

# GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS

**TIPI PRODUCE:**  
FARM'S ROOTS  
RUN DEEP

PAGE 18



## HOT TIMES

**CELEBRATE THE SEASON WITH  
THESE COOL FOODS AND DRINKS**



PLU 3010  
SUMMER 2013 • 99¢  
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A WORD FROM  
THE EDITOR.



## WHAT IS GRAZE ?

### AUTHENTICALLY LOCAL

We're local and proud – happy to live in a city that values its unique identity. We'll celebrate the real flavors of our community and the surrounding area in every issue.

### FRESH

It's simple – we believe that the tastiest flavors are tied to what's in season. Natural and honest food is our favorite food.

### SMART

Sure we know our stuff, but we're right along side you on this food journey. We'll share what we know in a positive, expert way without a know-it-all attitude.

### FUN

Roll up your sleeves, put your elbows on the table and slop the sauce on the tablecloth. Good food is messy and best shared with laughter and good friends.

GRAZE WILL BE  
PUBLISHED QUARTERLY,  
WITH NEW ISSUES  
EACH SEASON.

DEAR READERS,

SUMMER CAME BLUSTERING IN LAST NIGHT, ON A LOUD DRUMBEAT AND WINDS THAT SHOOK THE HELICOPTER SEEDS FROM THE MAPLES IN OUR BACK YARD, LEAVING BEHIND A CRUNCHY GOLDEN LAWN.

The seasons change incrementally. We understand that. The earth moves in space and the tilt of its face changes and days lengthen or shorten gradationally. The soil warms by micro-degree and the life buried therein takes note. Above the surface, the lengthening daylight is noticed, too, as buds unfold and leaves uncurl and birds wing north.

And the spring rolls on into the humid embrace of summer, trees full with leaves and the rich earth crawling with life. Astronomers peg the start of summer to the summer solstice in June; forecasters tie it to the Memorial Day weekend; and school children to the last day of school — all attempts to define a slow and steady transformation by a single moment.

I say it arrived last night, in a crashing, flashing downpour. There may yet be cool mornings and chilly nights, but a corner has been turned. The spring flowers in the garden have lapsed and summertime blooms reach for light.

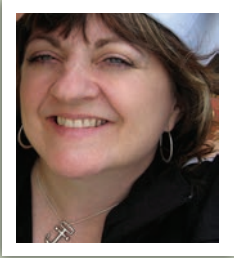
It is early June as I write this. Our spring was slow in warming. Local asparagus is just now appearing in the stores. But already the strawberry plants have blooms, blooms that will swell into bright berries in a month or so, and farmers across the midwest are busy tending their green fields.

However long it took arriving, however warm or cool or wet or dry it may be, summer is here, refreshed season of fresh tastes. Revel in it.

MALCOLM MCDOWELL WOODS  
*editor*

*graze@outpost.coop*

# WHO IS GRAZE ?

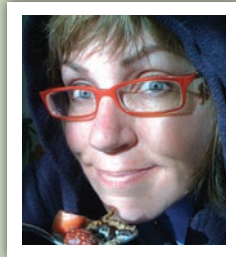


*i am* **LISA MALMAROWSKI.**

*Marketing isn't a dirty word. It's my megaphone to talk about things that really matter, like preserving local food security and the best way to roast a beet. I've made it my mission to turn natural food doubters into evangelists. When I'm not busy turning people on to turnips, you'll find me creating mixed-media art, shopping for shoes or traveling.*

*i am* **MARGARET MITTELSTADT.**

*My childhood was filled with simple, honest meals, and it's with great humility that I approach cooking. Great Grandma's apron hangs in my kitchen like a sentry from the Old Country. Of course, like life, not everything I cook turns out as I expected, so I've learned to let go of outcomes and smile with the surprises.*

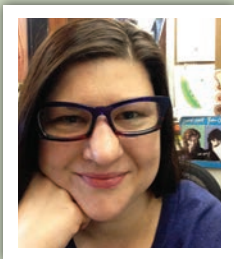


*i am* **PAUL SLOTH.**

*I've been eating for decades. It's good to think about food, not only what we're eating, but about those who aren't eating. While some people today search the world over for the perfect truffle, others continue to go to bed hungry. That's crazy, but that's what's so awesome about food. It's a complex issue, one that is worth all the attention it gets.*

*i am* **CARRIE ROWE.**

*My Grandmother had a glorious garden. I'd spend hours eating sunshine-warm raspberries and often just sitting, listening to the buzz and hum of all the critters hard at work making all of this magic possible. To me food is magic. And sharing it with people who make me smile is about the nicest thing a girl could ask for.*



*i am* **CARA BERKEN.**

*I like making things better. It could be the arrangement of images and type, finding the perfect accent piece for a room, organizing my closet by season, color and sleeve length. My passions are laughing, traveling and sampling all of Milwaukee's newest restaurants.*

**Outpost Natural Foods is a founding member of Local First Milwaukee, an alliance that advocates for locally owned, independent businesses.**



# - GRAZE.

A QUARTERLY PUBLICATION OF  
**OUTPOST NATURAL FOODS COOPERATIVE**

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**GRAZE @ OUTPOST.COOP**





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COMMUNITY OWNED SINCE 1970



**OUTPOST**  
NATURAL FOODS



HUNGER TASK FORCE

.....|

**It's easy!**

- Tell your cashier how much you'd like to add to your grocery total.
- or-
- Donate a non-perishable food item. Food barrels are located near the exit doors.



It's summer...  
Many children in our community go hungry, but you can help!

**THINK OUTSIDE** .....

**THE LUNCHBOX**

*(Outpost's annual summer food drive for kids)*

**June 1 - August 31**

*(more)* .....  
**ONLINE** .....

**VIDEOS FROM OUR PHOTO SHOOTS!**



**RECIPES & MORE!**

ADDITIONAL CONTENT AVAILABLE ONLINE WHEN YOU SEE THESE ICONS

**WWW.OUTPOST.COOP/GRAZE**

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**WE'RE HIRING!**

**OUTPOST**  
NATURAL FOODS

**LEARN MORE:**

Visit [www.outpost.coop/employment](http://www.outpost.coop/employment) for our current job opportunities at our stores, Market Cafés and central kitchen.

**A Great Place to Shop. A Great Place to Work!**



**OUTPOST**  
NATURAL FOODS

(you'll)

# SWOON.

THINGS WE LOVE.



## KETTLE STYLE AVOCADO OIL POTATO CHIPS

SNACKY GOODNESS SANS THE GUILT

The snappy chips by Good Health Natural Foods are robust and delicate, crispy, thin and just salty enough. We are crazy for the Chilean Lime flavor with its tangy zip and savory spice and are truly grateful the bag isn't bigger. (Oh, don't pretend you've never eaten a whole bag of chips!) We love them alongside a sandwich or paired with light summer beer. Good thing they're chock full of healthy avocado oil, which not only tastes great but is good for you.



## CURRY MANGO CHICKEN SALAD:

CARMEN MIRANDA'S GO-TO SUMMERTIME LUNCH

Ah, the ubiquitous chicken salad — safe in all its simple chicken flavor and non-offensive mayo, sitting quietly on soft bread, offending no one and thrilling few. But wait, what if that salad donned a tropical dress and shimmied across your taste buds like a tropical breeze? Our curry mango chicken salad will do just that with a sly spiciness tempered by smooth, sweet mango. We recommend going barefoot and sitting under a shade tree while enjoying it for maximum island benefit.

## OUTPOST'S OWN GLUTEN-FREE POUND CAKE

WHEAT-FREE AND FLAVOR-FULL

These little cakes are perfectly puffed, dense, rich and full of real butter flavor, much like your standard pound cake. But unlike their gluten-y cousins, the crust on these little darlings is crisp and dusted with a sprinkle of powdered sugar. We love them plain but they really shine paired with whipped cream and fresh berries. With their pretty packaging, they make the perfect host or hostess gift for your next summer soiree.





