



Plant Power!

OUTPOST
CO-OP SINCE 1970

A vertical close-up photograph of a gourmet dish. The main focus is a large, rectangular piece of seared salmon or trout, showing a golden-brown crust and a moist, pink interior. It is garnished with finely chopped green herbs, likely dill or chives. Surrounding the fish are vibrant red cherry tomatoes, some halved, and chunks of yellow pineapple. The dish is served on a light-colored wooden plate. In the background, a blurred bowl of green tomatoes adds a fresh, rustic touch to the composition. The lighting is warm and natural, highlighting the textures of the food.

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- A vertical close-up photograph of a gourmet dish. The main focus is a large, rectangular piece of seared salmon or trout, showing a golden-brown crust and a moist, pink interior. It is garnished with fresh green herbs, likely dill or chives, and small pieces of red bell pepper and pineapple. The dish is served on a light-colored wooden plate. In the background, a bowl of green tomatoes is visible, and the entire scene is set against a warm, textured wooden surface.

- tablespoons of the sauce for dressing the tofu when cooked.
3. Marinate the pressed, cubed tofu in the jerk sauce for 30 to 60 minutes or overnight.
4. Preheat the oven to 350°F.
5. Place the tofu and marinade onto an oiled sheet pan and bake for 20 minutes; then gently stir or flip the tofu and bake for another 15 to 20 minutes until the tofu is firm and the sauce is absorbed. On a separate oiled sheet pan, bake the pineapple cubes for 20 to 25 minutes until they just start to brown.
6. Toss the pineapple and tofu together. Drizzle with the remaining 4 tablespoons of jerk sauce and garnish with chives and diced red pepper. Serve over a bed of greens, crisp lettuce or rice noodles.

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SUPPORT ORGANIC FARMERS

CALL YOUR REPRESENTATIVES!

The proposed Domestic Organic Investment Act supports U.S. organic agriculture by investing in the infrastructure needed to get organic food from farms to stores.

Here are a few talking points:

This is a bipartisan bill that supports small organic farms + co-ops

It helps expand U.S.-grown organic food by investing in processing + distribution

Organic farming reduces reliance on synthetic fertilizers + pesticides

Strong domestic organic supply chains reduce reliance on imported organic food



Call your reps at 202-224-3121 or visit [Congress.gov](https://www.congress.gov) to find your representatives. Learn more and get an easy script by visiting outpost.coop/CallToAction

FEBRUARY SOUP MENU

ALL OF OUR CO-OP MADE SOUPS ARE MADE FROM SCRATCH USING OUR FROM-SCRATCH STOCK, FRESH ORGANIC OR ALL-NATURAL INGREDIENTS

YOU'LL TASTE THE DIFFERENCE!

- | | |
|----|--------------------------------------|
| 01 | CHEF'S CHOICE |
| 02 | GINGER CHICKEN NOODLE |
| 03 | RED LENTIL COCONUT CURRY V + WF |
| 04 | CHEESY POTATO SOUP WF |
| 05 | PERUVIAN QUINOA V + WF |
| 06 | CHICKEN MULLIGATAWNY |
| 07 | MUSHROOM MISO V + WF |
| 08 | CHEF'S CHOICE |
| 09 | GINGER CHICKEN NOODLE |
| 10 | POTATO FLORENTINE WF |
| 11 | SPINACH COCONUT V + WF |
| 12 | CHICKEN WILD RICE WF |
| 13 | BROCCOLI CHEDDAR CHEESE WF |
| 14 | GOLDEN SPLIT PEA V + WF |
| 15 | CHEF'S CHOICE |
| 16 | GINGER CHICKEN NOODLE |
| 17 | SPINACH LENTIL V |
| 18 | CORN + SWEET POTATO CHOWDER V + WF |
| 19 | CHICKEN MULLIGATAWNY |
| 20 | PUMPKIN MINISTRONE |
| 21 | TOMATO PARMESAN WF |
| 22 | CHEF'S CHOICE |
| 23 | GINGER CHICKEN NOODLE |
| 24 | BEAN + BARLEY V + WF |
| 25 | PERUVIAN QUINOA V + WF |
| 26 | CHICKEN WILD RICE WF |
| 27 | BROCCOLI CHEDDAR CHEESE WF |
| 28 | RED LENTIL COCONUT CURRY V + WF |

MAMA'S VEGGIE CHILI SERVED DAILY

WF = WHEAT FREE | V = VEGAN



SAVE THE DATE!

February 14th

11 am - 4 pm

**Art!
Food!
Kids Craft!**

VISIT OUR FOUR NEIGHBORHOOD LOCATIONS:

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

LET'S OWN A GROCERY STORE TOGETHER

[WWW.OUTPOST.COOP](https://www.outpost.coop)

