

GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS

GRILLED IT!
TAKE YOUR
PIZZA PREP
OUTSIDE

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PLUM
PERFECT

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Let's go

GLAMPING

GUSSIED UP GOODIES
FOR STARGAZING

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FIRST WORD.



IF THERE'S ONE THING WE KNOW HOW TO CELEBRATE IN THE MIDWEST, IT'S SUMMER. HECK, MILWAUKEE NAMED A FESTIVAL AFTER THIS, THE MOST GLORIOUS OF SEASONS.

Summer is fleeting. We spend three months trying to squeeze as much out of it as is humanly possible. We do this knowing full well that, come September, we'll begin anew the annual nine-month waiting period.

This is what living with four seasons is all about. Ask anyone in California or Florida and they haven't a clue what you're talking about, unless maybe they're a transplant from Wisconsin, or Minnesota, or Illinois. Ask those transplants if they miss it, they'll probably tell you they don't. But we know better.

What we in the Midwest lack in year-round warmth and sunshine, we more than make up for with our capacity to anticipate that first day of summer. We never know when it will hit, but we always know what to expect.

Living in the constant sun and warmth is boring; living with four seasons is anything but.

Weather in the Midwest reminds us all, sometimes painfully, that the seasons control us. Try as we might, we can do little to change that directly or instantaneously. Farmers can push the seasons to the edges. Regardless of their talents, fall can come early; winter is always around the corner; and spring, well spring has always been a little fickle.

Nowadays, we've forgotten what it is like to go without the fruits and vegetables that once were harbingers of summer around these parts. Sweet corn, watermelon, raspberries, they're available year-round now.

Unfortunately, as nice as that can be, that availability comes at a cost. Farmers in the warmer parts of our country have been forced to deal with the consequences of global climate change. They do their best to keep us from worrying about it by continuing to make all their produce available, regardless of the challenges — whether it's a deep freeze in the south or a scorching drought out west.

Around here, a cold spring can decimate an apple crop; too much rain can destroy a field of strawberries; and a drought can ruin a perfectly good tomato. Again, this is what living with four seasons is all about. It teaches us to enjoy and preserve the bounty for those leaner times. It also teaches us to savor.

So, each year we soak up summer's warmth. We build fires. We keep our grills working overtime. We butter one more ear of sweet corn and we stay outside a little longer each night. We do this knowing that the three months of summer, and all the joy that comes with it, will sustain us for the next nine.

PAUL SLOTH
assistant editor

GRAZE@OUTPOST.COOP

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 IS PUBLISHED QUARTERLY, WITH NEW ISSUES EACH SEASON.



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WHO IS GRAZE ?

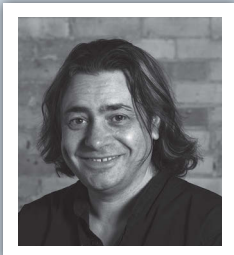
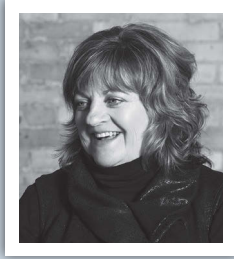


i am **CARA BERKEN.**

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.

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 **CRAIG MATTSON.**

When I was really young I asked my dad where cereal came from. He could have said the store. Instead, he told me about the whole process of making cereal — from the farm to the box. Since then I've always enjoyed learning about where different foods come from, how they are made, and I remember to be mindful of all the people who make them.

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.

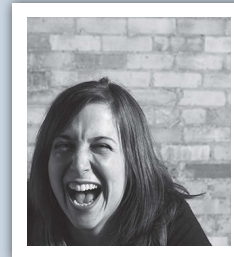


i am **CARRIE ROWE.**

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 **DIANA SCHMIDT.**

I'm a recovering food snob, eating anything from watercress to tater tot casserole. My love of tasty vittles started as a child in my parents' garden and remains steadfast with the help of food-loving friends and a bit of butter. Of all the food I love to make, nothing makes me happier than canning pickles and squirreling away jars of jam.



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.

- GRAZE.

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



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On the cover: Chimichurri Roasted Vegetable & Smoked Cheese Pudge Pies from our Let's Go Glamping feature. Photo by Paul Sloth.



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You, too, can be a cupcake whisperer.



Oh, you'll hear it... the sweet, sweet sound of a cupcake so lovingly and deliciously made-from-scratch that you'll be transported to another world!



100 E. CAPITOL DRIVE MILWAUKEE
7590 W. MEQUON ROAD MEQUON
7000 W. STATE STREET WAUWATOSA
2826 S. KINNICKINNIC AVENUE BAY VIEW

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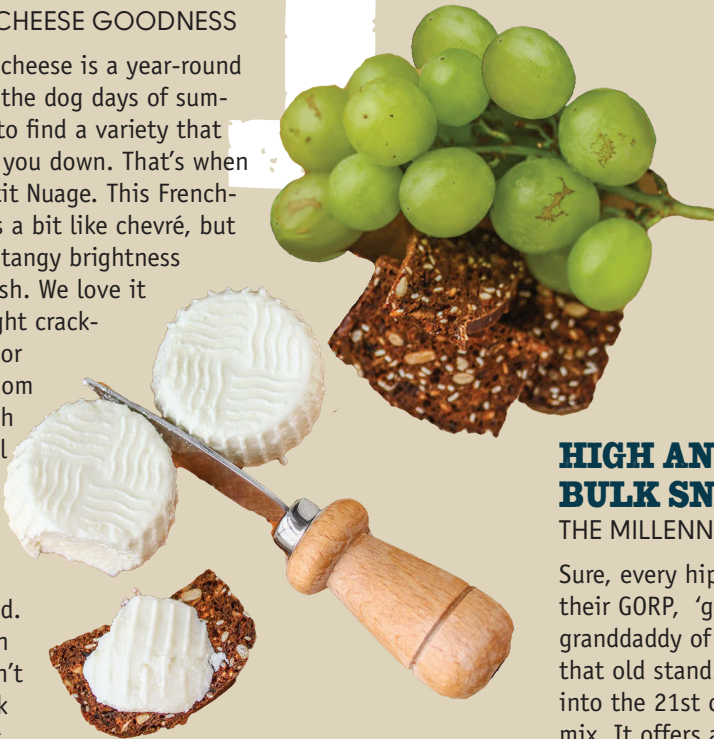
SWOON!

THINGS WE LOVE.

LANDMARK CREAMERY PETIT NUAGE CHEESE

SWEET LITTLE PILLOWS OF CREAMY SHEEP MILK CHEESE GOODNESS

In Wisconsin, cheese is a year-round staple. But in the dog days of summer, it's hard to find a variety that doesn't weigh you down. That's when we turn to Petit Nuage. This French-style cheese is a bit like chevré, but lighter with a tangy brightness and sweet finish. We love it paired with light crackers, preserves or fruit, or heirloom tomatoes, fresh herbs, olive oil and cracked pepper. It's also exquisite on a grilled vegetable salad. And don't even tell us you don't like sheep milk cheese ... this one will change your mind forever.



HIGH ANTIOXIDANT BULK SNACK MIX

THE MILLENNIAL VERSION OF GORP

Sure, every hippie worth their macramé loves their GORP, 'good old raisins and peanuts', the granddaddy of trail mix. You could keep enjoying that old standby or instead take a giant leap into the 21st century with this intriguing snack mix. It offers a variety of textures, both crunchy and chewy, and just the right sweetness. It's loaded with dried cranberries, raisins, walnuts, almonds, pumpkin seeds, goji berries and dried mulberries. It's the perfect take-along for camping and hiking, yet still elegant enough to serve on a fancy cheese plate, or atop a summer garden greens salad. This custom mix is a signature snack you'll find only in our bulk department!



TRUROOTS ANCIENT GRAIN PASTA

MOVE OVER MACARONI, THIS PASTA IS PERFECT

It's no secret that we have tried, and pretty much hated, many gluten-free 'grain' pastas through the years. We've grown weary of tired, flabby noodles pretending to be pasta and have longed for something that would make our gluten eating friends jealous. So, we did a happy dance when we tried this ancient grain pasta. The unique combination of organic quinoa, amaranth, and brown rice keeps every noodle al dente, yet silky. Plus, they'll hold up to any hot sauce or cold salad you toss them in. They have a slightly nutty taste, but mostly they're just like regular semolina pasta. We don't know the magic pixies that created this pasta, but we sure are grateful. Oh, they're GMO-free to boot!



