

A photograph of three mason jars filled with orange juice, each with a blue and white striped straw and a lemon slice on the rim. The jars are on a red and white checkered picnic tablecloth. In the background, there are more lemons and a blurred green background. The text "Sip Into Summer!" is overlaid in large white letters with a drop shadow.

**Sip Into  
Summer!**

**OUTPOST**  
CO-OP SINCE 1970



## Ginger-Peach-Lemon Spritzer

Serves 4. Total time: 10 minutes

- 2 large peaches or nectarines, pitted
- 2 tablespoons fresh ginger, coarsely chopped
- ½ cup fresh lemon juice
- ¼ cup honey
- 2 cups kombucha or sparkling water

1. In a blender, add the peaches or nectarines, ginger, lemon juice and honey. Secure the lid and blend, raising the speed to high as you go. When the fruit is pureed and smooth, remove the lid and stir in the kombucha or sparkling water.
2. Pour into glasses and serve immediately.

*This fizzy drink pairs the sweetness of ripe peaches and the spicy kick of fresh ginger. Pour over crushed ice and garnish with lemon slices for the perfect summer spritzer!*



## Berry Shrub

Serves 10. Total time: 24 hours; 30 minutes active

- 6 ounces fresh raspberries, blueberries or blackberries, washed
- ¾ cup sugar
- ½ cup active apple cider vinegar
- Ice and club soda, to serve

1. In a 2-cup storage container with a lid, mash the berries with a wooden spoon. Stir in the sugar and vinegar, then cover and refrigerate for 24 hours.
2. Place a fine-mesh strainer over a bowl and strain the fruit, pressing with a spoon to extract all the liquids. Discard (or eat) the pulp.
3. Store the liquid in the refrigerator for up to a week, tightly covered, before serving. To serve, place 2 tablespoons of shrub in a glass, fill with ice, then add club soda to top it off. Stir and serve.



## Cantaloupe-Ginger Mocktail

Serves 2. Total time: 10 minutes

- 3 cups cantaloupe, cubed
- 2 tablespoons agave syrup
- 2 teaspoons fresh ginger, grated
- 2 teaspoons fresh lime juice
- ¼ cup sparkling water
- Ice, to serve
- 4 mint sprigs
- Cantaloupe for garnish

1. In a blender, place the cantaloupe, agave, ginger and lime juice. Puree until completely smooth. Makes about 1 cup. Add sparkling water and mix well with a spoon.
2. Divide between four glasses, add ice, stir and add a cube of cantaloupe as a garnish.

*A quick spin in the blender with fresh ginger and lime turns cantaloupe into a lively, colorful mixer. Garnish with fresh mint.*



## Red Sangria with Strawberries

Serves 1. Total time: 3 minutes

- ¼ cup orange juice
- ½ cup apple juice
- ½ cup red wine
- 1 slice orange
- 1 strawberry, sliced
- 1 cinnamon stick and 1 mint sprig, for garnish

1. In a 12- to 16-ounce juice glass, combine the orange juice, apple juice, red wine, orange and strawberry.
2. Stir with a cinnamon stick and garnish with mint sprigs. Serve cold.

*Wine is the only alcohol in this simple sangria, pared down to make a single glass. Entertaining a group? Mix six times the juice and fruit with a bottle of wine. Choose a Spanish Rioja or a medium-bodied Pinot Noir.*

# LOCAL VENDOR SPOTLIGHT:



## BETTER WAY FARMS

ORGANIC | MICHIGAN



Balsamic Blueberry Sauce recipe from our archives!



What began with the restoration of a century-old red barn in southwest Michigan has grown into a mission to farm differently. Better Way Farms started as a small family operation growing conventional blueberries, but after discovering the benefits of regenerative organic farming, the Phillips family made the transition to 100% USDA Organic production.

Today, Better Way Farms grows organic blueberries using regenerative practices that rebuild the soil rather than simply produce a crop. By restoring minerals, encouraging beneficial microbes, and planting cover crops, they create healthier soil that naturally yields more flavorful, nutrient-dense berries. Their philosophy is



Better Way Farms in Southwest Michigan



simple: healthy soil leads to healthy plants, healthier people, and a healthier planet.

Still family-owned and operated, Better Way Farms is driven by a commitment to farming that benefits both the land and future generations. Their name reflects their mission: proving there's a better way to grow exceptional organic blueberries while caring for the earth.



read more here!



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SOUP SALAD DIP FRUIT  
VEGGIES COFFEE TEA  
SMOOTHIE BAKERY  
FRESH SQUEEZED JUICE



JULY SOUP MENU!

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