour.

2 pounds ripe tomatoes, cored and coarsely chopped (any larger tomatoes will work; we used meaty Roma tomatoes)

¾ cup light brown sugar

2 tablespoons apple cider vinegar

1 tablespoon fresh ginger, grated or minced

¼ teaspoon ground cinnamon

⅛ teaspoon ground cloves

1 teaspoon salt

½ teaspoon cayenne – OR – canned of chipotle peppers or hatch peppers, drained – add to your liking. You are simply looking for a spicy but gentle kick in the capris.

1. Heat a heavy bottomed non-reactive saucepan over medium heat.
2. Add all the ingredients and bring the mixture to a boil, stirring frequently.
3. Reduce heat to low and simmer, uncovered, until the ingredients thicken to a jammy consistency, about 20-30 minutes. Stir periodically to prevent burning.
4. Remove from heat and let cool to room temperature. Transfer jam to an airtight glass container and keep in the fridge for up to two weeks.



1ST
way.





by MARGARET MITTELSTADT
photos SAM HANSON

BURST CHERRY TOMATOES & CREAMY MOZZ DIP

SERVES 10-12 AS AN APPETIZER

“Burst” is an apt descriptor for plump, oven roasted cherry tomatoes as they are bursting out of their skin with a fresh burst of flavor. The cheese dip forms a luscious creamy pillow that holds all those summery flavors together. Scoop the spread, catching a tomato, onto toasted baguette slices, pita bread triangles, crackers, grilled zucchini or eggplant rounds, fresh veggies. Or just eat it with a spoon.

1 pint cherry or plum tomatoes
2 tablespoons extra-virgin olive oil
1 tablespoon balsamic vinegar
2 large sprigs fresh basil
Salt and fresh ground pepper to taste
1 clove garlic, minced
8 ounces fresh mozzarella, drained, roughly chopped
(about 1 cup)
4 ounces ricotta cheese (about ½ cup)
2 tablespoons heavy cream
Homemade or store-bought pesto
Grilled or toasted breads, crackers, vegetable crudité

1. Preheat oven to 425 degrees. In a glass or other non-reactive baking dish, combine tomatoes, oil, vinegar, and basil. Season with salt and fresh ground black pepper to taste. Bake, tossing halfway through, until tomatoes burst and are golden in spots, about 20 minutes.
2. Remove from oven and stir in the fresh garlic. Let cool slightly. Discard or compost those basil sprigs.
3. Using a food processor, pulse mozzarella, ricotta, heavy cream, and ½ - ¾ teaspoon salt (as desired). Add more cream a tablespoon at a time if needed, until mixture is creamy and spreadable.
4. Spread cheese dip mixture evenly onto a serving plate and drop on a few teaspoons of the prepared pesto on top. Lay on the burst roasted tomatoes. Drizzle on the last of the tomato pan juices. Serve with your choice of dippers.

(our) TABLE OF PROBIOTICS

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

Ko KOMBUCHA



SOURCE. TEA-BASED DRINK MADE USING A SCOBY
USES. DRINK FIRST THING IN THE MORNING ON A EMPTY STOMACH

Te TEPACHE



SOURCE. ORIGINATING FROM MEXICO, THIS FERMENTED BEVERAGE IS MADE FROM THE PEEL & THE RIND OF PINEAPPLES

INTERESTED IN GETTING MORE GOOD BACTERIA INTO YOUR GUT? LOOK NO FURTHER THAN FERMENTED FOODS. THE PRACTICE OF FERMENTING BEVERAGES SUCH AS BEER AND WINE DATES BACK CENTURIES. DURING LACTO-FERMENTATION, NATURAL BACTERIA CONSUME SUGARS AND STARCHES IN FOODS, PRODUCING LACTIC ACID THAT NOT ONLY PRESERVES THE FOOD, BUT ALSO OFFERS NUMEROUS NUTRITIONAL BENEFITS.

Av APPLE CIDER VINEGAR



SOURCE. CRUSHED & FERMENTED APPLES
TYPES. UNFILTERED VINEGAR RETAINS THE BENEFITS BECAUSE IT CONTAINS THE 'MOTHER'

Fi FISH SAUCE



SOURCE. MADE FROM FERMENTING SMALL FISH (USUALLY ANCHOVIES) & SALT
USES. SEASONING LIQUID

Go GOCHUJANG



SOURCE. MADE PRIMARILY OF GOCHUGARU & FERMENTED SOYBEANS
USES. MARINADES, DIPPING SAUCES, OR ADD TO SOUPS & STEWS

Mi MISO



SOURCE. SOYBEANS MIXED WITH A STARTER CULTURE KNOWN AS KOJI
USES. SOUPS, SALAD DRESSINGS, SAUCES

Ke KEFIR



SOURCE. KEFIR GRAINS
USES. DRINK AS A BEVERAGE, ADD TO SMOOTHIES OR OVERNIGHT OATS

Bu BUTTERMILK



SOURCE. MADE BY ADDING BACTERIA TO LOW-FAT OR SKIM MILK, WHICH PRODUCES LACTIC ACID

Cc CULTURED COTTAGE CHEESE



SOURCE. NOT ALL COTTAGE CHEESE CONTAINS PROBIOTICS, SO LOOK FOR ONES WITH "LIVE ACTIVE CULTURES"

So SOUR CREAM



SOURCE. MADE BY ADDING LACTIC ACID BACTERIA TO PASTEURIZED CREAM & LEAVING IT TO FERMENT FOR ONE DAY

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

It's worth noting that not all fermented foods contain probiotics; some processes, like those used in beer or wine production, either remove probiotics or render them inactive, as seen in baking or canning. To enhance your gut health, consider incorporating more fermented foods into your diet and consult your doctor about probiotic supplements tailored to specific gastrointestinal issues.