## AQUA ZINGER

A SIMPLY SMASHING WATER FLAVORING DEVICE

When Mr. Oggenthorpe determined that plain water was not meeting the needs of his demanding wife, Hildegard, he went to work in his underground workshop to invent a device that would infuse water with the pure essence of fruit or herbs and thus relieve the unrelenting boredom from which dear Hildegard suffered. Unfortunately, the machine was the size of a zeppelin and the plan was scrapped. Luckily, the folks at Aqua Zinger have figured out how to make a small, simple, handheld, non-motorized device that not only infuses water with fresh fruit or herbs but also neatly keeps the pulp and detritus from muddying a cooling drink. We were gobsmacked when we tried it. You will be, too.



## TAPUAT KOMBUCHA

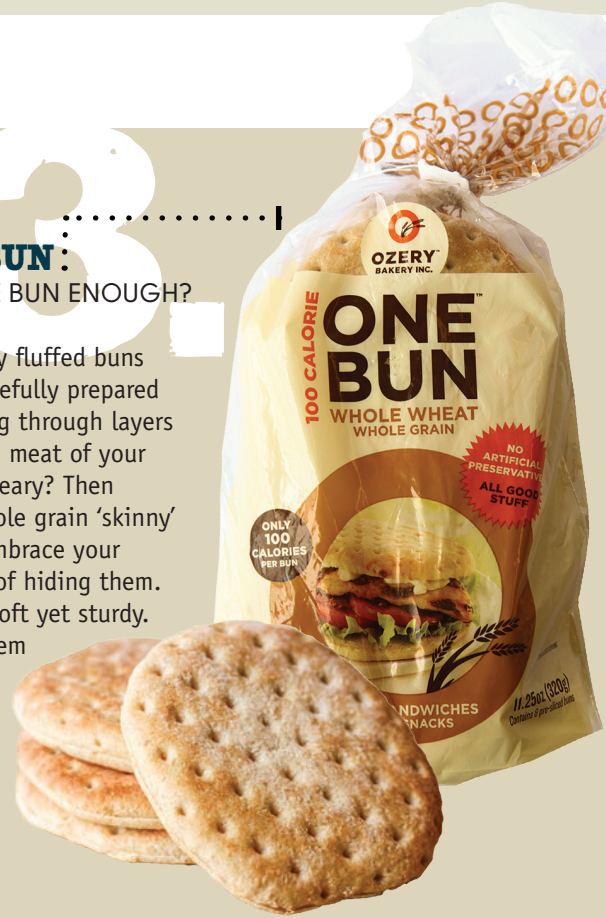
OH MOTHER, THIS LOCAL BREW ROCKS THE LAKESHORE

Up in Door County, a little 'boochmaker set up shop and started fermenting a unique version of the brew that has become just about as ubiquitous as a morning cup of coffee. Tapuat's daring yet subtle approach is paying off. The soft, unique flavors feature mellow fruits and herbs and are enhanced with functional ingredients like green tea and maté — all served up without an overly vinegar taste. We like to think of it like a beer that you can drink at work. Is that bad?

## OZERY ONE BUN

BECAUSE ISN'T ONE BUN ENOUGH?

Are you tired of overly fluffed buns that smother your carefully prepared burgers? Does chewing through layers of bread to get to the meat of your sandwich leave you weary? Then you'll adore these whole grain 'skinny' buns that carefully embrace your tasty fillings instead of hiding them. We love how they're soft yet sturdy. Heck, we even use them as mini flatbread pizza crusts — they are that versatile!



## SOL BLISS FRUIT PUREES

SUNNY HAPPINESS IN A SIMPLE POUCH

We admit we like convenience as much as the next person. That's why we find these little frozen gems so gosh darn delightful. They are 100 percent fresh, frozen fruit in the perfect drink-sized pouch. We love adding them to smoothies or letting them thaw slightly, popping them open and slurping them like sorbet. It goes without saying that kids love them too. And with six luscious flavors, from payaya to pineapple, you'll never be bored with your smoothie again!



# They're not just **TORTILLAS.**

AT THE GITTO FAMILY FARM,  
THE TORTILLA BUSINESS  
IS ANYTHING BUT FLAT.



..... | story & photos by PAUL SLOTH



**I** SHOULDN'T BE DOING THIS. IT ISN'T SAFE. I'M HURLING DOWN THE INTERSTATE HEADING HOME FROM WORK WHEN I CAN NO LONGER RESIST THE URGE. THE SMELL COMING FROM THE BACK SEAT IS MAKING ME HUNGRY.

Two bags of still-warm tortillas are back there, calling to me. I've been holding off all afternoon, telling myself, "They're just tortillas." But they're not. I rifle around until I can grab one of the bags, all the while trying to keep my eyes on the road ahead of me. Once I do, I drag it up front and open it. I can't resist the urge to inhale deeply before I pull one of the tortillas from the rest of the stack.

The aroma from the grill still lingers, having been trapped along with the warmth inside the plastic bag. Before I know it, I've finished three of them. They're that good.

So, what's the secret to a really good tortilla?

"The flavor and texture," says Greg Gitto, owner of Gitto Farm n Kitchen. "And a simple ingredient list, that you can pronounce every word and know where it comes from."

Elasticity is another word Greg uses. By that, he means you want a tortilla you can rely on, you know, one that you can pack a lunch in and it's good until the end.

Greg's not talking about just any old tortilla. He's talking about his tortillas.

As we talk in the break room of the kitchen he rents in Lake Mills, about an hour west of Milwaukee, Greg's staff (which is composed of four of his 10 children) is preparing an order of tortillas bound for Outpost.





The Gittos taught themselves how to make tortillas. It started at home with a KitchenAid mixer and a small tortilla press. Greg says it took a few months of experimenting to get things right in their own kitchen before they were ready, “just to try and see how we could do before we were able to come down here and pay for time at an incubator kitchen type set up ... so once we got here we knew how our recipe was and we knew where we were going.”

Finally ensconced in their rented kitchen, Greg and his crew had to figure out how to make large quantities of tortillas, which they started selling at the Dane County Farmers’ Market in Madison.

The Gittos decided to start making tortillas as a way to branch out from the other food they were producing — growing vegetables, raising grass-fed beef and milking a herd of 50 cows.

Greg grew up eating his mother’s homemade tortillas, but he never figured he’d end up making and selling them. A former electrician who was born and raised in Menomonee Falls, Greg now farms with his wife, Carol, and their 10 children (two are grown and married, but return home to help out on the farm).

So, where did Greg get the idea to try tortillas?

Well, in the early 1990s, he met a couple at a conference and struck up a conversation, which led to the inevitable question: what do you guys do for a living? Turns out they made tortillas.

“I’m thinking exactly what you’re thinking, ‘What a dumb thing to do for a living ... Really?’” Greg says with a chuckle. “It’s just not an average thing that people do.” But, as time went on, his friend started selling his tortillas at farmers markets and they were taking off, significantly.

“If I was you, I’d look into tortillas,” Greg said his friend advised him.

So, they did, in addition to all the other work they were doing on their farm, which is located up the road from Lake Mills, in Watertown.

“It started slow. But it has, I don’t know if I’d use the word taken off, but it has progressed, to our delight,” Greg said.

For the past few years, Greg and his family have been working to perfect the recipe for the three varieties of tortillas they make — white, whole wheat and spelt.

“We’re never happy with leaving it the way it is. We’re always tweaking this a little bit here, a little bit there,” Greg said. “We’ve had to learn what dough feels like. That’s probably our biggest thing.”

The challenge has been finding the right balance of ingredients, time and temperature, in order to produce a tortilla that holds up.

The recipe is pretty simple — flour, non-hydrogenated sunflower oil, water, sea salt, vinegar and baking soda. All the ingredients are certified organic.

“To us, when I look at the customer in the eye and say, ‘this is the food we’re making that is going to go into your young children’ ... It needs to be healthy.”



