



Autumnal Arrivals!

OUTPOST
CO-OP SINCE 1970



Butternut Apple Bisque

Servings: 6. Prep time: 45 minutes.

1 medium onion, diced
 1 tablespoon butter or vegetable oil
 1 tablespoon curry powder (or more, to taste)
 1 butternut squash, about 1 ½ pounds, seeded, peeled and cubed
 1 Granny Smith apple, cored, peeled and cubed
 5 cups low-sodium vegetable stock
 Sea salt to taste

1. In a 4-quart pot, heat the butter or oil and sauté the onion over medium heat until soft, about 5 minutes.
2. Add curry powder and sauté 3 more minutes, being careful not to burn.
3. Add squash, apple and vegetable stock to the pot and bring to a boil.
4. Reduce to a simmer, cover and cook 20 to 30 minutes, or until the squash is tender.
5. Puree the soup in a food processor or blender and salt to taste.

Tip: For some extra spice, add 1 tablespoon ginger, peeled and chopped, to the pan at the same time as the onions, or add chopped candied ginger as a garnish before serving.

Autumn in a bowl! Warm up with tart Granny Smith apples, creamy butternut squash and a dash of curry powder.

French Toast with Warm Apple Pecan Compote

Servings: 6. Prep time: 60 minutes.

Compote

¾ cup water or apple juice
 ¼ cup brown sugar
 ¼ cup maple syrup
 ½ teaspoon cinnamon
 ¼ cup raisins
 ¼ cup chopped pecans
 3 cups apple, peeled and cut into ½-inch pieces
 Pinch of salt
 1 tablespoon cornstarch
 2 tablespoons butter

French Toast

2 tablespoons butter
 5 large eggs
 1 cup milk
 2 tablespoons maple syrup
 Pinch of salt
 1-pound loaf of soft-crustured bread (such as brioche or challah) cut into 1-inch thick slices



1. To make the compote, bring the water, brown sugar, maple syrup, cinnamon and raisins to a boil in a saucepan. Add the pecans, apples and salt. Bring the mixture to a simmer and cook for about 15 minutes, stirring occasionally. Add the cornstarch and butter and simmer another 3 to 5 minutes until slightly thickened. Keep warm while preparing the French toast, or prepare the compote the night before and reheat.
2. Heat the oven to 300° F. Place a metal rack in the oven to keep pieces of finished French toast warm while the rest is cooking. Melt a little of the butter in a large skillet (or two skillets to make the process go faster) over medium-low heat. Whisk the eggs, milk, maple syrup and salt in a large bowl. Soak each slice of bread in the egg mixture for about 30 seconds on each side. Place in hot skillet and cook each side for 3 to 4 minutes until golden brown. Add more butter for each new piece of toast added to the pan. Slice French toast into triangles and serve topped with warm apple compote.



Cinnamon Apple Coffee Cake

Servings: 8. Prep time: 55 minutes; 15 minutes active.

- ½ cup whole wheat flour
- ½ cup all-purpose flour
- 1 cup rolled oats
- ¾ teaspoon baking soda
- ½ teaspoon salt
- ¼ teaspoon allspice
- 1 ½ teaspoons cinnamon
- 1 cup sugar
- ½ cup vegetable oil or melted coconut oil
- 1 egg, beaten
- ¼ cup milk
- 1 teaspoon vanilla
- 1 cup diced apple
- ¼ cup dried cranberries

1. Heat the oven to 350°F. Butter or oil an 8 x 8 inch pan.
2. In a large mixing bowl, whisk together the flours, oats, baking soda, salt, spices and sugar. Stir in the remaining ingredients until just combined. The batter will be very thick. Spread the batter evenly into the pan. Bake for 35 to 40 minutes or until a toothpick stuck in the middle comes out clean. Let cool before slicing.

This moist cake featuring dried cranberries and whole grains is sure to become a coffee break favorite.



Gingered Beet and Apple Salad

Servings: 6. Prep time: 30 minutes.

- 1 pound beets, peeled
- 1 apple (about ½ pound)
- ¼ pound carrots, peeled
- ½ cup fresh parsley, minced
- 2 tablespoon apple cider
- 2 tablespoon apple cider vinegar
- 1 tablespoon fresh ginger, minced
- 2 tablespoon olive oil
- Salt and pepper to taste

1. Using the shredding blade of a food processor or a grater, shred the beets, apple and carrots. Mix well with the remaining ingredients. Season with salt and pepper. Serve immediately or refrigerate to let the flavors blend.

Fresh apples and apple cider make this beautiful, jewel-toned slaw refreshing and delicious. Try using a variety of beets — like golden or chioggia beets — for an even more colorful salad.

LOCAL VENDOR SPOTLIGHT:

PATTERSON ORCHARDS: The Little Orchard That Could

Since the 1970s, Outpost has proudly sourced apples from local farms. When longtime partner Barthel Fruit Farm changed its wholesale operation during the pandemic, Outpost's former Produce Category Manager William Quinn knew there was one thing we couldn't do without: a local apple grower. "It wouldn't be Outpost without local produce. It's what we are. We had to have a local apple grower."

Enter Patterson's Orchard. Outpost had been selling Patterson's cider for years, so Quinn reached out to see if they could expand the relationship. A visit to their picturesque orchard made one thing clear: they had the apples. "We have close to 5,000 trees altogether," says third-generation apple farmer Jay Patterson. His grandfather and father planted the first trees in 1947 on what had once been a mink farm.



16
miles
to
market



local



Jay Patterson, owner of Patterson Orchards

OUTPOST
RECIPE
ARCHIVE:

cornmeal
apple
flapjacks



Today, Patterson's grows nearly 35 varieties, from Zestar, Ginger Gold and Paula Red early in the season to McIntosh, Gala and Honeycrisp later on. Thanks to cold storage and modern ripening technology, their apples stay fresh well into winter. Patterson's also uses Integrated Pest Management, working with an entomologist to monitor pests and minimizing chemical use whenever possible.

Outpost began selling Patterson's apples in 2022, and they were an instant hit. Someone on social media called Patterson's the "little orchard that could."

We couldn't agree more.



get to know all of
our local vendors!

Grab
+ Go



Ready when
you are.

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



SEPTEMBER SOUP MENU

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