Sy

WHOLE EARTH
SYNBIOTIC
PRE+ PROBIOTIC



SOURCE. A FERMENTED BLEND OF ORGANIC, NON-GMO FRUITS, VEGETABLES, & HERBS

My

SOLARAY
MYCROBIOME
PROBIOTIC



SOURCE. 20-50 BILLION CFU (COLONY FORMING UNITS) OF 24 PROBIOTIC STRAINS

Sa

SAUERKRAUT



SOURCE. SALTED CABBAGE THAT UNDERGOES NATURAL LACTO-FERMENTATION
USES. ATOP BRATS, SAUSAGES, REUBENS, ROAST PORK, OR ANY FATTY MEAT

Ki

KIMCHI



SOURCE. FERMENTED VEGETABLES COMBINED WITH LACTIC ACID BACTERIA
USES. OVER RICE, IN STIR-FRIES, FOLDED INTO EGGS, ATOP SANDWICHES

OI

OLIVES



SOURCE. LOOK FOR OLIVES LABELED AS NATURALLY FERMENTED

Pi

PICKLED VEGETABLES



SOURCE. WILD FERMENTATION UTILIZES THE NATURALLY OCCURRING BACTERIA ON THE VEGETABLES & IN THE ENVIRONMENT

Yo

YOGURT



SOURCE. MILK COMBINED WITH TWO LIVE CULTURES
TYPES. PLAIN OR FLAVORED, GREEK, SKYR, LACTOSE-FREE, OR INDIAN LASSI

Ac

AGED CHEESES



SOURCE. FOUND IN CHEESES THAT HAVE BEEN AGED, BUT NOT PASTEURIZED
TYPES. SWISS, GRUYERE, EDAM, GOUDA & RAW CHEDDAR

Te

TEMPEH



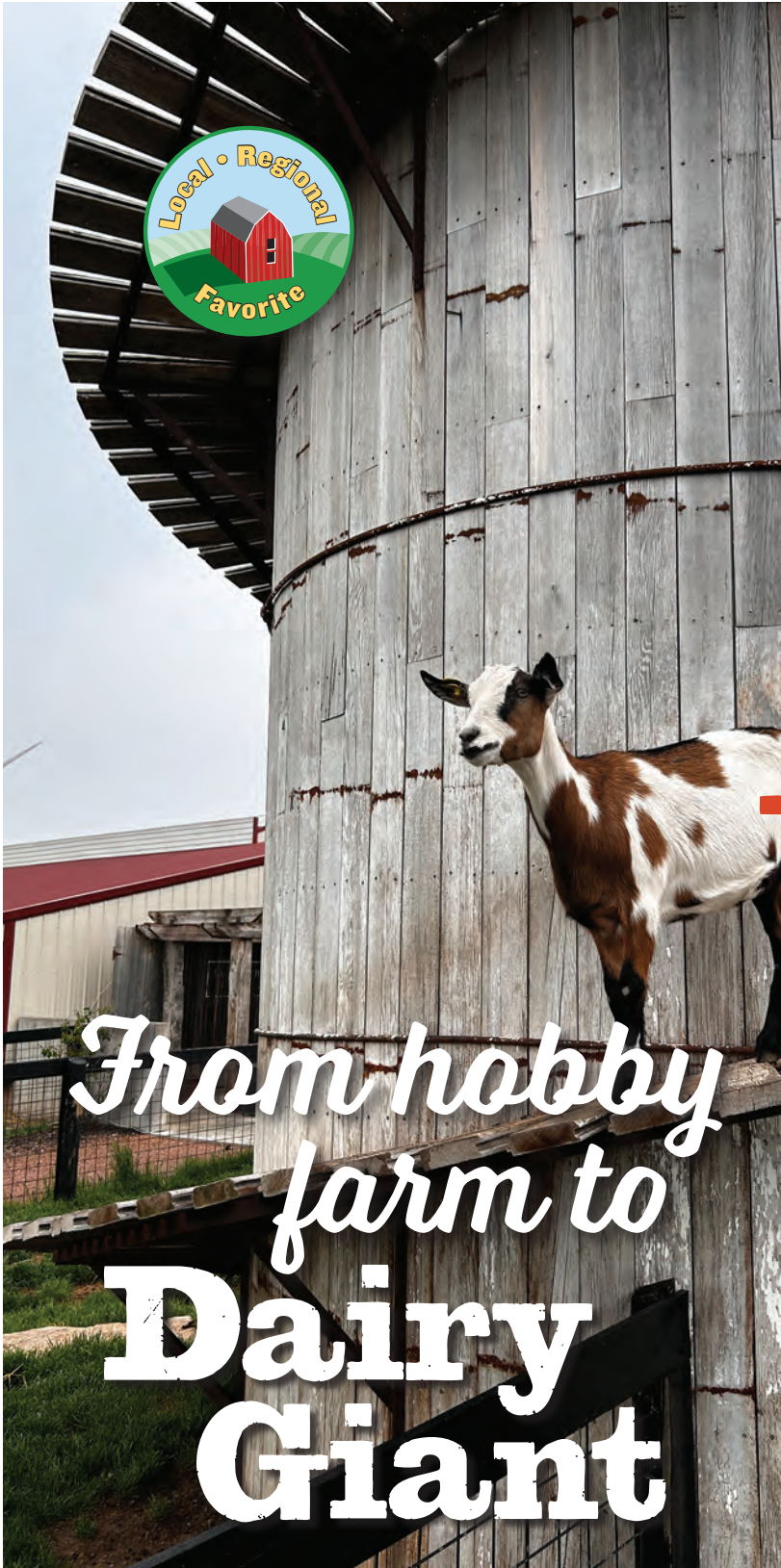
SOURCE. FERMENTED SOYBEANS
USES. PAN-FRY OR BAKE & USE IN SANDWICHES & SALADS, OR SIMMER IN CURRIES

Sb

SOURDOUGH BREAD



SOURCE. MADE BY FERMENTING FLOUR WITH WILD YEAST, WHICH PRODUCES LACTIC ACID



From hobby farm to Dairy Giant



story & photos by MICHAEL SORENSEN

LACLARE CREAMERY
MALONE, WI
WWW.LACLAREFAMILYCREAMERY.COM



IT'S THE MIDDLE OF MAY, AND LACLARE CREAMERY IN MALONE, WISCONSIN, FINDS ITSELF IN THE MIDST OF THE "FLUSH."

"Goats prefer to give birth in spring or early summer," explains LaClare Creamery President Alex Coenen. "It ensures they have ample time to mature before Wisconsin's harsh winter sets in."

These newborn kids will join a bustling community at LaClare, becoming part of one of the largest goat milk production operations in the U.S. With several thousand goats spread across multiple farms, they will have plenty of company in their new home.