# (our) TABLE OF SUMMER BEERS.

VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE

## Sh

STEAMBOAT SHANDY  
POTOSI BREWING  
COMPANY  
POTOSI, WI

**STYLE.** SHANDY  
**FLAVOR.** REFRESHING,  
CRISP & CLEAN, NOT  
TOO SWEET  
**ABV.** 4.5%  
**POUR IN.** PINT GLASS  
— ON THE ROCKS IF  
YOU LIKE



## We

WISCONSINITE  
LAKEFRONT BREWERY  
MILWAUKEE, WI

**STYLE.** WEISS  
**FLAVOR.** PROMINENT  
MALTED WHEAT  
FLAVOR FROM THIS  
100% LOCALLY MADE  
& PRODUCED BEER  
**ABV.** 4.4%  
**POUR IN.** WEISS OR  
TULIP GLASS



**A**HHH, BEER. WE ENJOY IT YEAR-ROUND, BUT, TRUTH BE TOLD, SUMMERTIME IS WHEN BEER SHINES. WHETHER IT'S A TART INDIA PALE ALE SIPPED ON A TOSA PATIO, A PILSNER BABBED ON A RIVERWEST FRONT PORCH OR A FARMHOUSE ALE PARED WITH LIVE MUSIC IN BAY VIEW'S HUMBOLDT PARK, BEER GOES WITH PRETTY MUCH ANYTHING. OUR PERIODIC TABLE IS NOT A COMPREHENSIVE LIST OF BEER VARIETIES OR AN ATTEMPT TO PRESENT A BEER TAXONOMY. BUT IT'S TASTY. EIN PROSIT!

## Ga<sup>GF</sup>

SORGHUM BEER  
ST. PETER'S BREWERY  
ENGLAND

**STYLE.** GOLDEN ALE  
(GLUTEN-FREE)  
**FLAVOR.** POURS &  
TASTES LIKE A GOLDEN  
ALE, WITH A PLEASANT  
CITRUSY HOP KICK  
**ABV.** 4.2%  
**POUR IN.** GOBLET  
GLASS



## Ra

SHINE ON  
CENTRAL WATERS  
BREWING COMPANY  
AMHERST, WI

**STYLE.** RED ALE  
**FLAVOR.** A SMOOTH  
& MALTY SESSION\*  
BEER, MILDLY HOPPED  
WITH A CLEAN FINISH  
**ABV.** 4.6%  
**POUR IN.** ALE GLASS



## Fa

SERENDIPITY  
NEW GLARUS BREWING  
COMPANY  
NEW GLARUS, WI

**STYLE.** FRUITED  
SOUR ALE  
**FLAVOR.** SWEET AND  
SLIGHTLY TART, WITH  
APPLES, CHERRY &  
CRANBERRY FLAVORS  
**ABV.** 9.0%  
**POUR IN.** SNIFFER, WINE  
OR CHAMPAGNE GLASS



## Af

WEEKEND @ LOUIE'S  
MILWAUKEE BREWING  
COMPANY  
MILWAUKEE, WI

**STYLE.** FLAVORED  
AMBER  
**FLAVOR.** A LIGHT  
AMBER HIGHLIGHTED  
BY BLUEBERRY TASTE  
FROM USE OF LOCAL  
RISHI TEA  
**ABV.** 4.3%  
**POUR IN.** ALE GLASS



## Cp

SUMMER PILS  
SPRECHER BREWING  
GLENDALE, WI

**STYLE.** CZECH STYLE  
PILSNER  
**FLAVOR.** PERFECT  
CONTRAST OF  
BITTERNESS &  
SWEETNESS  
**ABV.** 5.0%  
**POUR IN.** COLLINS  
GLASS



## Wp

S.O.S. PILSNER  
ABITA BREWING  
COMPANY  
ABITA SPRINGS, LA

**STYLE.** WEIZEN  
PILSNER  
**FLAVOR.** SWEET MALT  
FLAVOR, WITH  
GENEROUS HOPS AND  
A PLEASANT BITTERNESS  
**ABV.** 7.0%  
**POUR IN.** COLLINS  
GLASS



## Gp

MEMORY LANE  
O'SO BREWING  
COMPANY  
PLOVER, WI

**STYLE.** GERMAN STYLE  
PILSNER  
**FLAVOR.** TRADITIONAL  
PILSNER WITH FULL  
FLAVOR, VERY  
DRINKABLE, BEST ICE  
COLD  
**ABV.** 5.0%  
**POUR IN.** PINT GLASS



## Dp

DARK  
KROMBACHER  
GERMANY

**STYLE.** DARK PILSNER  
**FLAVOR.** SMOOTH,  
NOT TOO HEAVY, WITH  
BLACK CHERRY NOTES,  
CHOCOLATY MALT  
FLAVORS AND  
BALANCED HOPS  
**ABV.** 4.3%  
**POUR IN.** ALE GLASS



ABV = ALCOHOL BY VOLUME

# (a) RECIPE.

## BIERMARINIERTEN HUHN

### Beer Marinated Chicken

SERVES 8

*This simple marinade elevates without overpowering grilled chicken, all while keeping it very moist. Make it ahead and chill for the perfect picnic food. And buy a good, brown mustard so you can use the rest for pretzel dipping!*

- ¾ cup vegetable oil
- 1½ teaspoons stoneground brown mustard
- 1½ cups dark beer (try the Dark Krombacher)
- ½ cup freshly squeezed lemon juice
- 6 garlic cloves, minced
- 2¼ teaspoons salt
- 1½ teaspoons black pepper
- 1½ teaspoons minced fresh basil
- 1½ teaspoons fresh thyme leave
- 6 pounds chicken parts
- Non-stick cooking spray

1. In a large mixing bowl, whisk together oil and mustard.
2. Add beer and lemon juice and whisk until smooth. Stir in garlic, salt, pepper, basil and thyme.
3. Add chicken and turn to coat well. Cover and refrigerate at least 2 hours and up to 12 hours.

You can grill the chicken like you would any BBQ chicken, which is how we like it.

Or, bake it in the oven:

1. Place chicken pieces in a pan so they're not touching.
2. Preheat oven to 400° and bake for 30 minutes.
3. Lower the heat to 350° and cook for an additional 20-30 minutes more, until juices run clear when poked with a sharp knife or the internal temperature is 165°. For a more browned chicken, you can cook the pieces under the broiler for the last 5 minutes.



## MEET JOE

We asked Joe Nierengarten, our Capitol Drive grocery and beer manager, to help us with a few of his recommendations for summertime brews. Here's what he had to say: "These tasty beers are versatile and easy drinking, but not short on flavor. They can be enjoyed on their own, with dinner or after or in succession in a session.\*"

### \* SESSION BEER

TYPICALLY, A BEER WITH LOWER ALCOHOL CONTENT AND WELL BALANCED, CLEAN, SMOOTH FLAVORS — MEANT FOR EASY DRINKING.

# SUMMER.

*(two ways)*

by CARRIE ROWE

photos by CARRIE ROWE & PAUL SLOTH

## WATERMELON LOVE

**R**ARE IS THE AMERICAN CHILDHOOD THAT DOESN'T HOLD SOME MEMORY OF SITTING OUTSIDE ON A HOT SUMMER DAY, CHOMPING AWAY ON A SLICE OF WATERMELON, SMALL RIVULETS OF STICKY JUICE DRIBBLING FROM YOUR CHIN AND TRICKLING DOWN YOUR ARMS. MANY FOLKS THINK THAT IS THE BEST WAY TO CONSUME WATERMELON, AND THEY'LL FIND NO ARGUMENT FROM US. BUT WHY STOP THERE? HERE ARE A COUPLE SIMPLE RECIPE IDEAS.

### WATERMELON BLOOD ORANGE SORBET

SERVES 4-6

¼ cup sugar

¼ cup water

1 cup fresh squeezed blood orange juice

6-7 cups fresh seedless watermelon chunks

3 tablespoons fresh lime juice

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 then process until the watermelon is completely pureed. Press the watermelon through a fine mesh strainer to remove the seeds and any extra pulp.
3. In a large mixing bowl, combine blood orange juice with cooled sugar syrup then add in watermelon puree. Stir well and chill in the refrigerator for one hour.
4. If you have an ice cream machine, just pour the mixture into it and let the machine do all the work. If you don't, pour the mixture onto a cookie sheet and freeze until set. Break it up and blend in a food processor or blender until smooth. Freeze and blend again for an ultra smooth consistency.
5. For extra fun, scoop sorbet with a melon baller and add three or four sorbet balls to your Watermelon Chia Agua Fresca.