THE FARM'S COMPOST

THE CIRCLE OF LIFE FROM OUR TABLE TO YOUR GARDEN

If you garden, you'll know that soil quality is the key to great plants. You want light, loamy soil, rich with just the right nutrients. If you're dedicated and have the space, you'll pile up your food scraps and wait for compost to mature. And wait. Well, wait no more. This conveniently bagged compost will make your soil dreams come true. How do we know? It's made mostly of natural and organic food waste, which ensures a higher nutrient content and ultimately yields bigger and healthier plants. Every week we send in the scraps from our stores to The Farm in Caledonia, Wis. They lovingly compost those scraps (and others). When the mix is ready, they bag it up so we can sell the finished product in our stores. And the circle continues.



CROWN PRINCE BONELESS & SKINLESS SARDINES IN OLIVE OIL

A SNACK FIT FOR ROYALTY, BUT HUMBLE ENOUGH FOR US PEASANTS

These much maligned and misunderstood delicacies of the deep deserve your respect, because not only are they sustainable and low in mercury, they are packed with omega-3 fatty acids, vitamins and minerals. If you've been turned off from sardines before, because of the bones or skin, these wild-caught, boneless, skinless sardines are just the introduction you need. They have a delightful texture, much like tiny fish fillets, that seems to melt in your mouth. The high-quality olive oil adds a lovely vegetal note to the taste. We adore them served simply on crackers with a dash of ranch dressing, or whipped into an elegant paté. Simply toss sardines into a food processor and add a little softened butter, a squeeze of fresh lemon juice, chopped fresh parsley, salt and pepper. Refrigerate before serving.



MARANATHA CREAMY COCONUT ALMOND BUTTER

THIS IS WHAT YOUR PEANUT BUTTER WANTS TO BE WHEN IT GROWS UP

We know what you're thinking... you've tried almond butter, you know what it tastes like, and they're all pretty much the same. Don't hate us, but we're here to tell you that you're flat out wrong. If you thought Nutella was a decadent treat, this almond butter has it beat. It's creamy, sweet, slightly salty, and chock full of coconut flavor. That's probably because it contains real coconut pulp and not some wimpy "natural flavor." We love it with apples, on toast, snuggled up with jam, and yes, by the spoonful. It even has us dreaming about making cookies and trying it on s'mores. Full disclosure, the jar says 'no stir', but you will have to stir it. Real nut butters are like that, and we're okay with it.



AURA CACIA YOGA MIST

A POWERFUL PEACE OF MIND FROM A REJUVENATING SPRITZ



They say that scent is the most powerful sense. It is a maker of memories. Some even believe the right scent can boost productivity. We can't confirm the productivity part, but we can tell you that this mist offers a refreshing dose of calm during a hectic day. It's not uncommon to smell the beautiful essential oils perfuming the office air before deadlines, or after too many meetings. Overloaded email box got you down? Simply spritz this mist, close your eyes, take a deep breath, and envision calm. Made with pure ingredients like quality essential oils and water, it's also great to use during meditation, yoga, or while relaxing on a warm summer day in a backyard hammock.

MAD-MADE.

A CLASSIC DRINK MAKES ITS BIG BREAK ON THE SCENE.

story & photos by CRAIG MATTSON



REVIVING A CENTURIES OLD DRINK MIX CAN BE TRICKY, ASK JANET CHEN, SHE KNOWS. WHEN SHE'S OUT SAMPLING DRINKS SHE'S MADE WITH HER MAD MAIDEN SHRUB, PEOPLE GET CONFUSED. THEY WANT TO BUY THE FINISHED DRINK. BUT IT'S JUST THE SHRUB JANET'S SELLING.

When Janet explains, people are still a bit mystified. Some are reluctant to try it.

"It takes an adventurous spirit to try it for the first time, someone who will try new things," Janet said.

So, what's shrub? In a nutshell, it's drinking vinegar. The vinegar is infused with herbs, spices and fruits. Think of shrub like simple syrup, it's meant to be mixed. Soft drink, cocktail, aperitif, digestif ... the only limit to what you can do with shrub is your imagination.

Since Janet's recipes aren't as sweet, they're a nice alternative for health conscious people who want to reduce their sugar intake. These are the people she hopes to appeal to.

If you haven't heard of shrub or tried it before, you might not know how to approach it at first. Then you taste it. Shrub is sweet, tart, with just a tiny hint of vinegar. It quenches your thirst.

"People think it's unique, unexpected, and similar to kombucha," Janet said.

PA
ersbestk



So, how did Janet hit on this idea to start a business making an admittedly peculiar cocktail ingredient? Well, when the economy tanked back in 2009, Janet was working in construction and architecture and she knew she needed a change. Around the same time, she read an article in the New York Times about making ginger shrub.

It gave her an idea. Janet thought she'd try to make a business out of it and her friends encouraged her.

Starting a new business isn't easy. From designing labels, to creating a business strategy, even finding places to sell a product, there are a lot of details.

"It can take a while to figure it all out. Then it all makes sense," Janet said.

Janet works out of FEED Kitchens in Madison, a place designed to help aspiring food entrepreneurs turn their business ideas into reality. This is where you'll find her a couple of days each week making and bottling her shrub to order.

Janet's production process isn't all that different from the way colonial Americans made their shrub.

For her cranberry shrub, she heats cranberries until their juices run then adds peppercorns and juniper berries. Once these ingredients boil down, Janet strains the mixture, adds some sugar and then combines it with vinegar before bottling it.

The result is a pungent, complex concoction with a tangy, sweet scent that drifts from the bottle. Mixed with tonic, sparkling water, juice or tea, you can turn shrub into a thirst-quenching summer drink. Its versatility makes it a superb cocktail mixer, too.

Janet really wants to make a go of it. She hopes to get a foothold in the Midwest natural foods market. She knows there are risks, but she's determined to make it.

"Just because someone says you can't do something doesn't mean you can't," Janet said.

GLAMPERS GROG

Ready to start creating shrub cocktails? Janet has loads of recipes on her website, or try our recipe below, that we brought along for our camping trip (page 18).

1. Add $\frac{1}{4}$ cup of berry based shrub, like Mad Maiden, to a large glass.
2. Mix in 1 teaspoon of fresh, local honey then add flavored sparkling water or ginger ale. Mix well.

3. Add ice cubes and garnish with a sprig of fresh basil or thyme, or a citrus slice.



MAD MAIDEN SHRUB
MADMAIDENSHRUB.COM

(our) TABLE OF SALAD FIXINGS.

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 VARIETY IS THE SPICE OF LIFE

SALADS ARE THE PERFECT SUMMER FOOD. YOU DON'T NEED AN OVEN. ALL YOU NEED ARE THE RIGHT INGREDIENTS, OR "FIXINGS" AS WE LIKE TO CALL 'EM AROUND HERE, TO WHIP UP A LOW-MAINTENANCE MEAL THAT WILL BRIGHTEN ANY TABLE. CONSIDERING THE PLETHORA OF COLORFUL ADDITIONS TO CHOOSE FROM, SALADS CAN BE THE PERFECT FARE FOR A HOT EVENING.


Forget about salads being an accompaniment to the main course. With the right combination of fixings you can turn a salad into a flavorful all-in-one meal. Once you've hit on the right combinations, round out the flavor with antioxidant-rich berries (dried or fresh) and create a nutritionally complete dish by adding nuts or the protein of your choice.

Ra RADICCHIO




VITAMINS . B6, C, E, K, RIBOFLAVIN, NIACIN, FOLATE.
MINERALS . PHOSPHORUS, POTASSIUM, ZINC, COPPER, MANGANESE.

Rc RED CABBAGE




VITAMINS . A, B6, C, K, THIAMIN, NIACIN, RIBOFLAVIN, FOLATE.
MINERALS . MANGANESE, CALCIUM, POTASSIUM, MAGNESIUM, PHOSPHORUS, IRON.