LaClare Creamery, named after its founders Larry and Clara Hedrich, began in 1978 as a small hobby farm with just two goats. Although the Hedrichs have stepped back from daily operations, they remain actively involved. Larry oversees LaClare's cooperative of goat dairy farmers, while Clara leads farm tours. If you find yourself traveling through the rolling hills and lush farms on the west side of Lake Winnebago, a visit to their goat barns, onsite café, and attached garden center is highly recommended.

Amid Wisconsin's dairy cow dominance, LaClare excels with its own goat milk-producing herd. While most of the Dairy State's milk comes from Wisconsin's vast dairy cow population (about 1.2 million cows), the state also boasts over 70,000 dairy goats, the most in the U.S., according to the USDA. In fact, Wisconsin's goat milk herd has nearly tripled in just 20 years.

A big factor in this increase is that producing soft cheeses, like LaClare's stellar varieties of chèvre, comes with a built-in incentive. "Hard cheese typically yields about 10%, so a hundred pounds of cow milk will make about ten pounds of cheese," Coenen explains. "But with soft cheeses, you get a 50% higher yield because there's more moisture in the cheese." That's a win-win in the cheese business.

But LaClare isn't content with just producing soft cheeses. They also produce hard cheeses like aged cheddar and pepper jack. It was actually the way the business began. "We kind of did it backwards," Alex recalls. "We started with hard goat cheeses, which require fresh, fluid milk. We saw the opportunity to do the same high quality soft goat cheeses. It was in 2017 that we purchased the

chèvre-making equipment, and in 2019 we expanded to keep up with demand."

The newly revamped 41,000-square-foot cheese plant can produce close to 20,000 pounds of both hard and soft cheeses per day, including traditional favorites like pepper jack, cheddar, and feta, as well as unique varieties like Chipotle Honey, Apple Cinnamon, and Maple Bourbon.

But none of this would be possible without the farmers and the close relationships LaClare has cultivated with them over the years.

"Everything that I love about our company shows up in our quality – we own goats, we own the fields, we have close personal relationships with our farmers, and we get to really understand what the goats are eating and how they're being taken care of," Alex enthuses. "Obviously, the happier and healthier an animal, the better it is for not just the animal but also the quality of milk and cheese."

So, whether you're savoring their artisanal cheeses or exploring their picturesque farm, LaClare Creamery offers a taste of tradition and a glimpse into the future of dairy farming.





(our) PLAYLIST

Dreams – Fleetwood Mac
 Sunrise – M.A.G.S.
 By the Billions – Known Moons
 Inside Out – Spoon
 Reindeer Games – Oso Oso
 Witchcraft – Graveyard Club
 Summer's Almost Gone – Mothé
 Australia – The Shins

Hang Out Ready Tunes

Milwaukee indie rock band Known Moons features Outpost's own IT wizard, Andy Kosanke. Here's Andy's summer-ready lounge approved playlist. And hey, do this fab band a solid and check them out on Instagram.com/knownmoons!

<https://t.ly/Jrool>



by LISA MALMAROWSKI
 photos CARA BERKEN

Summer *at* Full Volume

THE DOG DAYS OF SUMMER ARE HERE! FROM AROUND JULY 3RD TO AUGUST 11TH, THIS PERIOD OF SWELTERING WEATHER COINCIDES WITH THE YEAR'S SUNRISE RISING OF SIRIUS, THE DOG STAR. FOR US IT ALSO LINES UP WITH WANTING TO COOK LESS AND PARTY MORE. IN THAT SPIRIT WE'VE GATHERED SOME OF OUR FAVORITE RECIPES THAT ARE SUPER EASY, AND WORK GREAT FOR IMPROMPTU PARTIES TO DINNER ON THE DECK. SO PUT ON YOUR SULTRIEST RECORDS AND TURN UP THE VOLUME. IT'LL BE FALL BEFORE WE KNOW IT SO LET'S GET COOKING!

(continued)

CHILI CUCUMBER SALAD

SERVES 4 – 6 **Vegan • Gluten-free**

Is it even summer without a cucumber salad? This simple, fast to make version features Asian flavors and with a kick of spice. A little sweet, a little umami, a little tangy with a cool, crisp crunch, this simple salad seems to pair well with most summer dishes.

2 English cucumbers
½ teaspoon Kosher salt
1-2 tablespoons chili crisp – or to taste
1 tablespoon rice vinegar
1½ tablespoons gluten-free tamari
¾ teaspoon toasted sesame oil
½ teaspoon dark brown sugar
1 tablespoon toasted sesame seeds
2 green onions, trimmed and thinly sliced
Salt to taste

1. Quarter cucumbers lengthwise into thin spears, then cut crosswise into 2-inch chunks. Toss with ½ teaspoon kosher salt in a colander. Set aside to drain.
2. In a large bowl, whisk together the chili crisp, vinegar, tamari, sesame oil, brown sugar, green onions and sesame seeds. Taste dressing and adjust to taste. If you like it spicier add more chili crisp!
3. Transfer the salted cucumbers to the bowl with dressing and toss to coat.
4. To serve, transfer the cucumber to a large plate or platter, drizzle the remaining dressing on top. Serve immediately.

GREEN ON EVERYTHING SAUCE

MAKES 1 SCANT CUP **Vegan • Gluten-free**

We served this versatile herby garlicky sauce over grilled vegetables, but it works equally well on grilled seafood, folded into cooked pasta or even used as a dipping sauce. We kept it simple and used parsley and basil in our recipe, but pretty much any combo of fresh herbs like dill, cilantro, chives, tarragon, oregano, rosemary, or thyme will work.

½ cup herbs – we used parsley and basil
2 small garlic cloves, minced
2 green onions
Zest of 1 lemon plus 1 tablespoon fresh lemon juice
½ teaspoon salt
½ teaspoon ground pepper
6 tablespoons olive oil

Finely chop herbs and green onions. Stir together with other dressing ingredients except oil. Slowly whisk in oil. Or use an immersion blender. Taste and adjust seasonings to your liking. Serve at room temperature. Sauce will keep in the fridge in a sealed container for about a week, but the color will fade a bit.