**1<sup>ST</sup>**  
*way.*





# 2<sup>ND</sup> way.

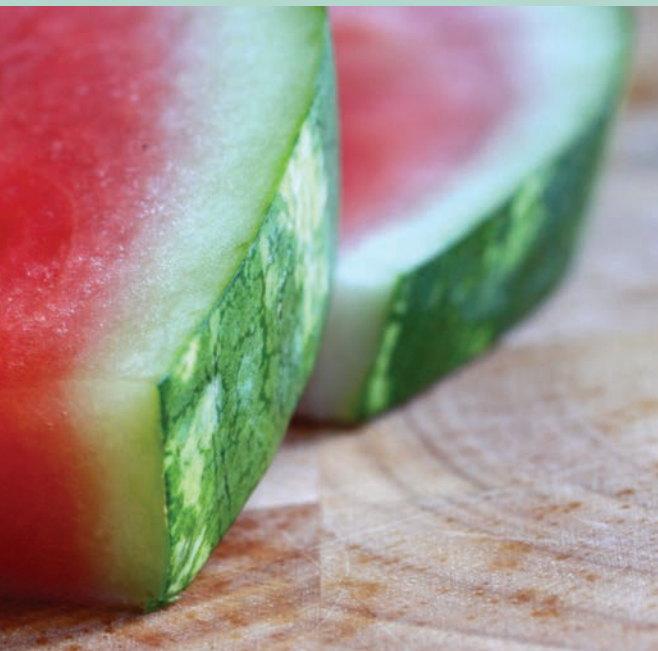
## WATERMELON CHIA AGUA FRESCA

SERVES 4

*Chia seeds are rich in omega-3 fatty acids and full of fiber and antioxidants. Once the seeds have absorbed some liquid, they will be soft and float in the drink.*

- 4 to 5 cups watermelon, seeded and cubed
- 1 to 2 cups water
- Sugar, honey or agave nectar to taste
- 2 to 3 tablespoons fresh lemon juice
- 2 tablespoons chia seeds
- Mint leaves for garnish

1. Place half of the watermelon chunks in a blender with a cup of water and purée until smooth. Repeat with remaining watermelon, adding enough water to bring the entire batch to the desired consistency — traditionally it should be very thin and ‘watery’ in consistency.
2. Strain watermelon directly into serving pitcher using a fine mesh strainer to remove pulp and seeds. Add lemon juice and sweetener to taste.
3. Add chia seeds, stir to combine and refrigerate for several hours, allowing the chia seeds to absorb some liquid.
4. Give a little stir before serving and garnish with fresh mint leaves and a few scoops of Watermelon Blood Orange Sorbet.



## WANT MORE WAYS TO LOVE WATERMELON?

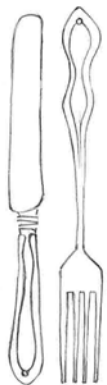
Additional recipes online at [www.outpost.coop/graze/about\\_graze](http://www.outpost.coop/graze/about_graze)



- **WATERMELON BENEDICT**
- **TILAPIA TACOS** *with* **WATERMELON SALSA**



by MALCOLM MCDOWELL WOODS  
photos by CARA BERKEN



# EAT HERE!

LOCAL FOODS FOCUS  
TASTEFULLY DONE AT TESS.



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**T**ESS IS NESTLED IN A RESIDENTIAL NEIGHBORHOOD JUST EAST OF THE MILWAUKEE RIVER, IN A CLUSTER OF CENTURY-OLD HOUSES PACKED SHOULDER TO SHOULDER AND HOME TO YOUNG PROFESSIONALS AND UWM STUDENTS. THE RESTAURANT ITSELF RESIDES IN ONE OF THOSE OLD HOUSES, ON THE CORNER OF BARTLETT AND BRADFORD AVENUES.

It's not North Avenue, or Downer or Oakland, streets that might invite foot traffic and would certainly offer greater visibility for this American bistro. No, this is a restaurant that folks have to find. Fortunately for owner/operator Mitchell Wakefield, customers have been discovering Tess for years.

Mitchell, who opened Tess in 2002 with his wife, says he was pretty much born into the business. His family formerly operated the Harp, a Milwaukee landmark where Mitchell learned the restaurant business and picked up a little knowledge about beer as well.

"These converted old houses are sort of a dying breed," laments Mitchell. The layout of the home, its yard and even its place in a residential neighborhood all influence the feel and character of the restaurant. It's homey. The front door opens to a friendly bar in what was once someone's living room. Visitors can't help but notice the long row of beer tappers prominently featuring local microbrews.

"Our food represents a real fusion," says Mitchell. "Our offerings are a real blend of international influences, from Italian, Polish, Asian, French and more. And we've always had a real strong focus on local foods." Mitchell adds that the West Allis Farmers Market plays a big role in summertime offerings, as does a farm in East Troy. It seemed only natural, he says, to extend that local focus to the beer offerings as well.

In fact, beer is behind what has become a regular and highly popular offering at Tess, special dinners which incorporate beers into menu items and suggest appropriate pairings. Our featured recipe, the Citrus-Pilsner Ceviche, was featured in a beer dinner in May of this year.

You'll find the recipe for Citrus-Pilsner Ceviche on page 16.

## **A GLUTEN-FREE PIONEER**

More than a decade ago, as Mitchell began work on the restaurant's first menu, he learned that a good friend's father had been diagnosed with celiac disease, an autoimmune disorder of the small intestine that leaves the sufferer unable to digest gluten properly. The news set Mitchell off on a quest to offer dishes that would appeal to celiac sufferers and placed Tess ahead of the curve when it came to offering gluten-free items.

"We've always maintained a good focus on gluten-free foods," he says. "That's why 70 to 80 percent of our menu items are usually gluten-free foods." A nice touch: the restaurant always has freshly-baked gluten-free bread available upon request.

## **ONE ON ONE WITH CHEF MARTIN MAGAÑA-SANTOS**

Chef Martin has been at Tess for a little over a year and a half, but he and owner Mitchell go way back, having worked together at Harp when Mitchell's family operated that restaurant. Martin has moved up through the ranks at a number of local restaurants and then headed west to Madison for several years, honing his skills at Sardine and the Madison Club.

### **WHAT ARE THREE INGREDIENTS YOU CAN'T LIVE WITHOUT?**

Garlic, tomatoes and cilantro.

### **YOUR SECRET GUILTY PLEASURE?**

Chocolate. (It's no surprise then, that Mitchell raves about Martin's mole sauce.)

### **WHAT DO YOU MOST LIKE TO COOK?**

I love scallops. When I was a small boy growing up in Mexico City, my father used to take us down to the Mercado, which always had so much fresh seafood.

# CITRUS-PILSNER CEVICHE.

— SERVES 2

by CHEF MARTIN MAGAÑA-SANTOS, TESS

1 pound fresh shrimp, sea scallops, tilapia or mahi-mahi  
(or a combination)

¼ cup fresh lime juice

¼ cup fresh lemon juice

¼ cup Lakefront Klisch Pilsner beer

2 teaspoons extra virgin olive oil

1½ teaspoons sugar

1 teaspoon kosher salt

½ teaspoon fresh garlic, minced

½ jalapeño pepper, seeded and minced

⅛ cup red bell pepper, minced

⅛ cup poblano pepper, minced

2 tablespoons red onion, minced

Lime wedges and cilantro shoots, for garnish

1. Clean the seafood, if necessary and cut into ½-inch pieces. Bring a medium pot of water to a simmer. Poach the seafood in the simmering water for 30 seconds and transfer immediately to the ice bath to stop the cooking process.
2. Combine the lime and lemon juices, beer, olive oil, sugar, salt and garlic. Drain the seafood and pat dry with paper towels. Add the seafood to the marinade and refrigerate for a minimum of 30 minutes but no more than one hour.
3. Mix in the peppers, onion and cilantro and spoon into small bowls. Garnish with lime wedges and cilantro shoots. Serve with baked or fried plantain chips.





