

# good food

FREE - TAKE ONE • JULY 2025



**OUTPOST CO-OP**  
GROCERY STORE



# WATERMELON HEAVEN



## WATERMELON SHRIMP CEVICHE

SERVES 8

Ceviche has its early origins in pre-colonized Peru. Take this summery seafood salad to any picnic and instantly make friends. The acid from the citrus juices “cooks” the shrimp as it marinates. Serve in a colorful bowl and have plenty of sturdy tortilla chips on hand for scooping.

Ceviche is meant to be eaten the same day; however, you can keep in an airtight fridge for up to two days.

### INGREDIENTS:

- 1 pound medium raw shrimp peeled, deveined, and chopped into 1/2” pieces
- 1/2 cup freshly squeezed orange juice, divided
- 1/3 cup freshly squeezed lime juice, divided
- 4 cups watermelon, diced 1/2” pieces

- 3/4 cup red onion, minced
- 2 tablespoons jalapeno pepper, minced
- 1 teaspoon orange zest
- 1 teaspoon lime zest
- 1/2 teaspoon salt
- 1 cup cilantro leaves, loosely packed and chopped
- 12 large mint leaves, chopped

### DIRECTIONS:

1. In a medium bowl, combine shrimp, 1/4 cup of the orange juice, and 1/4 cup of the lime juice. Cover and refrigerate one to two hours, or until shrimp are pink and opaque (no longer translucent).
2. In a large bowl, fold together watermelon, red onion, jalapeño pepper, orange zest, lime zest, and remaining orange and lime juices. Sprinkle salt over the top, and then add the shrimp, cilantro, and mint. Combine gently so as to keep the melon from breaking down.
3. Cover and refrigerate for at least 30 minutes to let flavors mingle before serving.



## WATERMELON GAZPACHO

MAKES 4 TO 6 SERVINGS

Vegan • Gluten-free with substitutions

We’re side-tripping it to Andalusia, the southernmost region of Spain that hugs up against the Mediterranean Sea. It’s this warm, dry and sun-drenched place that gave rise to gazpacho. Typically made with tomatoes and green peppers, our version adds fresh watermelon and other crunchy veggies. It’s like having your soup and salad in one dish. Break off a gnarly hank of crusty bread for more of a one bowl meal. Serve it with something equally light, cold and crisp like a sauvignon blanc, pinot grigio or dry rosé. Beer lovers try a double IPA, fragrant and hoppy alongside those garden-fresh flavors.

### INGREDIENTS:

- 4 cups fresh watermelon, cubed
- 2 cups, Roma tomatoes, halved, cored and chopped
- 1 cup, cucumber, peeled, seeded and chopped
- 3/4 cup red bell pepper, chopped
- 1/2 cup red onion, chopped
- 2 cloves garlic
- 1/3 cup fresh mint, packed
- 3 tablespoons olive oil
- 3 tablespoons sweet sherry vinegar (or 2 tablespoons red wine vinegar and 1/2 teaspoon sugar)
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon ground cumin
- Slice of white bread, moistened with water and ‘wrung out’
- Croutons for garnish (optional)

### DIRECTIONS:

1. In a large mixing bowl, combine

watermelon, tomatoes, cucumber and red pepper. Mix to combine. Measure out 2 cups and set aside.

2. Transfer the remaining mix to a blender or food processor and add the rest of the ingredients. Blend the soup to the consistency you prefer and adjust seasonings to your liking.
3. Transfer back to the large mixing bowl to combine with the reserved chopped melon-vegetables. Stir to combine.
4. Chill in the fridge for at least 3 – 4 hours, to let the flavors marinate and mature.
5. Serve cold as first course, a main course, or if you’re looking for party fare, as an appetizer shooter with a crouton or bread stick for garnish. Add a sprig of fresh mint if desired.





## GRILLED WATERMELON WITH CHILI & LIME

With a rebel yell, you grilled more, more, MORE! This is a showstopper of a nosh for your backyard fête. It doesn't get any easier or tastier on a hot, humid day.