PICKLY SHRIMP

6 SERVINGS **Gluten-free**

Summer lasts a lot longer down south so it's no wonder those are the folks that put this chilled style of shrimp on the map. Classic seafood spices and sweet/sour brine highlight the delicate sweetness of shrimp without overpowering. For the best bite, take shrimp out of the fridge about 10 minutes prior to eating – they taste better when they're not icy cold. Unlike pickles, these won't keep for months in the fridge. Instead, eat them up within a week as long as they stay submerged in the brine.

- 2 pounds large gulf shrimp, peeled and deveined
- ½ cup apple cider vinegar
- 1 cup unseasoned rice wine vinegar
- 4 tablespoons canola or vegetable oil
- 1 cup water
- 4 teaspoons kosher salt
- 2 tablespoons sugar
- 1 teaspoon chili flakes
- 1 teaspoon Old Bay Seasoning
- 1 teaspoon mustard seeds
- 1 cup capers with brine
- 1 cup fresh parsley, roughly chopped
- ½ cup fresh dill, roughly chopped
- 1 medium red onion, sliced thin
- 2 lemons, sliced thin

1. Bring 6-8 cups of water to a boil in a large saucepan. Add shrimp and cook for 3 minutes or less. Don't overcook, it's better to have them slightly underdone. Drain and rinse under cold water immediately. Set aside.
2. Make the brine. Place apple cider vinegar, rice wine vinegar, oil, water, salt, sugar, chili flakes, Old Bay and mustard seeds in large mixing bowl and stir to combine to dissolve sugar and salt. Then add in capers, parsley, dill and onions.
3. Put shrimp in a large jar with a tight-fitting lid or smaller lidded jars. Add/divide shrimp between jars and add lemon slices. Top jar(s) with brine mixture making sure to press shrimp down into the liquid. Cover and refrigerate for 24 hours.
4. Serve lightly chilled or at room temperature.

(continued)



EASY BARBEQUE VEGGIE BURGERS

SERVES 6 **Gluten-free • Vegan**

Sure, you can grab a package of ready-made veggie burgers and toss them in a skillet or on the grill, but don't you and your friends deserve nice things? These burgers are very nice indeed and bonus, despite the long-ish ingredient list, they're easy to make, especially if you opt for canned beans. They kick a little cowboy with the addition of smoky spices and barbecue sauce and the texture is softer than some burgers, but still hearty. So, layer them up with your favorite toppings and don't forget the burger sauce!

1 cup cooked brown rice
 1 cup raw walnuts
 ½ tablespoon olive oil
 ¾ cup white onion, finely diced (½ onion)
 1 tablespoon chili powder
 1 tablespoon ground cumin
 1 tablespoon smoked paprika
 ½ teaspoon sea salt
 ½ teaspoon ground black pepper
 1 tablespoon dark brown sugar
 1½ cups cooked black beans,* well rinsed, drained and patted dry
 ⅓ cup gluten-free panko breadcrumbs
 3 tablespoons barbecue sauce
 Buns & toppings like lettuce, tomato, onion, cheese, pickles, etc.

1. Heat skillet over medium heat. Once hot, add raw walnuts and toast for 5-7 minutes, stirring frequently, until fragrant and golden brown. Remove from pan and set aside to cool.
2. Heat the same skillet over medium heat. Add oil and onion, season with salt and pepper and sauté for 3-4 minutes, or until onion is fragrant, soft, and translucent. Remove from heat and set aside.
3. Once walnuts are cooled, add to blender or food processor along with chili powder, cumin, smoked paprika, salt, ground pepper and brown sugar and blend until you have a fine meal-like texture. Set aside.
4. To a large mixing bowl, add drained, dried black beans and mash well with a fork, leaving only a few whole beans.
5. Then add cooked rice, walnut mixture, sautéed onion, panko breadcrumbs and barbecue sauce, and mix thoroughly with



- a wooden spoon for 1-2 minutes, or until a moldable dough forms. It should feel pliable without being too pasty or crumbly. You want patties that will hold their shape well. So, if the mixture seems too dry, add a little barbecue sauce. If too wet, add more panko breadcrumbs. Taste and adjust seasonings as needed.
6. The easiest way to form consistent sizes for burgers is to line a ⅓ or ½ measuring cup with plastic or portion out mixture with a scoop. Pack the mixture tightly into cup or scoop firmly then lift out, and slightly flatten with hands to form a ¾-inch-thick patty. Set on a baking sheet until cooling.
7. Heat the same skillet you used earlier to medium heat. Once it's hot, add just enough oil to lightly coat the bottom of your skillet, then add burgers – only as many as will comfortably fit in the pan.
8. Cook for 3-4 minutes or until well browned on the underside, then flip gently. These aren't as firm as meat but will definitely hold their shape. Watch and reduce heat if cooking/browning too quickly. Cook for 3-4 minutes on other side. Removed

- finished burgers from skillet and set aside in a single layer on a plate.
9. Serve up on toasted buns with desired toppings and burger sauce. Refrigerate any leftovers for 2-3 days.

* If using canned beans, you'll need two cans but won't use all of them. Save the rest for tossing into salads!

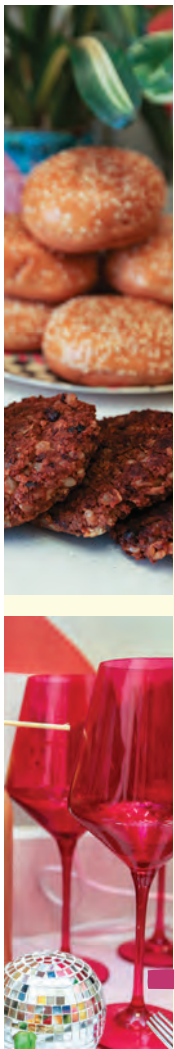
BURGER SAUCE

MAKES 1 SCANT CUP
Vegan • Gluten-free

This classic burger sauce elevates any burger and is a snap to make. Like more texture? Add some chopped olives to the mix!

| | |
|---------------------------------|---------------------------|
| 6 tablespoons vegan mayonnaise | 2 teaspoon garlic powder |
| 4 tablespoon ketchup | 2 teaspoon onion powder |
| 2 tablespoon wholegrain mustard | 2 teaspoon smoked paprika |
| 2 tablespoon pickle juice | 2 teaspoon liquid smoke |

Mix well and refrigerate until using.