# OUTPOST'S

photos by CARA BERKEN ..... (secret recipe)

## SALMON BURGERS

MAKES 5 PATTIES

**W**ANT TO SHAKE UP YOUR BURGER ROUTINE THIS SUMMER? GO FISH! OUR PREPARED FOODS SALMON BURGERS ARE YEAR-ROUND FAVORITES BUT THEY REALLY SHINE IN THE SUMMERTIME. THIS VERSION IS SO EASY TO MAKE AT HOME YOU MIGHT WANT TO MAKE EXTRA WHEN YOU'RE AT IT. FINISH THEM ON THE GRILL FOR A SMOKEY GOODNESS THAT COMPLEMENTS THE LEMON AND CAPERS, OR SERVE THEM COLD ATOP A BED OF FRESH SEASONAL GREENS FROM YOUR GARDEN. EITHER WAY, OUR WILD ALASKAN SALMON IS A NUTRITIONAL POWERHOUSE.

- 1 pound salmon
- ¾ cup, green onions, sliced (about 2 large)
- 1 tablespoon nonpareil capers, drained
- 1 tablespoon freshly squeezed lemon juice
- 1 teaspoon tarragon
- 1 teaspoon Dijon mustard
- 1 teaspoon horseradish
- ½ cup light canola mayonnaise
- 4 tablespoons panko breadcrumbs
- ½ teaspoon sea salt
- Freshly ground black pepper to taste

1. Preheat oven to 350°. In a food processor, pulse salmon. Refrigerate the salmon while preparing the other ingredients.
2. Combine green onions, capers, lemon juice, tarragon, Dijon mustard, horseradish, mayonnaise, breadcrumbs, salt and pepper in a food processor and pulse to combine. Add mixture to chopped salmon and use hands to mix ingredients until fully incorporated.
3. Form mixture into 5 patties. Place patties on parchment paper sprayed with cooking spray and bake uncovered for 20-30 minutes or until burgers reach an internal temperature of 150°. Flip salmon burgers halfway through. Do not over bake.





TIPI'S STEVE PINCUS IS AS CLOSE AS THEY COME TO A YEAR-ROUND FARMER IN WISCONSIN, BUT HIS FIRST CROP WAS A CERTAIN CO-OP YOU KNOW AND LOVE.

# TIPI PRODUCE.

**I**T'S APRIL AND WE'RE EATING CARROTS. SURE, IT DOESN'T SEEM UNUSUAL. BUT THESE AREN'T YOUR ORDINARY, RUN-OF-THE-MILL CARROTS. THESE ARE SPECIAL CARROTS. THESE CARROTS WERE GROWN IN WISCONSIN ... WISCONSIN. AND WE'RE STILL EATING THEM IN APRIL.

It's as if we pulled them gently from the ground last fall, wrapped them in burlap, stuffed them in a bushel basket and loaded them into our root cellar. But we didn't do that. Come on, how many of us still have root cellars? So what's the big deal about eating carrots from Wisconsin in April?

Well, this is Wisconsin after all. Fresh tomatoes from our gardens are a distant memory. The first sprouts of spring greens are just beginning to emerge (if we're lucky), but here we are still eating carrots from Wisconsin ... IN APRIL. And you know what, they're almost as sweet and crisp as the day they were picked.

So, how was this possible? How were we able to sell Wisconsin carrots at Outpost in April? Who has cracked the code and learned to extend the growing season in southern Wisconsin? Two words: Tipi Produce. Or, if you'd like, two other words: Steve Pincus. No matter, they're basically one and the same. In 40 years of farming and growing organic produce, Steve has mastered the art of growing winter carrots.

"It's just become kind of our signature crop and one that we count on and it gives several people winter work here to keep them going," Steve said during a visit to the farm in late May. "It gives a lot of people food through the winter, too. It's a very important crop to us and carrots grow great on the farm."

Starting in late September/early October, Steve and his crew start harvesting the carrots and distributing them to stores in bulk or in five-pound bags. These are the carrots you see on the shelf all the way through the winter, all the way through early April, if they have enough.

By the time you read this, Steve and his wife, Beth Kazmar, and their farm crew are getting ready to put seedlings in the ground and finish up harvesting the first spring produce like asparagus and rhubarb. It's about as close as anyone can get to year-round produce farming (outdoors) in Wisconsin.

All of this Steve learned while doing it. When he got started growing there really was no such thing as an organic farm and there certainly were no college-level programs with resources for beginning farmers (at least not with a focus on growing organically). So, like other "first wave" farmers, Steve learned by sharing, swapping knowledge and cooperating. Steve's a long-time cooperator.

If you didn't know this, Steve helped start Outpost in 1970. He was the first manager at the Kane Street Co-op, which became Outpost Natural Foods. He worked at the co-op for



**story & photos by PAUL SLOTH**

several years before moving out to the country to become a farmer. That's what he's done ever since.

"It was only because of the people I met, the farmers I met through Outpost, that I actually got a chance to get out of the city and develop the desire to be a farmer," Steve said. He has maintained a strong connection with his Outpost roots, "right now, Outpost is a major customer and has helped us build a substantial farm and business."

Steve and his farm have come a long way since then. He is probably too humble to see himself as anything more than a farmer. But the lines on his face and the way he strokes his beard as he thinks through something gives you the feeling you're in the presence of a sage.

Steve's gained a lot of wisdom working the soil for so many years. The older he gets, the more he and Beth think about what will happen with their farm once they decide to scale back. Steve is trying as best he can to educate a new generation of organic farmers. As it turns out, once they've learned what they can at Tipi, they often decide to start their own farms.

"I'm not sure just what's going to happen, but we've got a few more years at this level. If some of the key employees move on, that may be the time when we feel we have to shrink the farm and we'll be able to afford to do that when the time comes," Steve said. "Right now, people want to eat what we grow so we're going to keep growing it."





*(our)*  
**MENU**

OUTPOST'S OWN  
HORSERADISH  
CHEDDAR SPREAD  
WITH MUSTARD  
& PRETZELS

SENFURKE —  
REFRIGERATOR  
PICKLES

PICNIC BEAN SALAD

GERMAN POTATO  
SALAD WITH ROASTED  
SHITAKE 'BACON'

BIERMARINIERTEN  
HUHN —  
BEER MARINATED  
CHICKEN  
(SEE RECIPE PAGE 11)

BLACK FOREST BARS

**a** *Biergarten*  
**PICNIC**

**O**UR MILWAUKEE BREWING ROOTS RUN DEEP, THANKS TO THE GERMAN BEER BARONS OF THE PAST — BLATZ, PABST, SCHLITZ AND MILLER. OUR HOMETOWN HAS BEEN HEAVILY INFLUENCED BY GERMAN HERITAGE, LENDING OUR CITY THAT ELUSIVE GEMÜTLICHKEIT — A CERTAIN SOMETHING THAT MAKES US FEEL CHEERFUL, THAT WE BELONG AND THAT THERE'S NO NEED TO HURRY. PLANNING A SUMMER PICNIC FOCUSED ON FRESH GERMAN FLAVORS SET IN A FESTIVE BEER GARDEN SEEMED LIKE THE RIGHT THING TO DO.

We created a number of simple, classic German-inspired dishes that are easy to make ahead of time and a snap to pack. And although we're offering up lighter fare, we would never begrudge you a bratwurst. So, dust off your dirndls and dig out your seldom-used picnic basket, it's time to celebrate summer without hurry and with a goodly amount of cheer. Ein Prosit — to your health!



by LISA MALMAROWSKI • photos by PAUL SLOTH

## SENGURKE

*Refrigerator Pickles*

SERVES 8

*Fresh-tasting and just a little sweet, these pickles are super easy to make. We used an English cucumber for its delicate taste and minimal seeds, but any cucumber will work.*

- 1 large cucumber, sliced medium thin
- 3 tablespoons mustard seeds
- 1 tablespoon chopped fresh dill + full sprigs for jar
- 1 cup distilled white vinegar
- $\frac{3}{4}$  cup water
- 4 tablespoons sugar
- 2 teaspoons coarsely ground black pepper

1. Put two tablespoons of the mustard seeds in the bottom of a large, clean jar with lid.
2. Crush the remaining tablespoon of seeds slightly, using a mortar and pestle.
3. In a microwave safe bowl, combine the water, vinegar, crushed mustard seeds, chopped dill and ground black pepper. Add sugar and microwave for about 1 or 2 minutes to help the sugar dissolve and the flavors to combine.
4. Tightly pack the cucumber slices into the jar and pour the vinegar mixture over them. Tuck in some sprigs of dill. Let sit uncovered for a few hours up to a day — before serving or storing in refrigerator.

