Enjoy an elixir, tonic, tea or juice!

JUICED!
Cold Pressed Juice
Select varieties, 12 oz.
$3.99

TEMPLE TURMERIC
Turmeric Elixir
Select varieties, 12 oz.
2/$7

GOOD BELLY
Probiotic Beverages
32 oz., select varieties
2/$5

SUJA
Organic Master Cleanse Juice
$3.99/16 oz.

CELESTIAL SEASONINGS
Herbal Tea
20 ct.
2/$5

OUTPOST BRAND
Probiotic Quattro
One week only!
- 4 billion active cells
- 4 powerful probiotics
50 or 100 caps.
SAVE 40%

ORGANIC GINGER ROOT
Peru Grown
$2.99/lb.

January 18 – January 24, 2017

Your Community Owned Grocer Since 1970
Open Daily
7 a.m. to 9 p.m.
Cod with Mushrooms

This simple yet elegant dish is quick enough for a weeknight, but fancy enough for a dinner party. Any mushrooms will work.

SERVES 4

Sauce:
2 tablespoons unsalted butter, divided
1 large shallot, sliced
8 ounces white mushrooms, sliced
½ cup mushroom or chicken broth
½ cup dry white wine
Dash of half and half or whipping cream
Squeeze of lemon
¼ cup chives or green onions

Cod:
1 large piece of cod (approximately 1 to 1.5 pounds)
Olive oil or butter
1 leek, washed and sliced thinly
½ cup mixed mushrooms, roughly chopped (shiitake, oyster, or reconstituted dried mushrooms work well)
1 cup fresh spinach
½ cup half and half

1. Preheat oven to 375 degrees.

2. To make the sauce – In a pan, sweat sliced shallots in 1 tablespoon of butter until soft, but do not color. Add the button mushrooms and sweat for an additional 2 minutes. Add the white wine and reduce by half. Add mushroom broth and reduce by a third. Add a dash of half and half, whisk in the remaining butter and season with salt, pepper, and a squeeze of lemon juice. If you prefer a silky sauce, use an immersion blender to achieve desired result.

To cook the fish:

3. Cut the cod into 4 portions and place on a baking sheet; season with salt and pepper, drizzle with olive oil, and roast for 10 minutes. Remove from the pan and add a few drops of fresh lemon.

4. While fish is in the oven, cook the leek, the mushroom, and the spinach separately in olive oil or butter and set aside. Add a tablespoon of sauce to the leeks.

To serve:

5. Spoon the leeks onto plate and place cod on top. Garnish with the cooked mushrooms and spinach. Add chopped chives to the sauce and spoon over the fish.

Per serving: 255 calories, 13g fat, 6g sat fat, 8g carbohydrates, 23g protein, 200mg sodium, 1g fiber
Not an owner yet? Stop by Customer Service to learn more about the benefits of ownership!

Sales for OWNERS

get fresh owner savings*

Wednesday 01/18/17 through 01/24/17

OUTPOST'S OWN
Meat Balls
Mama’s special beef and pork Italian recipe made without gluten ingredients
$5.99/LB.

BUFFALO WING JACK CHEESE
$5.99/LB.

OUTPOST'S OWN
Tuna Vegetable Pasta Salad
$6.99/LB.

 оргa n i c

ORGANIC LEMONS
Mexico Grown
59¢/EA.

OUTPOST BAKEHOUSE
Mocha Little Oatie
$2.49/EA.

get local

Mad Maiden Shrub
Madison, WI • 76 Miles to Market

Thirsty? Try a shrub. Wait, you haven’t heard of shrub? It’s drinking vinegar. Janet Chen started making them after reading an article. The vinegar is made using organic apples then infused with local ingredients like honey, mulberries, and strawberries. Janet saw the potential for this old fashioned concoction since the industry is trending toward lower sugar, healthier beverages. Use them to make aperitifs or cocktails or mix with sparkling water and a little sweetener for a homemade soft drink.

get local

OWNERS TAKE 5% OFF

OWNERS - Go for the gold!
The color of your special savings signs is now gold.
Here at Outpost, we define LOCAL as being grown or produced in Wisconsin and REGIONAL as being grown or produced in a state that borders Wisconsin.

**Favorite Local • Regional**

Sales for EVERYONE Wednesday 01/18/17 through 01/24/17

- **ORGANIC BUNNY-LUV CARROTS**
  - California Grown
  - $4.99/5 lb. bag

- **ORGANIC ROMAINE HEARTS**
  - USA or Mexico Grown
  - 3-pk.
  - 2/$5

- **TAYLOR FARMS ORGANIC BABY SPINACH**
  - USA or Mexico Grown
  - 5 oz.
  - 2/$5

- **OUTPOST’S OWN Pork Mock Chicken Legs**
  - A co-op favorite made fresh in-house!
  - $3.29/lb.

- **WILD ALASKAN Cod Fillets**
  - Product of USA
  - $5.99/lb.

- **MILLER POULTRY Split Chicken Breast**
  - $2.49/lb.