SUMMER BREEZE PUNCH

SERVES 6

This summer sipper captures the island vibes right here in the old Midwest and it's great as is or spiked with a shot of rum. Hip hip, chin chin – here's to summer, long may it last!

4 cups chilled guava nectar
 2 cups chilled coconut water
 2 cups chilled grapefruit juice
 1 cup chilled pineapple juice
 2, 12-ounce cans chilled sparkling water – plain or fruit flavored
 Rum (optional)
 Fresh fruit, skewered for garnish

In a large pitcher add guava nectar, coconut water, grapefruit juice and pineapple. If serving right away, add the sparkling water as well. If serving later, add sparkling water right before serving. Add a jigger of rum for those who imbibe and garnish with skewers of fresh fruit.

EASY CHOCOLATE CUPCAKES

MAKES 12 **Vegan • Gluten-free with substitutions**

Yes, you're going to start the oven. Yes, you'll get up early to do this because these fab cupcakes take 20 minutes to bake. No pastry chef level skills are needed either! Rich, light and delicious, these are party ready and sure to slake any chocolate craving.

| | |
|-------------------------------------|------------------------------|
| 1 cup non-dairy milk | ½ teaspoon baking powder |
| 1 teaspoon white vinegar | ¼ teaspoon salt |
| ¾ cup sugar | Chocolate Glaze |
| ⅓ cup vegetable oil | 1 cup confectioners' sugar |
| 1½ teaspoons vanilla extract | ¼ cup cocoa powder, sifted |
| 1 cup flour, regular or gluten-free | 3 tablespoons non-dairy milk |
| ⅓ cup cocoa powder | Sprinkles |
| ¾ teaspoon baking soda | |

1. Preheat the oven to 350 degrees and prepare a muffin pan with 12 paper liners.
2. In a large mixing bowl, stir together the non-dairy milk, vinegar, sugar,

vegetable oil and vanilla extract.

3. In another bowl, stir together the flour, cocoa powder, baking soda, baking powder and salt. Then sift the dry ingredients into the wet ingredients, pausing two or three times to stir, and keep stirring until all the large lumps are gone. The batter will be thin.
4. Using a pitcher or similar container, pour the batter into the cupcake liners until they are about two-thirds full. Bake until a toothpick inserted into the center comes out clean, about 20 minutes. You may have to bake a bit longer if using gluten-free flour. Note – these won't rise quite as much as regular cupcakes. Cool on a wire rack.
5. When cool, whisk the chocolate glaze ingredients until smooth and spread the glaze on the cupcakes. Finish with a generous dash or four of sprinkles!



Above Outpost was founded and supported by young people of the 1970's. Opposite Mari Wood and her sons.

PASSING THE COOPERATIVE TORCH: DO CO-OPS MEET 21ST CENTURY NEEDS?

story by MARI WOOD



Tell us what you think!



Outpost would like to know more about what we can do as a cooperative to meet the needs of young people in our community. Please take a brief 5-minute survey to tell us your thoughts.

2024 MARKS MY THIRTIETH YEAR OF BEING EMPLOYED BY, SUPPORTING, AND PROMOTING OUR CO-OP, OUTPOST NATURAL FOODS. HITTING THIS MILESTONE HAS FOUND ME IN A REFLECTIVE PLACE ABOUT THE PAST, THE PRESENT AND THE FUTURE OF COOPERATIVE BUSINESS. WHICH IS WHY, WHEN I RECENTLY CAME ACROSS A RESEARCH PAPER CALLED "YOUNG PEOPLE AND COOPERATIVES: A PERFECT MATCH?"* IT PIQUED MY INTEREST AND I QUICKLY DOVE IN TO ITS 131 PAGES OF CONTENT THAT DESCRIBES WHAT YOUNG PEOPLE (IDENTIFIED AS AGES 18 – 35) ACROSS THE GLOBE ARE MOST CONCERNED ABOUT IN THEIR LIVES AND QUESTIONS, WHAT CAN COOPERATIVES DO TO MEET THEIR NEEDS.

As I pondered the top three key issues that were identified in this paper (1. Access to education 2. Unemployment and under-employment 3. Representation in co-op governance), I began to



5 WAYS OUTPOST IS MEETING THE NEEDS OF 21ST CENTURY SHOPPERS

- **Environmental Sustainability** From our commitment to organic farming, to building Green designed stores, to offsetting 100% of the electricity used at our stores through renewable energy credits, we understand the need to preserve our environment for future generations. Read Outpost's 2023 Sustainability Report at www.outpost.coop/sustainability_report.
- **Supporting Local** Spending your money locally has never been more important than it is today. Outpost gives preference to products sourced locally and regionally when possible. In 2023, 34% of the Co-op's total sales were local and regional products.
- **Co-op Careers** Outpost provides an inclusive, cooperative work culture to ensure that our employees feel welcomed and respected in their jobs. Outpost employees have numerous opportunities to grow and develop in the workplace.
- **Diversity, Equity, Inclusion & Belonging** Outpost is a place for our community to gather and everyone is treated with dignity and respect, without fear of discrimination for being who they are.
- **A Business with Values** Co-ops are based on the values of self-help, self-responsibility, democracy, equality, equity, solidarity, honesty, openness, social responsibility and caring for others.

think about our local young people and wondered if the same concerns applied to their lives, so I decided to ask two experts that I know very well: my 23-year old and 19-year old sons.

When we sat down to talk, they agreed with the paper's findings, but were quick to add their own concerns to the list: "It's not just inflation, but also shrinkflation, that's hitting me and my friends hard," says the 23-year old. "Combined with increasing rent costs, what can my generation do when we feel disempowered and unrepresented?"

When I point out that there are local businesses addressing some of his concerns, such as consumer co-ops, housing co-ops, and credit unions, the 19-year old points out that our co-op, Outpost, has had a huge impact on our family: "You can't replace the sense of community that exists at the Co-op. Since you've worked there for so long, I've grown up shopping at the Co-op and I guess I take for granted all of the good things that Outpost does for the environment and the Milwaukee area... These are things that every business should be doing." Internationally recognized Cooperative Principle 7, Concern for Community, comes to mind as we're talking, which expresses the commitment of all co-ops to the sustainable development of their communities, Outpost included.