## PICNIC BEAN SALAD

SERVES 8

*Three-bean salad is a classic summertime staple and infinitely customizable, depending on what you have on hand or what you like. We often substitute adzuki and cannellini beans for the chickpeas and kidneys and kick it up with wax beans when they're fresh from the farmers market.*

- $\frac{1}{2}$  pound green beans, trimmed and cut into 1-inch pieces
- 15-ounce can chickpeas, drained and rinsed
- 15-ounce can kidney beans, drained and rinsed
- 2 scallions, thinly sliced
- $\frac{1}{4}$  cup chopped fresh parsley or more, to taste
- 10 to 12 fresh basil leaves, thinly sliced

Dressing:

- Juice of  $\frac{1}{2}$  lemon or lime
- 3 tablespoons white or dark balsamic vinegar
- $1\frac{1}{2}$  tablespoons agave nectar
- 2 tablespoons olive oil
- Salt and freshly ground pepper to taste
- 2 to 3 tablespoons roasted sunflower seeds

1. Steam the green beans until tender-crisp. Drain and rinse them until cool.
2. Combine them with the next 5 ingredients in a serving bowl and stir together.
3. Combine the ingredients for the dressing in a small bowl and mix together until well blended. Pour over the bean mixture and toss well.
4. Cover and allow to marinate, refrigerated, for an hour or up to several hours before serving, stirring occasionally.
5. Just before serving, sprinkle the sunflower seeds over the top to garnish.



## GERMAN POTATO SALAD with SHITAKE 'BACON' SERVES 8

*Most recipes for German potato salad tend to be too sweet and lacking in texture. We found that adding dill pickles and cucumber keeps it both tangy and crunchy. What will really blow your mind is the shitake 'bacon.' Sure, you can substitute regular bacon, but using vegetable broth and shitakes make it vegan friendly so everyone wins.*

- 2 pounds red-skinned potatoes, scrubbed (no need to peel)
- 2 cups hot vegetable or chicken stock
- 2/3 cup vegetable oil
- 4 tablespoons white vinegar
- 2 teaspoons coarse German-style mustard
- 1 teaspoon sugar
- 1 teaspoon sea salt
- 1 teaspoon ground black pepper
- 1 small cucumber
- 2 large dill pickles, chopped
- 4 green onions, sliced thin
- 1 large, sweet onion, finely chopped
- Salt and freshly ground black pepper, to taste
- 16 cherry tomatoes, halved
- 8 oz. shitake 'bacon' (recipe follows)

1. Cut the potatoes into large cubes and boil in salted water until just tender. Drain and pour the hot vegetable stock over them. Leave until cool, by which time they should have absorbed the stock.
2. Whisk the oil with the vinegar, mustard, sugar, salt and pepper.
3. Peel and halve the cucumber lengthways, scoop out the seeds with a teaspoon and dice into cubes. Chop the pickle to the same size.
4. Fold cucumber, pickle and onions into potato mixture then stir in dressing.
5. Adjust seasoning.
6. Garnish with chopped, shitake 'bacon' and tomatoes. Chill.
7. Best when served at room temperature.



## SHITAKE BACON

*Simple ingredients and the alchemy of slow roasting in the oven magically morph shitake mushrooms into bacon's doppelganger. The trick is to slice the mushrooms into small, thin bits so they darken and crisp up, stir as directed and keep watching them closely (your cooking time will vary based on the moistness of the mushrooms). These make a great topping for any salad or even tossed into your breakfast omelet.*

½ pound shitake mushrooms, stemmed and sliced  
3 tablespoons extra virgin olive oil  
1 teaspoon sea salt

1. Preheat oven to 350°.
2. In a bowl, combine the mushrooms, oil and salt.
3. Spread mushrooms on a parchment-lined baking sheet and place in oven.
4. Roast mushrooms until dry and crisp, stirring about every 10 minutes, approximately 45 minutes to one hour.

## BLACK FOREST BARS

SERVES 8-12

*Black Forest torte is a classic Bavarian dessert but delicious as it is, it doesn't travel well. These granola-like bars pay homage to the torte with its chocolate and cherry flavors, but they are perfectly constructed for picnicking and they store well. But seriously, you think they're going to last that long?*

1½ cups rolled oats  
¾ cup whole wheat flour  
¾ cup brown sugar  
¼ teaspoon salt  
1 teaspoon cinnamon  
1 teaspoon vanilla extract  
½ cup butter + 2 tablespoons  
1 12-15 oz. can sweet pitted cherries, drained and roughly chopped  
1 cup semi-sweet chocolate chips

1. Preheat oven to 350°. Butter and flour an 8-by-8 inch baking pan, set aside.
2. In a large bowl, combine flour, sugar, oats, cinnamon and salt and mix until combined.
3. Melt the ½ cup of butter and add it, along with the vanilla, to the oat mixture. Stir until moistened. Fold in the cherries and then gently stir in the chocolate chips.
5. Press batter into prepared pan. Melt remaining butter and drizzle it over the bars.
6. Bake for 20 minutes, then let cool completely before cutting. Store in refrigerator or at a cool room temperature in a sealed container.



## Zum Whol!

The Estabrook Beer Garden represents a return to an era that disappeared from our landscape with the start of Prohibition. It's the first truly public beer garden in America in nearly 100 years and is modeled after beer gardens found in modern day Munich, Germany.

Tucked along the banks of the Milwaukee River, it's set on a bluff just above a waterfall and is accessible by car, bike, foot and even canoe. The Garden features beers imported from the Munich Hofbräuhaus, served up in a heavy glass mug (deposit required). Or better yet, bring your own beer stein! While the garden does offer brats, hot dogs and pretzels, guests are encouraged to bring in picnic foods, just like they do in Germany. *Note: grilling is not allowed in the Beer Garden.*

SPECIAL THANKS TO OUR MODELS ██████████  
*Jennifer, Adam, Sophia & Simone Bluemner;  
Allison, Nate & Henry Roth; Michael Campbell;  
Jeremy & Jameson Kimble; Nathan Piotrowski.*

# Ka-BOOM!



**E**ASY AND FUN, KABOBS ARE PERFECT FOR SUMMERTIME GRILLING. SINCE EACH SKEWER CAN BE CREATED SEPARATELY, YOUR GUESTS CAN ASSEMBLE THEIR OWN, MIXING AND MATCHING VEGGIES AND MEATS, TO SATISFY INDIVIDUAL TASTES. WE CREATED OURS FROM A HANDFUL OF VEGGIES AND BEEF CUT INTO SIMILAR-SIZED PIECES, BUT FEEL FREE TO IMPROVISE. CHICKEN, PORK, SEAFOOD AND TOFU ALL WORK WELL.

by CARRIE ROWE



## *(three)* **MARINADES.**

For all marinades, place all ingredients in a blender and pulse until combined. Marinate your meat or veggies at least 2 hours, up to 24 if you have the time.



### **LEMON GARLIC** MAKES ENOUGH FOR ONE POUND OF SHRIMP OR SCALLOPS

- 3 cloves garlic, minced
- 2 shallots, minced
- 1 bay leaf (fresh or dried)
- 2 tablespoons fresh thyme leaves
- ¼ cup finely chopped fresh Italian parsley
- 1 teaspoon chili pepper flakes
- ¼ cup olive oil
- 2 tablespoons freshly squeezed lemon juice







## CITRUS TARRAGON

**MAKES ENOUGH FOR ONE POUND OF CHICKEN OR TOFU**

- 1 orange, zested, then juiced
- 1 lemon, zested, then juiced
- 1 lime, zested, then juiced
- 4 cloves garlic, minced
- 1 tablespoon fresh tarragon leaves
- ¼ cup soy sauce
- ¼ cup canola oil
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper

# 2



## ROSEMARY DIJON

**MAKES ENOUGH FOR ONE POUND OF CUBED STEAK**

- Makes enough for one pound of cubed steak
- 2 tablespoons Dijon mustard
  - 3 tablespoons fresh squeezed lemon juice
  - ½ cup tamari, low sodium soy sauce or Bragg's liquid aminos
  - 2 large garlic cloves, minced
  - 4 tablespoons Worcestershire sauce
  - ¼ cup olive oil
  - ½ teaspoon lemon zest
  - 1 large or two small sprigs of rosemary, leaves stripped from stems
  - ½ teaspoon ground black pepper

# 3

## TIPS

*(for the perfect kabob)*

### METAL VERSUS WOOD

Metal skewers won't catch fire or char and can be washed and reused, but they get very hot. Wood skewers won't burn your fingers, but they must be thrown away after one use. Soak your wood skewers in a baking dish full of water for an hour before grilling to reduce charring.