Me MESCLUN MIX




VITAMINS . A, C.
MINERALS . CALCIUM, IRON.

Sp BABY SPINACH




VITAMINS . A, B, C, K, FOLATE, RIBOFLAVIN, NIACIN.
MINERALS . CALCIUM, IRON, COPPER, MAGNESIUM, POTASSIUM, MANGANESE, ZINC.

Rl RED LEAF LETTUCE




VITAMINS . A, B6, C, K, E, THIAMIN, RIBOFLAVIN, FOLATE.
MINERALS . CALCIUM, MAGNESIUM, PHOSPHORUS, IRON, MANGANESE, POTASSIUM.

Ro ROMAINE




VITAMINS . A, C, E, K, FOLATE.
MINERALS . MANGANESE, IRON, POTASSIUM, COPPER.

Al ALFALFA SPROUTS



VITAMINS . A, C, K, THIAMIN, RIBOFLAVIN, FOLATE, PANTOTHENIC ACID.
MINERALS . IRON, MAGNESIUM, PHOSPHORUS, ZINC, COPPER, MANGANESE.

Su SUNFLOWER MICRO GREENS



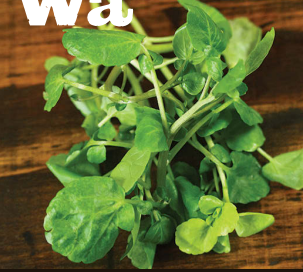
VITAMINS . C, E, K.
MINERALS . IRON, CALCIUM.

Zm ZESTY MICRO-GREENS



VITAMINS . A, C, E, K.
MINERALS . CALCIUM, MAGNESIUM, IRON, SELENIUM.

Wa WATERCRESS



VITAMINS . A, B6, C, E, K, THIAMIN, RIBOFLAVIN.
MINERALS . CALCIUM, MAGNESIUM, PHOSPHORUS, POTASSIUM, MANGANESE.

GET DRESSED.

In just about the same time it takes you to pry open a bottle of store bought dressing, you can whip up one of these simple dressings instead.

SUMMER TOMATO & HERB DRESSING MAKES ABOUT 1 CUP

Also great as a marinade!

- ½ cup olive oil
- Juice of one lemon
- 2 cloves garlic, smashed
- ½ teaspoon paprika
- 3 tablespoons fresh thyme
- 3 tablespoons fresh tarragon
- 1 teaspoon salt
- 1 teaspoon honey
- 1 large tomato

Place all the ingredients in a wide-mouth jar. With an immersion blender, pulse on high until completely blended. Can be stored for three days in the refrigerator.



CILANTRO YOGURT DRESSING MAKES ABOUT 1 CUP

This is lovely on grilled vegetables too!

- 1 cup cilantro
- ½ plain Greek yogurt
- 2 garlic cloves, smashed
- Juice of one lime
- ¼ cup olive oil
- 2 tablespoons cider vinegar
- Salt and pepper

Place all the ingredients in a wide-mouth jar. With an immersion blender, pulse on high until completely blended. Can be stored for three days in the refrigerator.



SUMMER.

(two ways)

PLUM PERFECT

PLUMS MAY BE ONE OF THE PRETTIEST AND MOST DIVERSE FRUITS APPEARING IN PRODUCE DEPARTMENTS AND LOCAL FARMERS MARKET EACH SUMMER. WITH MORE THAN 2,000 VARIETIES, PLUMS DISPLAY A PALETTE OF COLORS THAT RANGES FROM PALE YELLOW-GREEN TO DUSTY PURPLE, WITH SHADES OF PINK, RED AND ORANGE IN BETWEEN.

They can be as tiny as a cherry and as large as a tennis ball and their flavors, well they're just as varied as their colors. From mouth-puckeringly tart to sweet and floral, these soft, juicy gems are the epitome of summertime pleasure.

As with most short-season crops, plums can often be catch-as-catch-can, meaning: get them while you can and eat as many as you can before they're gone. Luckily once you've had your fill of the fresh unadulterated version, plums are one of the easiest and most delicious fruits to use in the kitchen. You can bake, stew, grill, freeze and preserve them.

PLUMMY RED WINE KETCHUP

MAKES A GOOD PINT OF KETCHUP, MORE OR LESS, DEPENDING ON THE SIZE OF YOUR PLUMS

We're using the word 'ketchup' pretty loosely here as this recipe could be considered a sauce or syrup, or a cooked chutney depending on how long you cook it down and how smooth you get the finished product. Whatever you decide to call it, it's a beautiful combination of sweet, tart, spicy, and savory that goes great with anything — from grilled veggies or barbecued ribs and chicken, to pancakes or even vanilla custard.

2½ pounds ripe plums
½ cup hearty red wine – we used Evodia Garnacha
2 tablespoons red wine vinegar
⅓ cup sugar – we used coconut sugar, but use what you have on hand

2 pieces star anise
1 pinch ground clove
1 cinnamon stick
¼ teaspoon allspice
½ teaspoon sea salt
1 teaspoon cayenne pepper
4 cloves garlic, finely minced

1. Place a heavy saucepan over medium high heat. Chop plums and place in saucepan. It will be messy and juicy, but they don't have to be pretty.
2. Add remaining ingredients to the pan and simmer; with a wooden spoon, stir frequently and mash plums. Continue simmering until the sauce becomes very thick and syrupy, about 20-25 minutes.
3. Let cool for 10 minutes. If you'd like a smoother consistency, remove star anise and cinnamon stick and place sauce in a blender, or use an immersion blender, and process until desired texture. Or you can leave it as is for a chunkier sauce.
4. Pour into glass jars (we like to put the star anise and cinnamon stick back in) and store in the refrigerator.



1ST
way.



2ND way.

recipes & photos by CARRIE ROWE

STONEFRUIT UPSIDE DOWN PLUM CAKE

MAKES ONE 12-INCH CAKE

We picked up a bunch of stone fruits – peaches, nectarines, apricots, and of course plums – from the market and ended up with this beautiful and simple upside down cake. The addition of dried plums in the cake batter adds a chewy surprise. Baked in a cast iron skillet, this cake is simply gorgeous (and clean-up is a breeze).

Fruit glaze:

- 1 stick unsalted butter, softened
- 1 tablespoon maple syrup
- 1 cup brown sugar, packed
- ½ teaspoon vanilla extract
- ¼ teaspoon sea salt

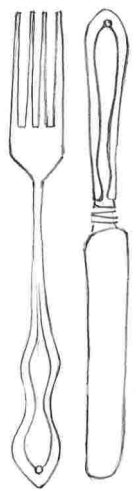
Cake:

- 1½ pounds stone fruit – plums, apricots, nectarines, etc.
- 10 dried plums
- ¾ cup all purpose flour
- ¾ cup cake flour – not self rising
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 1 stick unsalted butter, softened
- 2 large eggs, room temperature
- 1 teaspoon vanilla extract
- ⅔ cup milk

1. Preheat oven to 350°. Make the fruit glaze first.
2. In a medium-sized mixing bowl, combine butter, maple syrup, brown sugar, vanilla, and salt until well blended.
3. Spread fruit glaze across bottom and sides of a 12-inch cast iron pan.
4. Slice stone fruit into ¼-inch wedges. Starting from the middle of the pan and working out, arrange the fruit slices in a circular, fan-like pattern on top of the fruit glaze. Practice this on a dinner plate first if you haven't done it before! It took us a few tries to get the pattern looking pretty.
5. Continue arranging the fruit slices until the bottom of the pan is covered and set aside.

6. Place the dried plums in a small bowl filled with water and let soak for about 10 minutes while you make your cake batter.
7. In a medium bowl, sift together the flours, baking powder, and salt and set aside.
8. In a different bowl or the bowl of your stand mixer, beat together the butter and sugar until fluffy, scraping sides of bowl as needed. Beat in eggs one at a time then add vanilla.
9. With mixer on low speed, add the flour mixture in three batches, alternating with a little milk, beating until combined after each addition.
10. Remove dried plums from soaking water and roughly chop until you have ½ cup of chopped pieces. Add to cake batter and stir with a spoon or spatula until dried plums are evenly distributed.
11. Pour cake batter on top of sliced fruit, smoothing gently.
12. Bake at 350° for 40-45 minutes, until toothpick inserted in center of cake comes out clean. Transfer entire cast iron pan to a cooling rack and let cool for 30 minutes.
13. Loosen sides of cake from the pan with a small knife. Place a 12-inch round serving platter or plate over the cake still in the pan – get some help for this part if you can – and flip the cast iron pan over, holding the plate on the cake. What was in the bottom of the cast iron pan will now be the top of your cake. So pretty!