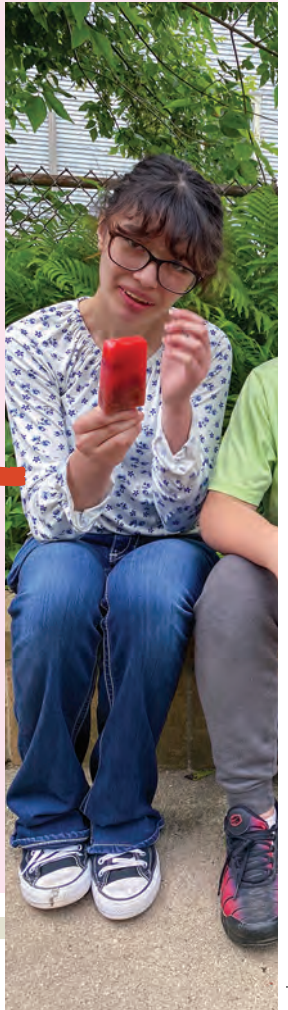
A concern that both of my sons agreed on was the importance of cooperative education, for example, Outpost's GRAZE magazine. "A printed magazine is nostalgic and tangible and rewarding...It's something you can keep for a really long time. I'm not interested in receiving another code or download," says the 19-year old. I remind them, that all co-ops are committed to education, training, and the sharing of information, identified in Cooperative Principle 5. After all, where there's learning, progress follows.

Even though it's been said that the cooperative movement is aging and has become institutionalized, as you can see, co-ops are still meeting the needs and serving the values of our young community members. Co-op elders, like myself, need to make room for younger voices and ideas, and I hope that my children and others in their generation will accept this invitation by taking an equal seat at our cooperative table. As we pass the torch to the next generation of our co-op's shoppers and leaders, let's work, grow and learn together so our co-op will flourish into the future.

**"Young People and Cooperatives: A Perfect Match?": Researched and written through a partnership of the International Cooperative Alliance (ICA) and the European Union (EU). Researched in November 2020. Published in March 2021.*



MIMMIM...POP!





story & photos by SAM HANSON

LIKE EGGNOG IN DECEMBER AND PEACH SEASON IN DEEP AUGUST - 'TIS THE SEASON FOR FROZEN TREATS. WHETHER YOU CAMP OUT IN FRONT OF THE A/C UNIT ALL SUMMER LONG OR LOVE BASKING IN THE SUN'S GLORY WE CAN ALL AGREE – TURNING ON THE OVEN IS ABSOLUTELY NOT HAPPENING (PLUS, IT'S TIME FOR YOUR FREEZER TO PULL ITS WEIGHT AROUND HERE). THE NOSTALGIC SWEET SIREN SONG OF THE ICE CREAM TRUCK DRAWING NEAR IS A BELOVED SIGN OF SUMMER BUT MAYBE SAVE YOUR QUARTERS AND MAKE YOUR OWN JOY!

RASPBERRY BASIL LEMONADE POP

MAKES 6 POPSICLES
Vegan • Gluten-free

Popsicles are great for some low-stakes experimentation. Go classic and kid-taste-bud-friendly like simple strawberry. Make it elevated for those advanced palates with herbs and adventurous pairings. Use up the stragglers in your fridge and get inventive! It can be a tasty little science experiment for your kids or your curiosity.

- 1 cup lemon juice
- ¾ cups sugar
- 4 cups water
- ⅓ cup basil (plus extra to add in at the end)
- 1 cup raspberries (plus extra to add in at the end)

1. Juice lemons and add to a pitcher of water.
2. Dissolve sugar using equal parts hot water until completely grit free.
3. Add in simple syrup to pitcher once cool.
4. Add raspberries and basil into pitcher and blend with immersion blender to desired consistency.
5. *Optional* – Strain to remove raspberry seeds or leave for a nice crunch!
6. Pour into molds.
7. Plop in a few extra bits of fruit and ribbons of basil.
8. Freeze and enjoy!

CHOCOLATEY COCONUT POP

MAKES 8 POPSICLES **Vegan • Gluten-free**

Luscious. Creamy. Cool. Delicious. Is this a Gwen Stefani solo album or the best popsicle ever? Having homemade popsicles at the ready in the freezer for a warm summer evening is peak living IMHO. Add these to your meal prep list for a wholesome desert after a long day or make a batch for a summer hang. Take it easy on your belly with coconut milk or go classic with whole milk. Dealer's choice. Either way: YUM.

Popsicle

- 3 cups full fat coconut milk (or whole milk)
- 2 tablespoons cocoa powder
- ¼ cup maple syrup
- 1 tablespoon cornstarch
- 6 ounces dark chocolate chips
- 1 tablespoon vanilla
- ½ teaspoon kosher salt

Shell

- 6 ounces dark chocolate chips
- 1 tablespoon coconut oil
- Flakey sea salt

1. Melt together coconut milk, maple syrup, cocoa powder, cornstarch, and kosher salt on the stovetop.
2. Add in chocolate and take the pot to medium – stir constantly.
3. Remove once mixture has thickened (about 8-10 minutes).
4. Add vanilla and cool.
5. Once cooled, pour into your molds and freeze.
6. For the chocolate shell – melt chocolate and coconut oil lightly until smooth and cool for about 10 minutes.
7. Dip or drizzle your frozen pops with shell mix and a pinch of flakey sea salt.
8. Freeze one last time and enjoy whenever!

(continued)



WHIPPED CHOCOLATE TART

Make your freezer earn it's kept this summer with this easy, no-sweat recipe (literally!). With no oven needed it's time to give you and your hard-working oven a little break. This tart can be made in advance and garnished just before serving making it the perfect sunset sweet and ending to a beautiful cookout.