### TWO > ONE

Threading ingredients on two parallel skewers ensures that the pieces lie flat and don't spin when you turn the kabobs.

### SIZE MATTERS

Skewer similar sized pieces of vegetables, meat and fish that cook at the same rate. In general, veggies take longer to cook than meats. Grill your onions, peppers, eggplant, zucchini and any other hearty veggies on their own skewers. Beef and chicken, cut to similar sized chunks can go together, unless you prefer your beef on the rarer side. Shrimp, scallops and tofu take the least amount of time and can be skewered with mushrooms and tomatoes.

### ELBOW ROOM

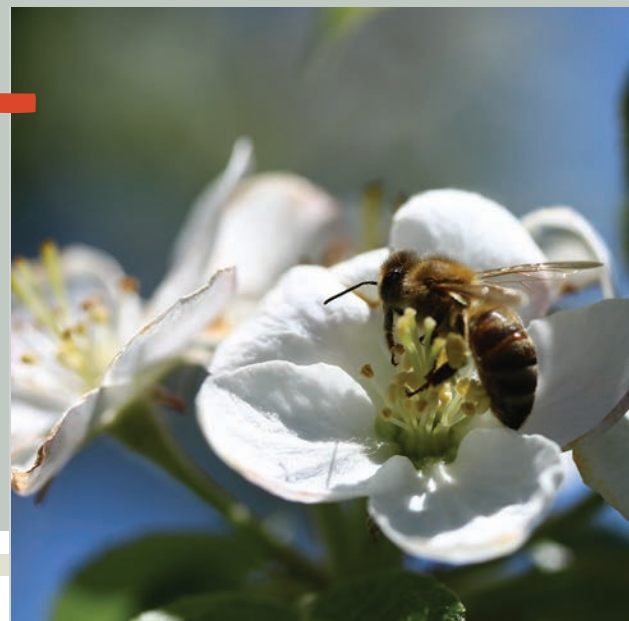
Leaving a little bit of space between each piece of the kabob allows heat to circulate around the food for more even cooking.



# TABLE TALK.

A LOOK AT HOW THE OMNIBUS FARM BILL BECOMES LAW.

by MALCOLM MCDOWELL WOODS photos by PAUL SLOTH





**W**HAT WE EAT HAS A LOT TO DO WITH WHAT WE GROW AND WHAT WE GROW IS VERY MUCH INFLUENCED BY GOVERNMENT POLICY. EVERY SEVERAL YEARS, CONGRESS CRAFTS A NEW FARM BILL, AN OMNIBUS PIECE OF LEGISLATION THAT SETS FUNDING, IMPLEMENTS PROGRAMS AND DIRECTS AGRICULTURAL POLICY FOR THE ENTIRE COUNTRY. THIS SUMMER, AS CONGRESS FINALIZES THE LATEST FARM BILL, WE WANTED TO PROVIDE A BIT MORE BACKGROUND ON WHAT CAN BE A VERY CONFUSING, MULTI-FACETED PROCESS.

In late June, as legislators in Washington, DC, shaped the twin bills in the Senate and House, we sat under a gazebo behind the Michael Fields Agricultural Institute in East Troy and visited with Margaret Krome, Field's Policy Programs Director. Jessy Servi, Outpost's Sustainability Manager, asked Margaret about the lengthy process of crafting a Farm Bill.

Below (from left):  
Jessy Servi and  
Margaret Krome.



**Jessy Servi** Is there a way you can sum up the Farm Bill for our readers?

**Margaret Krome** Well, I guess the Farm Bill elevator speech is that it really matters to you, that it's really a part of your life and you just don't know it. And that is because it is very comprehensive. Varying from Farm Bill to Farm Bill, it may contain numerous different programs. The Farm Bill will go to one thousand pages plus, in print.

**Jessy** So, it comes up in different years?

**Margaret** Yes, the cadence generally is every five or six years. So, we have had 1990, 1996, 2002, 2008 and now, finally, 2013. And I'd like to draw a distinction between the Farm Bill and the appropriations process. The appropriations process happens every single year. And that's confusing, because you seem to hear about the Farm Bill every year. But here's the framework: every galaxy of federal programs has an authorizing process, and every several years, they go through the authorizing process, where Congress determines what programs they are going to fund and which ones they are going to cut. And then there are different kinds, or levels, of funding. The platinum level, that is the entitlement funding, which is very elastic, it could go up or down any year. Then there's the mandatory funding component, where Congress says this program SHALL be funded at "x" amount over the period of this farm bill. And then you have discretionary funding, where Congress says this program MAY be funded up to "x" amount. In the Farm Bill, that is where Congress pegs program funding up to a certain ceiling and I have to tell you it is very uncommon for things to get funded up to that ceiling.

A perfect example happened the other day. The House Appropriations Committee just voted on the fiscal year 2014 agriculture (ag) bill. And in that process, they spoke to the question of the SARE Bill, Sustainable Agriculture Research and Education, it's kind of the flagship program for the sustainable ag movement. Now, in the Farm Bill, it's authorized for discretionary funding up to \$60 million. Now, that's encouraging. But by virtue of it being a discretionary program, Congress

doesn't have to fund it to that level. So what did the House appropriators just fund SARE at, having cut it years before? They brought it up from \$17.7 to 19-something. So, are we at \$20 million – even a third of the level authorized, have we ever surpassed \$20 million line? No.

So, with discretionary programs, what's in the Farm Bill is a ceiling, but it can be a vaulted ceiling.

**Jessy** So, who is making those decisions?

**Margaret** The appropriators. So, if you get automatic funding, mandated funding, the funding decision is made by the members of the agriculture committee and it goes on for the duration of the Farm Bill. If not, then it is discretionary funding and that is what appropriators decide each year. Every year, appropriators take a look at how much money they have to spend and determine just how much these discretionary programs will get. There are ag committees in the House and the Senate that both authorize and create the Farm Bill. And then we have appropriations committees in both the House and Senate and in each of those, we have ag appropriations subcommittees.

**Jessy** Well, let's take a look at the SARE program, for a moment. What sorts of things are included there?

**Margaret** That's just one of many programs and it's totally an important program in the sustainability ag movement. I talked yesterday with a grass-fed farmer in Missouri — she's actually the head of the American Grass Fed Association and she was talking about how the SARE program has helped grass-fed farmers, rotational grazers, all over the country. They've gotten SARE grants to do studies on their farms about different kinds of crops and different rotations and different grazing depths — all the things that factor in to good grazing.

**Jessy** Can you speak to any of the provisions on the table in the Farm Bill now that will affect small to medium sized family farms?

(continued)



**Margaret** When Congress passed the 2008 Farm Bill, it made a tremendously foolish, tactical error. They said the next Farm Bill will be passed in 2012. But 2012 was a presidential election year and it is very hard to get anything passed in a presidential election year. So there we were with a sunset coming up on the Farm Bill and no likelihood of getting it passed. Now, there were some important programs we got through in 2008: we got programs on beginning farmers, on organic transitions, we got organic research and education, an extension initiative, we got farmers market promotion program, we had the value added producer grant program, and we got mandatory funding! So it was pretty secure for the duration of the Farm Bill, but it wasn't what they call baseline funding, it didn't have permanence. It wasn't presumed to continue after the end of the Farm Bill. So at the end of September, they did not have a provision for protecting a number of very important programs.

Now, a lot of the big super-duper programs, like SNAP (Supplemental Nutritional Assistance Program), were continued, but these programs did not and they ended up being what we call stranded programs. They did not have authorization to continue, so they could not get funded. So, if you look at what the House did the other day, look under those programs and it says "pending approval of 2012 Farm Bill." They can't get funded. So, right this moment, many of those most important programs for the sustainable agriculture, local foods movement are being held in abeyance. They are not able to distribute any money now. The bottom line is the vast majority of these programs were just stuck.

