

A vibrant collage of various food scraps, including vegetable peels, eggshells, and flowers, arranged in a circular pattern. The items are colorful and detailed, showing textures like the rough skin of a potato, the smooth surface of an eggshell, and the delicate petals of a rose.

**Get
Scrappy!**

OUTPOST
CO-OP SINCE 1970



Carrot Top and Pepita Spread

Serves 4. Total time: 15 minutes.

- 1 cup carrot top leaves, packed
- ½ cup pepitas (raw pumpkin seeds)
- 1 large garlic clove
- ½ teaspoon salt
- 1 tablespoon lemon juice
- 3 tablespoons extra-virgin olive oil

1. Pick the leaves from the stems of the carrots, packing the leaves in a cup. Wash and spin dry or pat dry with a clean towel.
2. Place the pumpkin seeds in a medium skillet and swirl over medium-high heat until the seeds start to smell toasty and pop. Transfer the seeds to a food processor bowl.
3. Add the carrot leaves, garlic clove and salt and process until minced finely. Scrape and repeat. Add the lemon and olive oil and process until smooth.
4. Transfer to a storage jar and store in the refrigerator up to 4 days.

Use this peppery, savory spread like a pesto on pizza, stir it into cooked rice or jazz up a simple sandwich.



Veggie Trim Stock

Makes 6 cups. Total time: 1 hour; 10 minutes active.

- 8 cups veggie trimmings
- 8 cups water
- 1 bay leaf
- 1 teaspoon black peppercorn
- ½ teaspoon salt
- 3 dried mushrooms, optional
- ¼ cup white wine, optional

1. Combine the veggies, water, bay leaf, peppercorns, salt and mushrooms and bring to a boil over high heat. Lower the heat immediately (boiling too long makes it bitter) and cover, to simmer very gently. Leave covered so the water will not boil away. Add wine, if desired.
2. Set a timer for 45 minutes.
3. At 45 minutes, strain the stock, and discard the veggies (they make great compost).
4. Taste the stock; add seasonings as desired.
5. Use as a base for soup or freeze for future use.

Save onion skins, carrot peels and other trimmings in the freezer until you have enough to make stock.

Reducing Waste Tips!



Bread

Keep out what you can use in the next three to five days and freeze the rest.



Potatoes

Boiled and roasted potatoes freeze and reheat very well. Got a potato on the verge? Make soup.



Milk

Instead of buying a half-gallon, buy two quarts. The unopened one will keep longer.



Cheese

Firm cheeses freeze well; shred and freeze a pile for a future pizza.



Classic Caesar Salad

Serves 6. Total time: 40 minutes; 15 minutes active.

- ½ loaf Italian bread
- 2 tablespoons extra virgin olive oil
- ½ teaspoon salt, divided
- ¼ cup mayonnaise
- 1 teaspoon Worcestershire sauce
- 2 cloves minced garlic
- 1 tablespoon anchovy paste
- 1 teaspoon Dijon mustard
- 2 tablespoons lemon juice
- 1 head romaine lettuce leaves, washed and torn
- 1 chunk Parmesan cheese (about 4 ounces)

1. Preheat the oven to 350°F. Tear the bread into ½ inch chunks and place on a sheet pan. Drizzle with the olive oil, sprinkle with salt and toss to coat. Bake for 20 minutes.
2. In a medium bowl, combine mayonnaise, Worcestershire, garlic, anchovy paste, Dijon, lemon juice and salt and stir to mix.
3. Place lettuce in a large salad bowl. Add the mayo mixture and croutons. Toss to coat. Use a vegetable peeler to shave the Parmesan over the salad. Serve immediately.

Don't toss it! Turn stale bread into tasty toasted croutons for a Caesar salad or use it to thicken ribollita and other stews.



Ribollita

Serves 5. Total time: 45 minutes; 25 minutes active.

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 3 large garlic cloves, chopped
- 1 small zucchini, chopped
- 2 ribs celery, chopped
- 2 large carrots
- 1 bunch kale, stems chopped, leaves chopped
- 3 cups vegetable stock
- 2 teaspoons dried rosemary
- 1 cup tomato sauce
- 1 teaspoon salt
- 1 can cannellini beans, drained
- 7 slices bread
- Parmesan cheese

1. In a large pot, heat the olive oil over medium-high heat. Add the onion and garlic and stir for 5 minutes or so, until the onion is clear. Add the zucchini, celery, carrot, kale stems, and stir for a minute, then add the stock and rosemary and bring to a boil. Reduce to a simmer and cook until the vegetables are tender, about 10 minutes. Stir in the tomato sauce, salt, kale leaves, cannellini beans and 2 slices of crumbled bread and simmer until the kale is softened.
2. Serve soup over a slice of toasted bread and top with freshly shredded Parmesan.

Scan to see how Outpost gets scrappy!
Our 2025 Sustainability Report comes out April 22nd!



SUSTAINABILITY REPORT 2025

RELEASE DATE: 4/22/26

COMING
SOON!

Outpost Co-op exists so our owners have a healthy, diverse, and sustainable community. As a community-owned grocery cooperative, sustainability is not a side initiative – it is central to how we source food, operate our stores, and support the local economy. From organic agriculture and local farmers to renewable energy and waste reduction, our goal is to create positive impact for people, planet, and community. Fiscal Year 2025 (Oct 2024 – Sept 2025) highlights continued progress in responsible sourcing, environmental stewardship, and community engagement across our four stores and central kitchen.



APRIL 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 GOLDEN SPLIT PEA | V + WF
- 02 CHICKEN MULLIGATAWNY
- 03 MUSHROOM MISO SOUP | V + WF
- 04 BROCCOLI CHEDDAR CHEESE | WF
- 05 CLOSED - EASTER
- 06 CHEF'S CHOICE
- 07 GINGER CHICKEN NOODLE
- 08 RED LENTIL + COCONUT CURRY | V + WF
- 09 CHICKEN WILD RICE | WF
- 10 SPINACH COCONUT | V + WF
- 11 PUMPKIN MINESTRONE | V
- 12 CREAMY TOMATO | WF
- 13 CHEF'S CHOICE
- 14 GINGER CHICKEN NOODLE
- 15 INDIAN VEGETABLE | WF
- 16 CHICKEN MULLIGATAWNY
- 17 SPINACH LENTIL | V
- 18 BROCCOLI CHEDDAR CHEESE | WF
- 19 PERUVIAN QUINOA | V + WF
- 20 CHEF'S CHOICE
- 21 GINGER CHICKEN NOODLE
- 22 MUSHROOM MISO SOUP | V + WF
- 23 SOUTHERN FRENCH VEGETABLE | V
- 24 CHICKEN WILD RICE | WF
- 25 PERUVIAN QUINOA | V + WF
- 26 SPINACH LENTIL | V
- 27 CHEF'S CHOICE
- 28 GINGER CHICKEN NOODLE
- 29 RED LENTIL + COCONUT CURRY | V + WF
- 30 BROCCOLI CHEDDAR CHEESE | WF

MAMA'S VEGGIE CHILI SERVED DAILY

WF = WHEAT FREE | V = VEGAN



SCAN HERE
ON APRIL 22ND FOR
OUTPOST'S 2025
SUSTAINABILITY
IMPACT REPORT!



Less
Plastic.
More To
Love.

Bring your own jar.
Buy a little or a lot.

Stock up on spices,
grains, nuts, coffee, flour +

VISIT OUR FOUR
NEIGHBORHOOD LOCATIONS:

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

LET'S OWN A GROCERY STORE TOGETHER

WWW.OUTPOST.COOP