Crust

1 $\frac{1}{4}$ cup crushed cookies (creme-filled sandwich cookies, graham crackers, ginger snaps, etc.)
5 tablespoons butter

Filling

2 cups heavy whipping cream
1 $\frac{1}{2}$ cups dark chocolate

Topping

$\frac{1}{4}$ cup caramel candies
2 tablespoons heavy whipping cream
 $\frac{1}{2}$ cup toasted walnuts

SERVES 8

1. Pulse cookies and butter until the consistency of wet sand.
2. Press cookie mixture into tart pan tightly and freeze for 20-30 minutes (For a crisper, less soft crust - bake at 350 for 5-7 minutes after freezing).
3. Heat cream gently on stovetop until steaming.
4. Place chocolate into a mixing bowl.
5. Stir in half of the heated cream until the chocolate is melted.
6. Brush the interior of the crust with a $\frac{1}{2}$ cup of the chocolate cream mixture, cover, and refrigerate.
7. Add in the remaining heated cream into the chocolate until smooth and cover and chill for 8 hours.
8. Whip the chilled filling using a stand mixer until you see stiff peaks.
9. Fill the tart crust with the filling and smooth with the back of a spoon.
10. Cover and freeze tart until 30 minutes prior to eating - then transfer it to the fridge.
11. Just before serving melt caramels and heavy cream together.
12. Toast the nuts on the stovetop for a few minutes until fragrant.
13. Drizzle caramel sauce, sprinkle nuts, and dig in!

OUTPOST'S

photos by CARA BERKEN (secret recipe)

BANGKOK CARROT DIP

MAKES ABOUT 1 POUND

ISN'T SHE LOVELY? A VIBRANT ORANGE COLOR, A DEPTH OF FLAVOR, AND A BIT OF A KICK. WHO WOULD HAVE THOUGHT THAT 8 INGREDIENTS – THAT YOU MAY ALREADY HAVE ON HAND – COULD TRANSFORM YOUR CRUDITE? IT WON'T TAKE LONG EITHER. JUST STEAM UP SOME CARROTS AND PU-RÉE AWAY. WE PROMISE YOU WON'T MISS THE RANCH!



- ¾ pound carrots, chopped
- 3 tablespoons unrefined extra virgin olive oil
- 2 tablespoons red wine vinegar
- 2 cloves garlic, minced
- ¾ tablespoon red curry paste
- ¾ tablespoon ground cumin
- ¼ teaspoon ground ginger
- ¼ teaspoon sea salt

1. Steam carrots until very soft. Remove and let cool.
2. Place carrots, olive oil, vinegar, garlic, red curry paste, cumin, ginger, and salt in a food processor and purée until smooth.
3. Serve with cut veggies, crackers or warm pita bread triangles.

Per serving (2 tablespoons): 37 calories, 3g fat, 2g carbohydrates, trace protein, 61mg sodium, 1g fiber





STORMY WEATHER

TODAY'S WEATHER FORECAST

PARTLY SUNNY,
TO MOSTLY CLOUDY

WITH A CHANCE OF A MAJOR CHANGE IN
WHERE OUR FAVORITE GLOBALLY SOURCED
FOODS COME FROM

EXTREME WEATHER RESULTING FROM CLIMATE CHANGE IS DISRUPTING AGRICULTURE WORLDWIDE. SOME OF OUR FAVORITE FOOD ITEMS ARE GROWN IN AREAS THAT ARE BEING IMPACTED. WHAT MAY RESULT ARE SMALLER YIELDS, LESS AVAILABILITY, AND HIGHER PRICES.

Here is what the food industry is predicting for the top four



OLIVES
OLIVE OIL



Forecast:

Persistent record heat & drought. A long, hot Mediterranean summer, with temps 15 degrees higher than normal, are reducing soil moisture & stunting plant growth.



Location:

Olive trees grow best in warm subtropical climates predominantly found in Greece, Portugal, Spain, & Italy.



Fallout:

The world's seven largest olive oil producers are forecasting a low yield with recent production down 26%. In 2024, production is expected to fall another 39%.



The Sunny Side:

Try substituting olive oil with avocado oil for a similar rich & fruity tasting oil with a high smoke point.



GLOBALLY



On The Radar:

Equatorial regions & subtropical climates most impacted by the extremes of climate change.



Forecast:

Large shifts in precipitation, air & sea temperature, & availability of fresh water. Expect extreme rain events from hurricanes/cyclones as well as other areas having prolonged drought.



Threats:

Intermittent crop failures, an increase in pests & disease, & changes to growing seasons for sensitive growing regions.



Fallout:

Growers, vendors, & wholesalers have no other choice but to raise prices to compensate for the increased demand on decreased inventory.

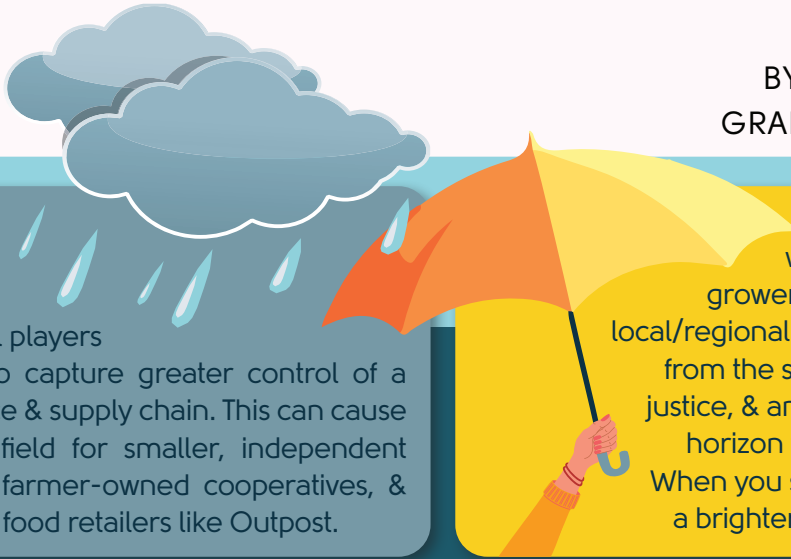


The Sunny Side:

There are alternatives to some of your favorite global foods when you look for some breaks in the clouds.



Sources: Reuters, Bloomberg Report, National Institutes of Health, HSAT, World Economic Forum, Deutsche Welle



Big Box retail, high-tech agriculture, multi-national food giants, & other global players all will be looking to capture greater control of a shrinking marketplace & supply chain. This can cause an unlevel playing field for smaller, independent farms & producers, farmer-owned cooperatives, & independent natural food retailers like Outpost.