### INGREDIENTS:

1-inch-thick firm watermelon slices  
Olive oil for brushing  
Chili powder, salt  
Juice and zest of one lime



## PICKLED WATERMELON RINDS

MAKES 2 TO 4 PINTS / JELLY JARS

There are myriad ways to have fun with pickled watermelon rind: on top of a pulled pork or ham sandwich, on a charcuterie board nestled to a sharp cheddar or a creamy brie – and of course some salami or prosciutto, top off a grain bowl, as extra zest and crunch to a slaw, or use as a garnish for a summer Bloody Mary.

### INGREDIENTS:

2 cups white vinegar  
¼ cup sugar  
Watermelon rind, leave a bit of pink and remove green peel, enough to fill two to four pint jars  
Optional add-ins

**FUN FACT:** Watermelon is both a fruit & a vegetable! Botanically, it's a fruit because it develops from a flower & contains seeds. But it's also related to cucumbers, pumpkins & squash - making it a vegetable by family.

### DIRECTIONS:

1. Add vinegar and sugar to a non-reactive saucepan and bring to a rolling boil. Set aside.
2. Place peeled rinds and any add-ins into a jar and pour the pickling liquid over the top to cover the rind. Let cool slightly and then cap and store in the fridge.

### Add with the vinegar and sugar

Mix and match; strain before adding liquid to your jars. Pack into each jar a few of the reserved strained bits if desired. Try a combination of these:

- 1 teaspoon salt** – balances sweetness and helps preservation
- 1 teaspoon whole mustard seeds** – adds tang and a little spice
- 1 teaspoon whole black peppercorns** – brings subtle heat
- ½ teaspoon turmeric** – gives color and an earthy note

### DIRECTIONS:

1. Pat dry sides of watermelon of any extra liquid. Brush each side with olive oil (olive oil in a spray can is perfect for this). Sprinkle each side with chili powder and salt.
2. Place on a hot grill and grill just long enough for sear marks – turn and repeat. Try not to overcook!
3. Remove from grill and sprinkle on a bit of lime juice and zest. Not too much.
4. Layer onto a platter and watch them disappear.

**1-inch piece fresh ginger, sliced** – bright and zesty flavor

**1–2 cloves garlic, smashed** – for a savory punch

**1 cinnamon stick** – for warm spice notes

**2–3 whole cloves or allspice berries** – for a sweet-savory kick

**1–2 dried red chilies or ½ teaspoon chili flakes** – for heat

**1 bay leaf** – adds a mellow background note

**Lemon or orange peel strips** – adds citrus aroma

**1–2 tablespoons honey or maple syrup** – natural sweetener with flavor

Add these fresh ingredients before filling:

**Thin slices of jalapeño** – spicy-sweet contrast

**Fresh dill sprigs** – for a dill-pickle feel

**Thinly sliced red onion** – adds color and mild bite



## WATERMELON STRAWBERRY LIME COOLER

SERVES 2

Cool off with a great pink smoothie combo: watermelon and frozen strawberries make a wonderful slushy drink. A touch of lime and a sprig of mint give it a twist. Oh, and don't forget to add the paper parasol.

### INGREDIENTS:

1 cup frozen strawberries  
4 cups cubed watermelon, seeds removed  
2 tablespoons fresh lime juice  
Mint sprigs, for garnish

### DIRECTIONS:

In a blender, combine the watermelon and strawberries. Add the lime juice and puree. Serve immediately with mint sprigs for garnish. Looking for a tropical vibe? Add 3 oz white rum. Or take a trip south of the border and add 2 to 2.5 oz tequila.



## WATERMELON BLOOD ORANGE SORBET

SERVES 4 TO 6

This sorbet is the perfect treat for those barefoot-in-the-grass summer afternoons. Blood oranges provide a little sweet-tart flavor boost.