HOME COOKING.

by DIANA SCHMIDT
photos by PAUL SLOTH

COOKING OUTDOORS WITH BETHANY HANDSAKER AND HER FAMILY.



IT'S A GLORIOUS, SUNNY DAY AND WE'RE IN BETHANY HANDSAKER'S BACKYARD. THERE'S WATER BOILING IN A DUTCH OVEN OVER A SMALL BED OF COALS AND A MINIATURE CLAY OVEN PUMPING OUT A LOT OF HEAT. THERE'S ONE STUFFED FOCACCIA THAT'S READY TO EAT AND ANOTHER ONE HEADED FOR THE OVEN. BETHANY HAS PUT OUT A LOVELY SPREAD FOR US AS SHE SHARES SOME OF HER SECRETS ABOUT COOKING AND BAKING AND A LITTLE BIT ABOUT THE SOURCE OF HER INSPIRATION, HER MOTHER.

Bethany loves to bake. She has been baking since she was old enough to pull at her mother's apron strings. Even in the heat of the summer, she manages to turn out some of her favorite creations like pizza and focaccia thanks to the outdoor oven she and her dad, John, built in her backyard.

It's a work in progress, they explain. Bethany's dream oven will be built of bricks made especially for outdoor ovens. The current model is a collection of recycled bricks and concrete, under a clay oven. On this day, surrounded by her family, we're getting a chance to watch Bethany in action. She's turned her backyard into a makeshift kitchen.

Bethany slides a stuffed focaccia into the 800-degree oven and asks her two sons to wash up so they can help her prepare another. She pulls together leftovers from her potato soup with bacon, plucks more herbs from the nearby garden, and hands the youngest a chef's knife.

Both of Bethany's boys, Caleb, 9, and Noah, 11, have been helping in the kitchen since they were young. For Caleb, the best part about helping is "just being with mom."

"I get to eat cool stuff," says Noah. Both answers fill Bethany with pride.

Nowadays, when she's not creating in her own kitchen, Bethany bakes pizzas in the café at Outpost's Mequon store. She invited us to her home, not far from the Mequon store, to show us how she manages to keep baking through the summer and to share some of what she learned from her mother.

Bethany's first memory of baking with her mom, Melanie, is all of piles of dough she and her siblings helped knead.

"I'm not sure if mom was keeping us kids busy, or if we really needed all that dough. So many piles of dough!"

Both mother and daughter are as gracious as they are humble, sharing their baked goods with friends, neigh-

bors, teachers, and each other. Both claim the other's baked goods are the best.

Handmade cards are sometimes tied to the loaves. Melanie recounts her favorite card from Bethany, "I'll always knead and loaf you."

Bethany is quick to talk about what a skilled baker her mom is, beaming at her, "You taught me everything I know. Thanks, mom."

Melanie humbly looks to her hands, but when Bethany looks away, whispers, "Bethany says she learned to bake from me, but she's taken baking farther than I taught her."

WHAT'S THE BIGGEST DIFFERENCE BETWEEN HOW YOU BAKE AND HOW YOUR MOM BAKES?

"My mom is very scientific as a baker and can tell you why things happen or don't. Learning from her gave me an intuition for how the dough should feel – the right stretch, the right feel. She'll tell you what a great baker I am, but she's the one who is wonderful."

WHAT ARE THE 3 INGREDIENTS YOU CAN'T LIVE WITHOUT?

"Flour, yeast and cheese. I have 12 varieties of mint, so mint needs to be added that list, too!"

WHAT IS SO SPECIAL ABOUT YOUR STUFFED FOCACCIA BREAD?

"Once when Billy (Bethany's husband) and I went camping, my mom sent us with dough that had finely chopped vegetables and herbs in the dough. I realized, then, that dough could be filled with almost anything."

WHAT ELSE DO YOU BAKE IN THE OUTDOOR OVEN?

"PIZZA!" Melanie responds before her daughter has a chance. "Long before pizza started to be gourmet, Bethany started putting leftovers and the garden harvest on our pizzas with delicious cream sauces."

(recipes over)



BETHANY'S STUFFED FOCACCIA BREAD.

Dough:

- ¾ cups warm water
- 2¼ teaspoons active dry yeast
- Pinch of sugar
- 2¼ cups flour, plus additional for kneading
- 1 tablespoon garlic powder
- 1 teaspoon salt
- 1 teaspoon fresh ground pepper
- Handful of fresh herbs like basil, chives, oregano, thyme, rosemary
- 3 tablespoons of olive oil

1. Heat outdoor over hearth to 550°, or conventional oven to 450°.
2. Combine the warm water, yeast and sugar in small bowl until the yeast is proofed, bubbling and aromatic, about 10 minutes.
3. In a large bowl, combine flour, garlic, salt and pepper. Chiffonade fresh herbs and add to flour mixture.
4. After yeast is proofed, add olive oil. Pour mixture into flour and knead for 10 to 15 minutes until the dough becomes smooth and elastic. Sprinkle with flour if dough becomes sticky and tacky during kneading.
5. Coat the dough lightly with olive oil and cover with a hot damp towel until it is double in size, at least one hour.
6. For the filling, bake or fry bacon until crisp. Reserve drippings and chop bacon. Dice potatoes. Add to boiling water until tender. Drain and combine potatoes in large bowl with butter, sour cream, or yogurt, reserved bacon grease, green onions, salt and pepper.
7. Gently mix until potatoes are evenly coated. Let mixture cool to the touch. Spread dough into a large circle about 1-inch thick. Add potatoes to center of dough. Top with diced cheese and chopped bacon. Crimp edges of dough up and around filling into a bowl shape. Bake in oven for 20 to 25 minutes or until loaf is golden brown.

Filling:

- 5 slices of bacon
- 2 large red potatoes
- 2 tablespoons butter
- 2 tablespoons sour cream or plain yogurt
- 1 teaspoon reserved bacon drippings
- ¼ cup sliced green onions
- Salt and pepper to taste
- 4 ounces smoked cheddar cheese diced



MOM'S FRENCH BREAD. MAKES 2 LOAVES

The first recipe Bethany learned from her mother, Melanie, and this is the first time this list of ingredients has been written down.

- ¼ cup warm water
- 1 package dry yeast
- Pinch sugar

Stir to dissolve. Let this rest 5 minutes.

- ½ cup warm milk
- 1 cup warm water
- 1½ tablespoons oil

Stir together and set aside.

- 4 cups unbleached flour
- 1 teaspoon salt
- 1 tablespoon sugar

Sift into bowl and add liquid ingredients. Stir thoroughly, do not knead, the dough will be sticky. Cover with damp towel and let rise until doubled, 1 to 2 hours.

To make the loaves:

1. Turn onto lightly floured surface and shape into 2 loaves (2 inches x 12 inches) Place in French bread pans or on lightly greased cookie sheet. Score diagonal slits across top ¼-inch deep. Cover and let rise until almost double; up to 1 hour.
2. Preheat oven to 400° and place pie tin with 1 inch boiling water on bottom rack. Bake loaves for 15 minutes. Lower heat to 350° and bake 20 more minutes.
3. Brush loaves with mixture of 1 egg white and 1 tablespoon cold water. Bake 5 to 10 minutes longer.

OUTPOST'S

photos by CARA BERKEN (secret recipe)

BANGKOK CARROT DIP

MAKES ABOUT 1 POUND

ISN'T SHE LOVELY? A VIBRANT ORANGE COLOR, A DEPTH OF FLAVOR, AND A BIT OF A KICK. WHO WOULD HAVE THOUGHT THAT 8 INGREDIENTS – THAT YOU MAY ALREADY HAVE ON HAND – COULD TRANSFORM YOUR CRUDITE? IT WON'T TAKE LONG EITHER. JUST STEAM UP SOME CARROTS AND PURÉE AWAY. WE PROMISE YOU WON'T MISS THE RANCH!