Co-ops like Outpost, as well as smaller, independent growers & producers – particularly local/regional companies – offer a shelter from the storm, ensuring that fairness, justice, & an equitable future are on the horizon for all in a changing climate. When you shop the co-op, you support a brighter food forecast for everyone.

COCOA CHOCOLATE



Forecast: Hotter, drier temps are severely affecting water thirsty cacao farms, resulting in lower yields.



Location: Cacao trees are indigenous to the Amazon Basin, however today it is primarily grown & cultivated in Nigeria, Ghana, Cameroon, & The Ivory Coast of West Africa.



Fallout: Global deficit in cocoa. Price per metric ton reached nearly \$10,000 by the end of June 2024.



The Sunny Side: Carob is an acquired taste, however, if the thought makes you want to head for shelter, look for Fair Trade chocolate & cocoa which supports eco-friendly agriculture & treating workers fairly.

SUGAR CANE SUGAR



Forecast: Drastic temperature fluctuations, humidity in some areas & unprecedented seasonal rain events in other regions. Extreme heat is also impacting the health & welfare of farm workers.



Location: Sugarcane accounts for 80% of global sugar production. It is grown in South East Asia, the Amazon Basin, & some regions of Central/North America.



Fallout: Global sugar stocks are expected to face a 700,000 ton deficit in 2024/2025.



The Sunny Side: Consider honey, brown rice syrup, or coconut sugar, in place of cane sugar. Look for Fair Trade cane sugar which supports eco-friendly agriculture & treating workers fairly.

COFFEE COFFEE BEANS



Forecast: Extreme weather patterns are causing higher than normal temperatures as well as water shortages in regions suitable for growing coffee trees, resulting in dramatically lower yields.



Location: Coffee is grown in the "Coffee Belt" – tropical & subtropical regions of Central & South America, Africa, India, & South East Asia. Brazil produces more than 30% of the world's coffee.



Fallout: In 30 years 50% of coffee growing land will no longer be viable. Coffee prices are at a 29-year high.



The Sunny Side: Look for hearty herbal teas that contain roasted chicory or dandelion root, black teas like Assam or Irish Breakfast Tea, roasted Japanese green teas or ready-made products like Teecino.



DRIFTLESS PROVISIONS
VIROQUA, WI
WWW.DRIFTLESSPROVISIONS.COM



Tradition | || Preserved

by MICHAEL SORENSEN
photos courtesy of Driftless Provisions

IN THE ROLLING HILLS OF WESTERN WISCONSIN, WHERE BOTH FOOD ENTREPRENEURS AND RESTAURATEURS ARE PUSHING THE FOODIE ENVELOPE, RYAN WAGNER, OWNER OF DRIFTLESS PROVISIONS, SPECIALIZES IN CRAFTING CURED SAUSAGES THAT ARE MORE THAN JUST A SAVORY DELIGHT; THEY ARE A CONNECTION TO CENTURIES-OLD TRADITIONS.

“Ryan is simply inspired by it,” says Kristen Wagner, Ryan’s wife and Marketing Director at Driftless Provisions. “Ancient curing techniques are inspiring to him. He loves old-timey things and wants to honor his German heritage by exploring traditional food methods.”

Ryan is a completely self-taught Salumist (it’s a real word, look it up) who learned the art of sausage making from delving into vintage cookbooks and experimenting with recipes.

“He grew up right next to a butcher shop in Newton, Wisconsin, just south of Manitowoc, and was always surrounded by traditional Wisconsin meat favorites, like summer sausage. While in graduate school for business at UW-Madison, he started to see what a gap there was between fresh and cured sausages in Wisconsin and saw that as a business opportunity.”

Crafting dried and cured sausages blends science with artistry. The meats are seasoned with spices paying homage to each European region’s culinary heritage. However, the true magic unfolds during the curing process. Guided by age-old techniques, sausages hang in a climate-controlled chamber, allowing time to work its alchemy. Flavors intensify and mature over weeks and months, achieving a perfect balance of taste and texture.

An avid outdoorsman, Ryan often turned his hunting bounty into sausages, which is where he started to see what did and didn’t work with sausages.

(continued)



"I remember when Ryan and I met," Kristen recalls, "he had a handmade curing chamber in his basement where he was curing small amounts of salami; some of it with animals he had hunted or raised. I distinctly remember the first salami I tried was made from a bear he had hunted."

While you won't find bear salami at Outpost, you will discover Driftless Provisions' Saucisson Sec, a nod to Old World French salami, featuring salt, pepper, garlic, and humanely raised heritage pork. Dive into Tuscan flavors with the Finnochiona, boasting fennel, red wine, and garlic, or embrace Roman tradition with the Soppresseta, spiced with white wine and red pepper. Crave heat? The Chorizo, with smoked paprika, cayenne, and clove, delivers a fiery kick, all with that same quality heritage pork. Why venture beyond Wisconsin when Europe's essence awaits in every bite?

Driftless Provisions' delicious salamis rely on their commitment to local farmers. "That's been incredibly important to us since day one.

We've been sourcing our humanely raised, heritage breed pigs from two farmer cooperatives predominantly in Iowa and Missouri.

They are raised free of antibiotics or added hormones. We'd love to source them from Wisconsin, but we haven't been able to find a producer raising them to our standards in the volume we consistently need," Kristen explains.

One look at their solar-powered, 800-square-foot curing chamber for the salamis, you'll know why a high supply of pork is needed. "There are racks upon racks of sausages drying in it and we're not even up to full production yet. It also smells amazing!"

With their products now available nationwide, Driftless Provisions anticipates reaching full capacity soon.

"It's a lot of work but we're excited about all the conversations and potential, coupled with the people we've met in the last few years; it all feels pretty darn exciting."

CHECKOUT



WHAT . OUTPOST STAFF HELPS WILD ONION MARKET PREPARE FOR THEIR GRAND OPENING

WHEN . JUNE 4, 2024

WHERE. WILD ONION MARKET • 7007 N. CLARK ST. • CHICAGO, IL

made-to-order or grab & go



**Summer
Simple!**

*Sandwiches
ready to go
when you are!*

OUTPOST
NATURAL FOODS

4 stores in Metro Milwaukee
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