We had an opportunity in the fiscal cliff deal to get some funding and it failed. A lot of people were upset at that.

**Jessy** And how does that directly affect the farmers on the other end, then?

**Margaret** It means they can't get any grants. In fact, right here in Wisconsin, the organic researchers at UW who depend on OREI, the Organic Research and Extension Initiative, they are finding other work. There have been no more grants to help us train beginning farmers. That's the point, there are a lot of these grants that are just cut.

But the good news is there are some good things that have already happened in the Farm Bill. Both the Senate and House bills actually fund those stranded programs. Amusingly ... astonishingly ... the House bill actually funds them at a slightly higher rate. So that's good news.

That's really important for urban agriculture and for community food systems, for some of the initiatives that will be helpful for farmers through what they're calling now something like the Direct Farm Marketing Program. It's good, it supports CSAs, it supports farmers markets, it supports food stands, it supports direct marketing via the Internet.

The beginning farmers and ranchers development grant program, too, is a good program and it got funded (pending final passage of the Farm Bill). And why does that matter? Because we are losing a tremendous numbers of farmers. I think the average age of our farmers is now 57 and we're expected to lose something like 75 percent of our farmers over the next decade. And if we lose the farmers who are managing our farmland, who is going to buy that land? Speculators? Agri-business?

That's quite important to our nation's long-term food security. Do we have an influx of farmers well-trained and able to be sustainable in the truest definition of sustainable, meaning profitable, as well as environmentally sound and socially responsible?

**Jessy** Are there mentorship programs set up for young farmers in Wisconsin?

**Margaret** There are. Here is one we are hoping to do here and we're about to apply for a grant for. There are a lot of people owning land that don't know what to do with it and we want to help those people farm. What an easy win if we can make it a win, if we can steer those folks into a plan that actually serves the long-term interests of the community and the people around that land.

**Jessy** Before we finish with the Farm Bill, can you explain the process a bit more?

**Margaret** Well, it looks like the Senate will soon vote up or down on the bill and then whatever happens at the House, we'll see. Then the House and the Senate will work through the details separately and later this summer they'll have a conference where they will work out the differences between the two bills. Finally, the President will sign or veto the final bill.

**Jessy** People often come to Outpost looking for it to be a sort of voice for them, for many of these issues surrounding sustainable agriculture. Is there a place, a role for the individual voice? Can it still be heard?

*Note: photos taken at Michael Fields Agricultural Institute and around southeastern Wisconsin area.*



**Margaret** Years ago, I worked in Washington DC. I worked in the field of legal aid. And I got a call from the office of then Sen. Howard Metzenbaum of Ohio. I had enquired about the status of a particular piece of legislation and she says to me “well, if we had two or three more people from Ohio call...” and I think, are you kidding me? Two or three people, in the whole state of Ohio? It really gave me an appreciation for the power of an individual human voice. But you need the right sort of voice.

I’m not a great believer in postcard campaigns. If I’m wanting to make a difference as a strategist, I’m not much for sign-on campaigns, but if every one of those people also make a call, well, that has quite an impact. Phone calls matter. A hand-written letter matters. There is a hierarchy of impact: visit, handwritten letter, a phone call, a personal email and lastly an email of the click and send variety.

Finally, there is just nothing like a thank you. Do you know how many portals it opens up? If you just call to beat people up, you’re just guaranteeing that people can’t hear you. They may hear you this one time, but they will associate you deeply with resentment. If you actually want to have long-term value, be sure to note anything they have done that is useful and thank them for it.

**Jessy** Do you remain optimistic? There is a lot of big money in agriculture today.

**Margaret** I do. Against all odds, we still have got farmers wanting to go into business. Against all odds, consumers have understood the importance of supporting farmers whose practices they believe in. Against all odds, we have policy makers who take the time to care about future generations and make sure they have access to good land.

Why wouldn’t I be hopeful, when I talked with that mother in Missouri who’s talking about how her kids, who have lots of options for jobs, now want to work with the family in their grass-fed ranch business? Outpost should seriously take a bow. It’s because there are places that will sell these meats and places that will educate consumers about them. It’s publications like Graze that make a difference, so that consumers get it and, bit by bit, the consumers do get it. That means the farmers do get a good price and now they have their kids wanting to remain in the family business. I can’t tell you how deeply satisfying that is. ||



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# IN AN IDEAL WORLD...

by MALCOLM MCDOWELL WOODS

... MILWAUKEE IS GREENING FROM THE GROUND UP.

**M**ILWAUKEE IS GOING GREEN, WITH NEIGHBORS WORKING SIDE BY SIDE TO TURN EMPTY LOTS INTO COMMUNITY GARDENS, POCKET PARKS AND PLACES FOR RECREATION. IT'S A LOT OF WORK AND GREENING OUR OLD FORMER RUST BELT CITY ISN'T EASY, BUT MILWAUKEEANS HAVE AN IMPORTANT ALLY: GROUNDWORK MILWAUKEE.

Groundwork Milwaukee is a local trust, part of a national network of land trusts dedicated to helping their communities' environment, economy and quality of life. This spring, the group announced a merger with another local organization, Milwaukee Urban Gardens, which now becomes one of Groundwork's main programs.

Groundwork Milwaukee believes people, places and prosperity are inextricably linked and works with the community to improve the quality of life by getting local people, businesses, governments and other organizations involved in practical projects that help green the city. Mary Beth Driscoll, Groundwork's executive director, says the work revolves around six areas:

**LAND** — GWM helps people transform derelict land and wasted public space into valued community assets such as pocket parks, community gardens, recreation facilities, and nature preserves.

**BROWNFIELDS** — GWM partners with government agencies and the private sector to engage residents in the remediation of brownfields to build consensus on reusing these sites for community benefit.

**EDUCATION** — GWM works with schools to improve their outdoor facilities for recreation and education. GWM has developed a relationship with Milwaukee Public Schools to assist in "greening" schoolyards and playfields.

**BUSINESS** — GWM works with businesses to enhance their sites, improve their environmental performance and involve them in volunteer service days benefiting their community.

**YOUTH** — GWM works with young people to develop job and leadership skills by engaging them in our projects and programs as staff and volunteers.

**COMMUNITIES** — GWM makes long-term commitments to specific neighborhoods with high unemployment rates, concentrated poverty, racial discrimination, and social injustices and works closely with other organizations and initiatives in those areas to maximize impact and improve quality of life. GWM has made long-term commitments to the Harambee Neighborhood and neighborhoods along the Kinnickinnic River.



photo courtesy of Groundwork Milwaukee



## CHECKOUT



WHERE . **ESTABROOK BEER GARDEN**

WHEN . **JUNE 8, 2013 AT 1:15 P.M.**

WHAT . **OUTPOST'S OWN WRITER, PHOTOGRAPHER & AMATEUR ACCORDION PLAYER, PAUL SLOTH**

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or a quick meal on the go!

# OUTPOST

NATURAL FOODS



**Little Oaties**



**Thunder  
Crunch Mix**



**Penne Pasta Salad**



**Mama's  
Veggie Chili**

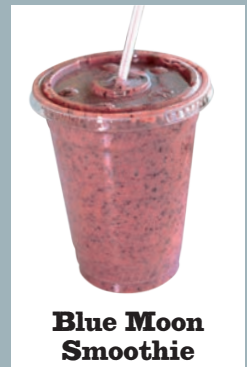


**Kamut  
Confetti Salad**

*Selections  
change  
daily!*



**Chicken Caesar Salad**



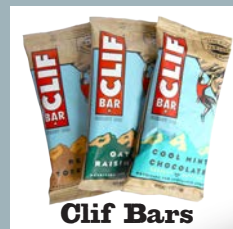
**Blue Moon  
Smoothie**



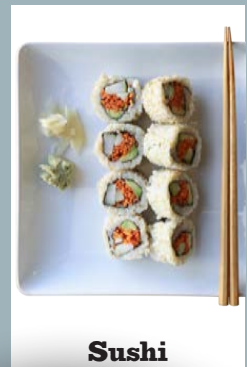
**Banana  
Flax Bread**



**Ham & Havarti Half Sandwich**



**Clif Bars**



**Sushi**

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