- ¾ pound carrots, chopped
- 3 tablespoons unrefined extra virgin olive oil
- 2 tablespoons red wine vinegar
- 2 cloves garlic, minced
- ¾ tablespoon red curry paste
- ¾ tablespoon ground cumin
- ¼ teaspoon ground ginger
- ¼ teaspoon sea salt

1. Steam carrots until very soft. Remove and let cool.
2. Place carrots, olive oil, vinegar, garlic, red curry paste, cumin, ginger, and salt in a food processor and purée until smooth.
3. Serve with cut veggies, crackers or warm pita bread triangles.

Per serving (2 tablespoons): 37 calories, 3g fat, 2g carbohydrates, trace protein, 61mg sodium, 1g fiber





(our) MENU

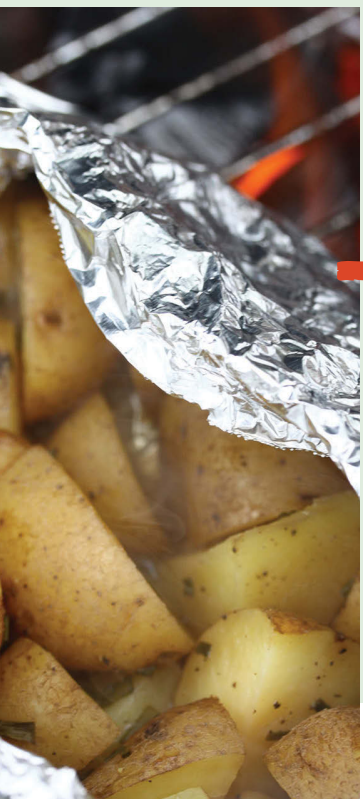
PIGS IN A BLANKET WITH
FANCY-PANTS CONDIMENTS

CHIMICHURRI STEAK OR
CHIMICHURRI VEGGIES &
SMOKED CHEESE 'PIES'

BEER STEAMED POTATOES

SUMMER CORN SALAD

CHERRY PIE BARS





let's go GLAMPING

by LISA MALMAROWSKI
photos by PAUL SLOTH

MAKE YOUR NEXT CAMPOUT AN EVENT TO REMEMBER BY GUSSING UP THE GRUB AND TARTING UP YOUR TENT, GLAMPING STYLE. WE'VE WHIPPED UP SOME MEMORABLE DISHES TO GET YOU STARTED, BUT KEPT THEM REALLY SIMPLE SO YOU HAVE MORE TIME TO ENJOY FAMILY, FRIENDS, STARGAZING AND CAMPFIRES.

SUMMER CORN SALAD SERVES 8-10

This is the perfect side dish to make when tomatoes and corn are at their peak around here. It's summer in a bowl! The salad can be made up to 8 hours ahead and toted along to your campsite. Just add the basil right before serving so it keeps its bright green color.

- 5 cups fresh corn kernels (about 7 medium ears)
 - 1½ cups cherry tomatoes from your garden (or a 10-ounce container), halved
 - 1 English cucumber, diced
 - ¼ cup shallot, minced
 - 2 tablespoons lemon juice
 - 1½ teaspoons kosher salt
 - ¼ teaspoon freshly ground black pepper
 - 3 tablespoons extra-virgin olive oil
 - ¼ cup fresh basil, thinly sliced
1. Prepare an ice water bath by filling a large bowl halfway with ice and water and set aside. Bring a large pot of heavily salted water to a boil over high heat. Add corn and blanch for 2-3 minutes. Drain and plunge in the ice water bath until cool. When cool, slice corn from ears into a large bowl. Add tomatoes, cucumbers and shallots. Mix gently to combine.
 2. In a small bowl, combine the lemon juice, salt and pepper. While continuously whisking, add the oil in a steady stream until incorporated. Add dressing to corn salad and mix well.
 3. Garnish with chopped basil before serving.

PIGS IN A BLANKET SERVES 8

Everyone loves food on a stick, so ramp up your wienie roast with this nostalgic favorite.

- 1 package of 8 hot dogs, veggie or regular
 - 1 can refrigerated Immaculate Baking crescent roll dough
 - Condiments like ketchup, mustard and relish – the best you can find!
1. Unroll dough onto a flat surface
 2. Wrap each hotdog with dough, leaving ends uncovered. The thinner the dough, the more quickly they will cook.
 3. Roast over a campfire, turning regularly to promote even browning. Watch carefully so they don't burn!
 4. When fully browned, enjoy with your favorite condiments.

BEER STEAMED POTATOES SERVES 8-10

Packing food in foil makes campfire or grill cooking portable and easy. The beer adds a savory note, but you won't need the whole bottle. You know what to do with the rest!

- 2 pounds small, waxy potatoes like Yukon Gold
 - Coarse salt and freshly ground pepper
 - 1 bottle (12 ounces) beer
 - 4 tablespoons unsalted butter
 - Fresh chives, chopped
 - Aluminum foil
1. You'll be making 2 foil packets. Place half the potatoes on a large sheet of foil, and season with salt and pepper and dot with butter. Fold and crimp edges to seal, leaving an opening at the top. Pour in about a ¼ of the beer and crimp remaining edges to seal. Repeat with the second packet.
 2. Place packets over a campfire or on a medium-high grill (or nestled near coals) and cook until potatoes are tender, 20 to 25 minutes. Top potatoes with chopped chives and serve.

MARINATED GRILLED STEAK *with* CHIMICHURRI SAUCE

SERVES 6

This is one of the easiest ways to make steak for a crowd. We love using flank steak, but skirt or sandwich steaks (like sirloin tip or flatiron) work great as well. Combine the steak and the marinade in a freezer bag and pop into the freezer. Once frozen, pack them into your cooler and they'll be thawed in time to grill at your campsite.

- 1/3 cup olive oil
- 2 cloves garlic, minced
- 2 tablespoons red wine vinegar
- 1/3 cup reduced-sodium tamari
- 1/4 cup honey
- 1/2 teaspoon freshly ground black pepper
- 2 pounds flank steak
- Kosher salt
- Freshly ground pepper

1. In order to prevent curling while grilling, score both sides of the steak with a sharp knife, making 1/4-inch deep cuts an inch apart, across the grain of the meat.
2. Combine the marinade ingredients. Add steak and marinade to a large freezer bag, seal bag, and turn to coat the steak well. Chill and marinate for at least 1 hour or overnight. You can also freeze steak and marinade at this point.
3. Oil grill rack and preheat grill to high, direct heat.
4. Remove steak from marinade and sprinkle each side generously with coarse salt and freshly ground pepper, and place on hot grill. If you are using a gas grill, cover the grill. Grill for about 2-4 minutes on each side.
5. When the steak has cooked to your preferred level of doneness, remove from the grill set aside, loosely covered. Note: Do not overcook or cook to well done or meat will be tough. Let rest for 10 minutes.
6. To serve, slice thinly, against the grain, and at a slight diagonal. Top with chimichurri sauce.

CHIMICHURRI SAUCE

MAKES 1 1/2 CUPS

Whether you call it the 'new pesto' or 'Argentina's answer to barbecue sauce' you're sure to find this zesty condiment addictive. Sure, it's great on grilled meats, but we love it just as much on veggies, potatoes and even eggs.

- 1 bunch flat leaf parsley
- 8 cloves garlic, minced
- 3/4 cup extra virgin olive oil
- 1/4 cup red wine vinegar
- 1 tablespoon fresh lemon juice
- 1 tablespoon red onion, diced
- 3 teaspoons fresh oregano
- 1 teaspoon black pepper
- 1/2 teaspoon salt

1. Pulse parsley in a food processor to chop.
2. Add remaining ingredients and blend. Store refrigerated in sealed container. Sauce will keep for up to a week.

CHIMICHURRI ROASTED VEGETABLE & SMOKED CHEESE PUDGIE PIES

MAKES 6 PIES

What camping trip would be complete without a pudgie pie? Sure, it's easy to make up quick dessert pies using this beloved iron, but we decided to take a savory route and concoct an original veggie option for the grill. Precooking the vegetables in foil packets means you can assemble them as needed. These are essentially customizable grilled cheese sandwiches, so you could also make them on the stovetop, if you don't have a pie iron.