**NON-GMO Project VERIFIED**

**AUTHENTICALLY LOCAL.** Here at Outpost, we define LOCAL as being grown or produced in Wisconsin and REGIONAL as being grown or produced in a state that borders Wisconsin.
### Sale runs Jan. 18 – Jan. 24
**Some items may not be available in all stores**
*Limited supply on some items*

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>BULK PACK Organic Hemp Seeds</td>
<td>$5.99/8 oz.</td>
<td>Grown in Canada</td>
</tr>
<tr>
<td>BULK PACK Organic Pistachios</td>
<td></td>
<td>Roasted, salted, in the shell, grown in California</td>
</tr>
<tr>
<td>BULK Organic Coconut Flour</td>
<td></td>
<td>Grown in the Philippines</td>
</tr>
<tr>
<td>BULK Organic Fair-Trade Organic Almonds</td>
<td></td>
<td>Grown in California</td>
</tr>
<tr>
<td>BULK Organic Turmeric Ginger Seasoned Cashews</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BULK Organic Green Lentils</td>
<td>$1.99/lb.</td>
<td>Grown in California</td>
</tr>
<tr>
<td>BULK Organic White or Brown Long Grain Rice</td>
<td>$1.79/lb.</td>
<td>Grown in California</td>
</tr>
<tr>
<td>FIELD DAY Organic Coconut Milk</td>
<td>$1.99</td>
<td>13.5 oz.</td>
</tr>
<tr>
<td>FIELD DAY Organic Apple Sauce</td>
<td>$2.99</td>
<td>Original or cinnamon, 24 oz.</td>
</tr>
<tr>
<td>EARTH’S BEST Organic Baby Food</td>
<td></td>
<td>Select varieties, 3.5-4.2 oz.</td>
</tr>
<tr>
<td>OUTPOST BRAND Men’s Once Daily Multivitamin</td>
<td>$7.99</td>
<td>30 tab.</td>
</tr>
<tr>
<td>DESERT ESSENCE Dental Floss and Tape</td>
<td></td>
<td>30-50 yds.</td>
</tr>
<tr>
<td>TOM’S OF MAINE Toothpaste</td>
<td>$3.99</td>
<td>Select varieties, 4.7 oz.</td>
</tr>
<tr>
<td>Product</td>
<td>Price</td>
<td></td>
</tr>
<tr>
<td>-------------------------------</td>
<td>---------</td>
<td></td>
</tr>
<tr>
<td>ORGANIC VALLEY Organic Cheese</td>
<td>$3.99</td>
<td></td>
</tr>
<tr>
<td>VAN’S Frozen Waffles</td>
<td>2/$5</td>
<td></td>
</tr>
<tr>
<td>BEYOND MEAT Meat Alternative</td>
<td>2/$7</td>
<td></td>
</tr>
<tr>
<td>ALEXIA FOODS Frozen Potatoes</td>
<td>2/$6</td>
<td></td>
</tr>
<tr>
<td>ANNIE’S HOMEGROWN Fruit Snack</td>
<td>2/$6</td>
<td></td>
</tr>
<tr>
<td>LA CROIX Sparkling Water</td>
<td>$4.29</td>
<td></td>
</tr>
<tr>
<td>CASCADIAN FARM Cereal</td>
<td>2/$5</td>
<td></td>
</tr>
<tr>
<td>PAQUI Flavored Tortilla Chips</td>
<td>2/$5</td>
<td></td>
</tr>
<tr>
<td>FOOD SHOULD TASTE GOOD Chips</td>
<td>2/$4</td>
<td></td>
</tr>
<tr>
<td>BARBARA’S CHEESE Puffs</td>
<td>2/$4</td>
<td></td>
</tr>
<tr>
<td>RED FORK Skillet Sauce</td>
<td>2/$4</td>
<td></td>
</tr>
<tr>
<td>LUNDBERG Organic Rice Cakes</td>
<td>2/$6</td>
<td></td>
</tr>
<tr>
<td>NEAR EAST Couscous or Pilaf</td>
<td>3/$5</td>
<td></td>
</tr>
<tr>
<td>MRS. RENFRO’S Salsa</td>
<td>$2.99</td>
<td></td>
</tr>
</tbody>
</table>
Sale runs Jan. 18 – Jan. 24
Some items may not be available in all stores
Limited supply on some items
<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Discount</th>
</tr>
</thead>
<tbody>
<tr>
<td>COUNTRY VIEW DAIRY Yogurt</td>
<td>10/$10</td>
<td></td>
</tr>
<tr>
<td>ANDALOU Facial Cleanser</td>
<td>$7.99</td>
<td>$4</td>
</tr>
<tr>
<td>SHIKAI Shampoo and Conditioner</td>
<td>$5.99</td>
<td></td>
</tr>
<tr>
<td>BEARD BALM Beard Balm</td>
<td>SAVE $4</td>
<td></td>
</tr>
<tr>
<td>MANITOBA HARVEST Organic Hemp Seeds</td>
<td>$6.99</td>
<td></td>
</tr>
<tr>
<td>HERB PHARM Super Echinacea</td>
<td>$9.99</td>
<td></td>
</tr>
<tr>
<td>COUNTRY LIFE B-12 Lozenges</td>
<td>SAVE $4</td>
<td></td>
</tr>
<tr>
<td>HERBS ETC. Essiac Tonic</td>
<td>SAVE $6</td>
<td></td>
</tr>
<tr>
<td>TOM’S OF MAINE Stick Deodorant</td>
<td>$4.99</td>
<td></td>
</tr>
<tr>
<td>SPRY Sugar-Free Gum</td>
<td>69¢</td>
<td></td>
</tr>
<tr>
<td>MANITOBA HARVEST Green Superfood</td>
<td>5/$5</td>
<td></td>
</tr>
<tr>
<td>BOIRON Chestal</td>
<td>$8.49</td>
<td></td>
</tr>
<tr>
<td>HERBS ETC. Essiac Tonic</td>
<td>SAVE $6</td>
<td></td>
</tr>
<tr>
<td>NORDIC NATURALS Postnatal Omega-3</td>
<td>SAVE $10</td>
<td></td>
</tr>
</tbody>
</table>