### INGREDIENTS:

¼ cup sugar  
¼ cup water  
1 cut fresh squeezed blood orange juice  
6 – 7 cups fresh watermelon chunks, seeds removed  
3 tablespoons fresh lime juice

### DIRECTIONS:

1. In a medium saucepan, bring the sugar and water to a simmer until the sugar is completely dissolved

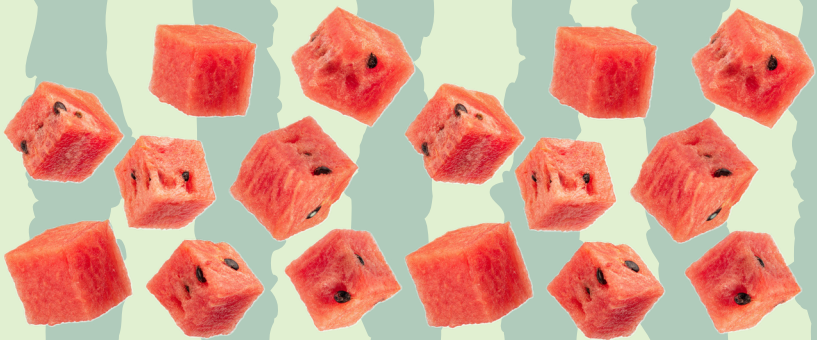
(do not stir). Remove from heat and set aside to completely cool.

2. Put the watermelon chunks and the lime juice into a blender or food processor. Pulse about 20 times to chop the melon and process until the watermelon is completely puréed. Press the melon purée through a fine mesh strainer to remove the extra pulp.

3. In a large mixing bowl, combine the blood orange juice with the cooled sugar syrup then add in the melon purée. Stir well and chill in the refrigerator for one hour.

4. If you have an ice-cream machine, just add the mixture and let the machine do the work. If not, pour the mixture onto a cookie sheet and freeze until set. Break into chunks and blend in a food processor or blender until it reaches a smooth texture.

## DO YOU NEED FRUIT FAST?



OUR GRAB & GO SECTION IS ALWAYS STOCKED WITH FRESHLY CUT FRUITS FOR YOU TO BUY & FLY!



WE'RE THRILLED TO  
WELCOME BACK

# Mileston's Famous Watermelons!

Not only are they incredibly sweet and juicy, but we're proud to partner with Mileston Cooperative Association—a Black farmer-owned co-op in Holmes County, Mississippi.

Thanks to the collaboration between Mileston, Outpost, and the National Co-op Grocers (NCG), every bite of these co-op-grown melons is a delicious example of Co-op Principle 6: Cooperation Among Cooperatives in action. "It's the right thing to do—and they're the best-tasting watermelons we've had all year!" says William Quinn, Outpost's Produce Category Manager.



Our shoppers clearly agree. When we first offered Mileston melons in summer 2024, Outpost sold 49 bins—nearly half of all Mileston product sold by NCG co-ops across the country!

We proudly support Mileston's mission: to foster community development, economic independence, and regenerative agriculture. Founded in 1942, Mileston is the oldest Black farmer co-op in the U.S., growing crops like sweet potatoes, summer squash, corn—and of course, their legendary watermelon.



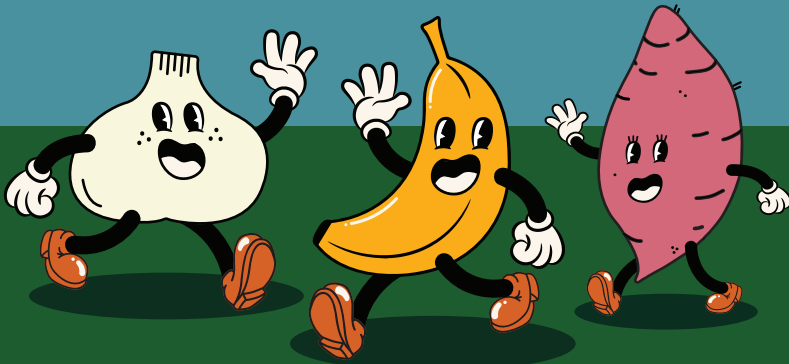
THREE CO-OPS.  
ONE SHARED MISSION.  
ALL HEART.  
THAT'S THE POWER OF COOPERATION.



# WE LOVE OUTPOST

**SATURDAY, JULY 26**  
**11 am - 2 pm**

**Spin-The-Wheel  
Special Gift for Owners!**



**All Outpost Locations**



**Thank You!**

*A big thank you to all who donated to help local kids have increased access to healthy foods while they're not at school this summer!*

**\$587.50**

**Think Outside  
The Lunchbox**

*June 1 - August 31*



**Donate to Outpost's annual  
fundraiser & food drive for kids!**

*Benefits Hunger Task Force of Milwaukee*