- 2 bell peppers, thinly sliced in rings (we used a yellow and an orange)
- 2 summer squash like zucchini or yellow, sliced in 1/4-inch circles
- 1 small eggplant, sliced in 1/4-inch circles
- Salt and pepper to taste
- 1/2 cup chimichurri sauce
- 8 ounces smoked cheddar cheese, grated
- 12 slices soft bread
- Butter
- Special equipment – Aluminum foil, camping pie iron (aka 'pudgie pie maker')

1. Assemble vegetable packets. Place each type of vegetable in their own packet by shingling them on a large piece of foil. Season with salt and pepper and drizzle with chimichurri sauce. Fold and crimp edges to seal.
2. Cook veggies on a hot grill until soft, check from time to time, since each veggie cooks differently. Remove from grill and set aside.
3. To assemble the sandwiches, generously coat each side of the pie iron with melted butter. Tuck a slice of bread on one side and layer with grated cheese, veggies of your choice and then a little more cheese. Top with second slice of bread and firmly close iron.
4. Cook over hot fire or grill, turning frequently. If your fire is hot, these can cook very quickly so watch for burning.
5. Serve hot.



CHERRY PIE BARS

We love pie, but summer makes us lazy. That's why this one-pan pie is perfect. You can make it in a snap and it's really easy to tote to your campsite or summer barbecue. Plus it's ridiculously delicious, especially if you use local Door County cherries.

- | | |
|--------------------------------------------|-----------------------------|
| 1 cup butter, softened | Glaze |
| 2 cups sugar | 1 cup powdered sugar |
| 4 eggs | 1 teaspoon vanilla extract |
| 1 teaspoon vanilla extract | 1/4 teaspoon almond extract |
| 1/4 teaspoon almond extract | 2 tablespoons milk |
| 3 cups all-purpose flour | |
| 1 teaspoon salt | |
| 1 34-ounce jar Weinke's Cherry Pie Filling | |

1. Preheat oven to 350°.
2. Cream together butter and sugar. Add eggs and beat well, then add almond and vanilla extracts.
3. In a separate bowl, whisk together flour and salt. Add to the creamed mixture. Mix until combined.
4. Grease a 9 x 13 baking pan. Spread about 3 cups of batter in the bottom of the pan. Note: it will be sticky so using a silicone spatula, or your fingers, works best. You can lightly wet your fingers if it's too sticky. Then spread pie filling. Drop spoonfuls of the remaining batter on top of pie filling.
5. Bake for 35-45 minutes or until toothpick comes clean. Cool on wire rack. Combine glaze ingredients and drizzle over the bars.

SPECIAL THANKS TO OUR MODELS WHO ROUGHED IT FOR A FREE MEAL: *Outpost's graphic design assistant, Markie Schmidt, and her friends Drew Ajer, Anne Marie Battista, Erik Burtraw, Hannah David, Alex Meylink and Peter Meylink.*



See page 9 for our Glampers Glog recipe.



GRILLED IT!

by DIANA SCHMIDT
photos by CARA BERKEN

DOES THE THOUGHT OF FIRING UP YOUR OVEN IN THE MIDDLE OF SUMMER MAKE YOU BREAK INTO A SWEAT? SAME HERE. DOES THE THOUGHT OF GOING THE WHOLE SUMMER WITHOUT A HOMEMADE PIZZA MAKE YOU WANT TO CRY? BEEN THERE.

We're suckers for summer grilling, we love making pizza, and we were convinced long ago that you could do both at the same time. Now, this is nothing like what you might expect. There's no dough dripping through the grates or flamed out crusts.

In fact, everything you love about grilling and pizza come together in one imperfect circle. Smoky flavors, melted cheese, and simple, quality ingredients take center stage for this impossibly simple summer meal.

STEP 1 Organize your ingredients. Have everything to top your pizza ready at the grill, including your floured and rolled dough (use your favorite pizza dough recipe or buy a pre-made dough like Outpost's).

STEP 2 Oil one side of the dough and slide onto a HOT grill over direct heat (we used a 550° charcoal grill, with hardwood charcoal) uncovered for about 3 minutes. Turn dough on the grill and continue grilling covered for 2 more minutes. Check for hot spots to avoid burned crust. A little charring is great, but a burned crust isn't the goal. The crust will puff and bubble, but won't be crispy at this stage.

STEP 3 With tongs, flip your pizza and quickly top with your assembled ingredients. Don't overload the pizza or your toppings won't heat through.

STEP 4 Cover and grill for 3 to 5 minutes, turning frequently. The edges should be crisp and well done, the cheese will melt, and the toppings will be heated through. Remove pizza from the grill onto a cutting board, and let rest for 3 minutes before cutting.

1



2



3

OUTPOST CLASSIC

SERVES 3-4

Featuring some of our favorite local ingredients, atop Outpost's Own delicious ready-to-bake pizza dough. This pizza is a testament to the adage, "great ingredients make great food." For an even smokier pizza, try your favorite Wisconsin smoked cheese.

Outpost fresh pizza dough
2 Outpost Italian sausages,
casings removed and browned
Di Salvo's Pizza Sauce
Cedar Grove mozzarella, grated

Fresh basil leaves, torn (try
Central Greens basil)
½ cup of sliced mushrooms (we
love Gourmet's Delight)
1 small onion, caramelized

Spread prepared crust with sauce and add all ingredients. Be sure to finish with grated cheese.

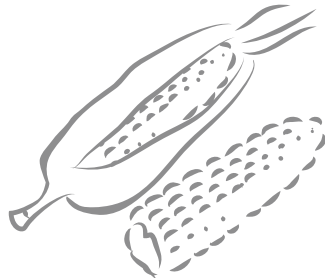


QUESO FUNDIDO

SERVES 3-4

Adapted from Chef Brian Boehm from the now shuttered Madison restaurant, Deb and Lola's. Extraordinarily delicious, unexpected flavors of Veracruz come together on the grill for a pizza that goes perfectly with margaritas. Add the cheese last, over the other toppings that act as a sauce.

1 cup roasted red peppers, finely diced
½ red onion, finely diced
½ cup green olives, chopped
¾ cup raisins, chopped
Kernels from 2 ears of roasted corn
8 ounces chèvre, crumbled
12 ounces spicy jack cheese, grated
Salsa if desired
Fresh cilantro (optional) to garnish



Mix all ingredients except cheeses in a bowl. Spread mixture on prepared crust and top with grated cheese then dot with chèvre.



FIG PROSCIUTTO

SERVES 3-4

Hands down, the best gluten-free crust that stood up to our testing was Sami's Bakery Millet and Flax Crust. Its thickness was perfect for the high heat of the grill and held our toppings beautifully. Add everything on the grill except the arugula and shaved Parmesan, to be topped at the end with an elegant flourish. These pre-baked crusts burn easily so use a lower heat grill.

2 tablespoons olive oil
Kosher salt
8 tablespoons fig jam mixed with
1 teaspoon balsamic vinegar
12 ounces fresh mozzarella, sliced thin

Freshly ground black pepper
6 ounces thinly sliced prosciutto
1 bunch washed and rinsed
arugula
1 cup shaved Parmesan

Spread jam mixture on crust and top with mozzarella and ground pepper. When done, remove from grill and drape prosciutto over hot cheese and top with arugula and Parmesan.





HAPPY COWS

THE SECRET TO GOOD CHEESE.

story & photos by
CRAIG MATTSON



IT'S MAY, LATE SPRING, THE TIME OF YEAR BOB AND MARY NETT'S COWS LOOK FORWARD TO MOST. THERE'S A SEA OF FRESH GRASS THAT STRETCHES TO THE HORIZON AND THAT'S WHERE YOU'LL FIND THE COWS FROM NOW UNTIL THE WEATHER TURNS.

For the next several months, these cows will have plenty of time, and room, to roam outdoors.

"Most of my farm is in grass, and it provides 50 percent of the cows' diet," Bob said.

The Netts practice rotational grazing, moving their cows between four sections of pasture, seasonally of course. They sell a portion of the milk from their small herd of 42 cows to Red Barn Family Farms, where it's turned into award-winning cheddar cheese.

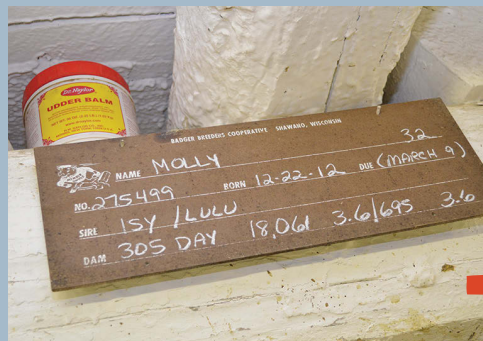
Ask Terry Homan why his cheese tastes so good and he'll tell you, it's the way the cows are raised.

Terry and his wife, Paula, started Red Barn in order to preserve the tradition of small family farming, like the way Bob and Mary Nett farm.

More importantly, they wanted to run a business that rewarded farmers who raised their animals humanely.

As a trained veterinarian, Terry knew that the conditions in which dairy cows are raised had a significant effect on the quality of their milk. Plus, he believed that large-scale farming was inhumane.

"Imagine working 18 hours a day and surviving on energy drinks," Terry said.



Grazing cows, as the Netts do, not only helps in producing better quality milk, it also contributes to the cows' longevity, Terry said.

"Some of these cows live eight to 10 years. The average in the industry is four years," Terry said.

Families who work with Red Barn own and operate their own farms, but follow a set of rules established by Terry and Paula. Red Barn only works with sustainable, Wisconsin family farms that are certified by the American Humane Association.

There is a link between excellent animal husbandry and high quality milk, according to the Homans, which is why they set their standards.

Terry and Paula knew there could be a better way and they set out to prove it would work. You'll taste the difference in the cheese that Red Barn produces. Paula compared it to gardening.

"You pick a tomato from your garden, then buy a tomato from the grocery store grown in December. Taste them and you'll see the difference," Paula said.

Red Barn works with cheese plants that are similar to the small family farms where they get milk, Paula said.

Greg Hedrich manages LaClare Farms, the cheese plant that produces Red Barn's award-winning Cupola cheddar. Cheese here is made in much smaller batches.

Cupola is aged for eight months in a strictly controlled environment. In the aging room, where the temperature and hu-

midity are carefully monitored, wheels of cheese are stacked as high as the ceiling.

Everything the cheese encounters, when and after it's made, can affect the final flavor, so the storage room is meticulous.

"It's important to keep as tight controls as you can, because the tighter the controls are the better the cheese is," Greg said.

During a recent visit with some of the farms Terry and Paula work with, it was clear that things were different, from the cows, to the families that raised them. This is the goal the Homans set out to achieve.

The idea was to harness the dedication of family farmers and give them an alternative to selling their milk on the commodities market. The way these cows are raised shows up in the milk they produce. Terry tests it for protein and other nutrients when he picks it up for orders.

Based on the quality of the milk on a given day, Terry can pay a little extra, sometimes higher than commodity prices.

This kind of relationship worked perfectly for Debbie and Dan Zuelger, a fifth-generation farmer. They already farmed in the style Terry and Paula wanted.

Trying to farm using organic practices when you can is the best way to farm, Dan said, and there's a learning curve to doing it well.

"It boils down to honesty," Dan said.

RED BARN FAMILY FARMS
LEARN MORE AT
WWW.REDBARNFAMILYFARMS.COM

Conserving WATER.

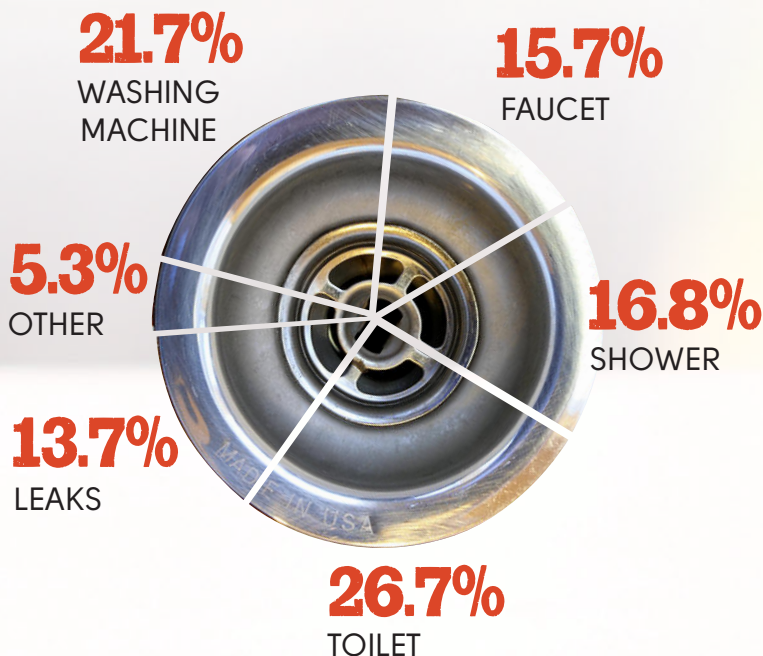
IT TAKES WATER TO CREATE ENERGY. POWER PLANTS USE 3,000 TO 6,000 GALLONS OF WATER TO POWER A 60 WATT INCANDESCENT BULB IN YOUR HOME OVER A ONE YEAR PERIOD.

WE ALL LOVE HAVING ABUNDANT WATER. WE USE IT EVERYDAY FOR DRINKING, COOKING, WASHING, AND FOR WATERING OUR GARDENS AND LAWNS. BECAUSE WATER IS A RESOURCE WE WANT TO CONTINUE TO ENJOY, IT'S IMPORTANT TO CONSERVE OUR WATER USE BY USING A FEW STRATEGIES TO CURB WATER WASTE.

THE AVERAGE AMERICAN USES
300 GALLONS
OF WATER EACH DAY

70% OF OUR PERSONAL WATER
USAGE OCCURS IN THE HOME

WATER USE IN HOME:



WANT TO LEARN ABOUT OUTPOST'S
COMMITMENT TO WATER CONSERVATION?
READ MORE AT:
WWW.OUTPOST.COOP/SUSTAINABILITY

HOW MUCH DO YOU USE?

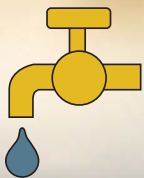
Amounts may be less if you use water-efficient appliances.



TOILET
3 GALLONS PER FLUSH



SHOWER
3 GALLONS PER MINUTE



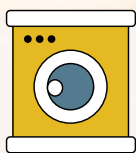
FAUCET
3 GALLONS PER MINUTE



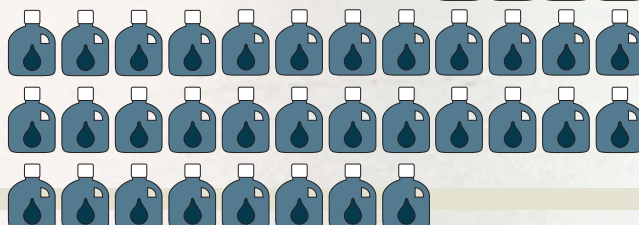
DISHWASHER
12 GALLONS PER WASH



BATHS
36 GALLONS PER TUB



LAUNDRY
44 GALLONS PER LOAD



WAYS TO REDUCE YOUR WATER USE

Indoors:

- Turn the faucet off while brushing teeth or washing hands
- Consider installing a low-flow showerhead, dishwasher and toilet
- Run full loads in your dishwasher and choose the correct load size for your washer
- Fix leaky faucets – those drips add up
- Conserve electricity by installing energy-efficient appliances

Outdoors:

- Install a rain barrel or two. In a typical rainstorm, more than 1,250 gallons of water run off the roofs of most homes. A rain barrel will not only reduce the storm water runoff destined for our sewer system, but also reduces the demand from established water sources.
- Landscape using water friendly methods like these:
 1. **Create a rain garden.** Plant a small garden in the indentations of your yard that catch rainwater, snow, and water from rooftop downspouts.
 2. **Reduce lawn size.** Use water friendly, native grasses and consider using less turf. Use only enough turf as the area needs, like play areas, and don't over-water your turf areas.
 3. **Try xeriscaping.** Plant your yard with native species. These plants are adapted to local weather patterns and rainfall, needing less watering.
 4. **Consider hydrozones.** Organize plants in the landscape based on their water needs. Install plants with higher water needs closer to the water source and plants with lower water needs farther away.
 5. **Use mulch.** Mulch locks in moisture, conserves water, and reduces weeds.

MAKE YOUR GRILL PROUD.

by PAUL SLOTH

FORGET EVERYTHING YOU'VE BEEN TOLD ABOUT TURKEY. WE KNOW YOU'VE HEARD THINGS. WE KNOW YOU HAVE OPINIONS.

Maybe you think your turkey consumption should be restricted to the months of November and December. Maybe you think you can't have it without cranberries or dressing or gravy. Maybe you've been brainwashed to believe that the only reason to turn ground turkey into a burger is because it's "healthier" for you.



Well, that last one is probably true, but we know you're probably thinking that "healthier" is just a polite way of saying you'll sacrifice something ... like flavor. Well, like we said, forget all that.

At Outpost, we sell some of the best ground turkey you're likely to find and with the right recipe, you can transform this stuff into some of the most delicious "hamburgers" you're going to sink your teeth into this summer.

We take a lot of pride in what we're selling in our meat departments. Our butchers grind fresh turkey daily at all of our stores, and we source our meat from just two suppliers; mainly from Ferndale Market, a small, family-owned turkey producer in Cannon Falls, Minn., and occasionally from the Michigan Turkey Producers Co-op.

"These are free-range, naturally raised turkeys that are never given antibiotics," said Anne Vedder, Outpost's purchasing and category manager. But that's only part of the story. There's so much to love about turkey.

"It's versatile, and because it's made from thigh meat, it has a heartier and more robust flavor," Anne said. "It's juicy, it holds together well and it doesn't dry out."

Listen, we have no beef with your traditional burger. But it's high time turkey took center stage.

Just ask Outpost's nutritionist Judy Mayer what she thinks about ground turkey.

"It's deliciously lean. I like to use it as a blank palette and season it with fresh herbs and spices and add fresh spinach, onions or mushrooms to add moisture," Judy said.

Not only that, but turkey is an excellent source of lean protein. "The turkey thigh meat has more flavor and moisture and, as an added bonus, contains more iron than turkey breast," Judy said.

Don't worry. We're not knocking beef. We love a meaty burger as much as the next person. We just like mixing things up on the grill. Give turkey a try at your next backyard barbecue.

Pressed for time, or just too busy having fun to make your burgers from scratch, don't worry, you'll find an awesome selection of custom-made turkey burgers in the meat department at your favorite Outpost.

FOR A SUPERB SOUTHWEST
TURKEY BURGER RECIPE, VISIT
OUTPOST.COOP/GRAZE

SPREADING THE LOVE.

OUTPOST'S WHOLESALE & CATERING DIVISION BRINGS FOOD TO THE PEOPLE.

by CRAIG MATTSON

I'M IN THE LOWER LEVEL CAFETERIA OF FROEDTERT HOSPITAL, WHERE I FIND AVIE SPANGLER ARRANGING PACKAGED SALADS IN A COOLER. I FOLLOW HER AS SHE WALKS OVER TO THE CASH REGISTER TO START SPRUCING UP ANOTHER DISPLAY.

If you don't know Avie — and chances are you don't — it's because she works behind the scenes at Outpost. Avie manages our wholesale and catering program, which has grown tremendously since 2006, when we started selling products from a kiosk at Aurora Sinai Hospital.

"It's all about Outpost reaching people beyond the stores," Avie said.

Since the program's inception, Outpost has expanded its reach even further into several popular Milwaukee institutions. You'll now find Outpost products — bulk foods and deli items — at the Wisconsin Athletic Club in West Allis; Children's Hospital; the Milwaukee Public Museum; and Aurora St. Luke's Hospital. And Avie keeps looking for ways to expand.

In addition to wholesale accounts, Outpost works through other food suppliers, as a sub-contractor, supplying specialty items: organic and natural foods, as well as gluten-free and vegan options.

"Institutions realize they lack good food, and they want it there," Avie said

In addition to meeting the demand for these products, we're also helping introduce many people to natural foods for the first time. Many customers, who try our products at these smaller venues, eventually find their way into one of our stores.

Not only is our wholesale program helping expand our reach into the community, it's helping us grow and evolve as a business. Many of the institutions we work with start with a kiosk stocking bulk items, but may expand their menu to include items like soups, salads and sandwiches, just like Aurora Sinai did.

That account evolved into our very first Market Café, which opened in 2012. Depending on how you look at it, the Market Café is either a bigger kiosk or a smaller store. For us, it was a new idea. Nowadays, when Avie takes calls from colleges, universities, and large corporations she's sure to ask them if they'd like a café. "We're trying to build relationships," Avie said.

Kiosks and cafés aren't the only ways Outpost spreads the love of good food. Our newly streamlined catering program is probably the tastiest way to share the foods our shoppers have come to love.

We offer some of our best-selling items that include family-style dinners from Turkey Lasagna to Jamaican Jerk Tofu; appetizers like chicken wings; and unique platters. Even our popular Little Oaties oatmeal sandwich cookies are available.

Our shoppers have helped shape our catering menu through the years. They've told us they want to celebrate with the foods they love. That's why our catering menu includes natural and organic ingredients; hormone-free meats; vegetarian; vegan; and gluten-free options.

We've also discovered that people want the time to enjoy themselves at their own party.

"People like the simplicity; there's no fuss and no mess, yet you still get quality organic food," Avie said.



IN AN IDEAL WORLD...

by MARGARET MITTELSTADT

... INDIVIDUALS WOULD HAVE A DEEP CONNECTION WITH NATURE.



Photos courtesy of Schlitz Audubon Nature Center

NATURE'S HEART BEATS STRONGLY IN OUR PROTECTED URBAN GREEN SPACES. WE ARE VERY FORTUNATE TO HAVE ACCESSIBLE WILD PLACES IN THIS LITTLE CORNER OF THE WORLD WE ALL CALL HOME; PLACES THAT EXIST AS CLOSE TO THE WAY MOTHER NATURE INTENDED. THESE PLACES FUEL OUR IMAGINATIONS, OUR CREATIVITY AND OUR SOULS. THESE NATIVE SANCTUARIES, TO WHICH WE ESCAPE AND FROM WHICH WE GATHER INSPIRATION, THEY HELP TO MAKE US MORE HUMAN AND HUMANE.

Schlitz Audubon Nature Center is one of these special places.

People with a great love of nature and a strong Earth-based land ethic founded the center. One does not have to stretch the visual mind far to see that the founders of Outpost shared those same values. Both organizations came into being at a time in our nation's history when champions of ecology were rising up in great numbers. We both share a deep-seated desire and vision for our natural and human communities to be healthy, diverse and sustainable.



Schlitz Audubon
Nature Center

Intact urban wild places come at a great cost — of time, money and human energy. The center is on about 185 acres of shoreline ecosystems unique to the Great Lakes. Maintaining the property requires ongoing restoration and preservation efforts. It is an intensive and expensive process that is seemingly never-ending. This ecological restoration includes:

- Creating habitat that supports native biodiversity
- Maintaining hiking trails
- Monitoring of landforms and ecosystems for potential threats
- Controlling invasive plant species
- Engaging volunteers and interns

First time visitors to the center are treated to miles of scenic trails that take them from lakeshore to prairie to deciduous woodlands to vernal ponds and marshes. After a hike, spend time in their award-winning green education center. Built in 2003, it was the first building in Wisconsin to receive a LEED Gold award from the U.S. Green Building Council.

CHECKOUT



RAISE A GLASS TO COOPERATION!

EVERY BUILDING HAS A SECRET. THIS BRICK WALL WAS UNCOVERED DURING DEMOLITION IN THE BUILDING THAT WILL HOUSE OUR NEW POP-UP STORE AT THE INNOVATION & WELLNESS COMMONS AT 16TH STREET AND NORTH AVENUE.

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