

GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS

HAPPY FRIENDSGIVING

SMALL BITES BEST SERVED WITH FRIENDS

OUT OF AFRICA
AFRO FUSION
CUISINE

PAGE 16

**FLAVOR
CARAVAN:**
HOLIDAY
COOKIES

PAGE 12

PLU 3010
FALL 2017

FREE WITH ANY PURCHASE



FIRST WORD.

YOU KNOW ONE OF THE BEST THINGS ABOUT WORKING HERE AT OUTPOST? THE COOPERATION BETWEEN OUR FARMERS, OUR VENDORS, OUR CUSTOMERS, AND LOCAL BUSINESSES. TAKE, FOR EXAMPLE, THIS COOL POSTER HERE AT THE TOP OF THE PAGE. BAY VIEW PRINTING CO. PRINTED THESE BABIES UP – NOT TO MAKE A PROFIT – JUST BECAUSE THEY THOUGHT IT NEEDED TO BE SAID. WE WERE MORE THAN HAPPY TO SPREAD THE MESSAGE AND PUT THEM UP IN ALL OUR STORES TO GREET SHOPPERS. BESIDES THE GREAT MESSAGE IT SENDS THAT ALL ARE WELCOME IT'S ALSO A PRIME EXAMPLE OF WHAT CAN BE ACCOMPLISHED BY SIMPLY WORKING TOGETHER TO MAKE OUR COMMUNITY A BETTER PLACE.

I see it every day here. From helping a customer find the right dairy-free yogurt for her daughter (Good Karma Yogurt is really great if you're lactose intolerant BTW) to Alsum Family Farms donating their pumpkins to the community pumpkin patch at the new Milwaukee pocket park near Fondy Farmer's Market (try saying that fast). It's all about working together and helping each other out.

This October is National Cooperative Month and this year's theme is "Cooperatives Commit." What does that mean to us? Outpost General Manager Pam Mehnert sums it up this way, "This theme is important to highlight right now as consumers have so many choices for their groceries. But here in Milwaukee, our co-op owners and community have seen how a community-owned business like Outpost can have an impact on local commerce, local jobs, supporting local vendors, and leading the charge for sustainable practices. Our value-driven business practices are supported by 22,000 co-op owners and growing, making our co-op the real deal."

And you're a part of this impact. By being an owner or just shopping at Outpost you're already helping out small businesses locally, regionally, and even around the world. These are the little guys who are putting in the hard work and the long hours to get ahead. Be it the small-town farmer down the road getting up in the darkness to pick crops and hand-deliver them to stores, to an artisan in India handcrafting jewelry the traditional way (check out Matr Boomie's fair trade handmade gifts for your holiday shopping list) while making a living wage doing it. These are the people that make co-ops great and you are the people helping them succeed...so thanks from us and have a great autumn!



MICHAEL SORENSON
multi-media 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.



GRAZE is printed by J.B. Kenenah located in Beaver Dam, Wisconsin on Nature Web Matte paper with recycled content certified by the Forest Stewardship Council.

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, or organizing my closet by season, color, and sleeve length. My passions are laughing, traveling, and sampling all of Milwaukee's newest restaurants.



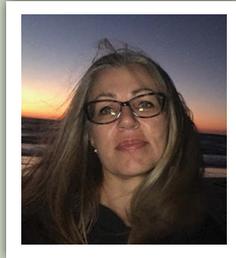
i am LISA MALMAROWSKI.

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 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 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 MICHAEL SORENSEN.

Born and raised Milwaukeean with two decades of Brooklynian (fuggedaboutit) thrown in for kicks. I love our city by the lake and it's called a "bubbler". When I'm not cooking I love to travel and eat what the locals eat and drink what the locals drink. I'll try any food once, as long as the person offering this mystery food up takes a bite with me, so let's do this together.



i am MARI WOOD.

Our community is filled with millions of stories. I love to hear the tales that intertwine and connect our gloriously messy and unpredictable lives. If I can capture a little of what makes us laugh, cry, love and hate in my writing, then I'd say I've done my job.



Outpost 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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Outpost's Winter Food Drive

NOVEMBER 1 -
DECEMBER 31



Kids!
Decorate a bag
and receive a
free piece of
fruit!



Your \$20 donation helps
Outpost provide \$40
worth of nutritious
food for the hungry!

*Along with much needed
nourishing food, including fresh
produce, a Milwaukee area
family in need will enjoy a
hand-decorated grocery bag.*

Buy a Bag gift cards are available at registers.



12



16

OOPS, WE GOOFED!
We omitted the flour measurement in the Breezy Cantaloupe Cupcake recipe (Graze: Summer 2017). The recipe calls for $\frac{3}{4}$ cup all-purpose flour.

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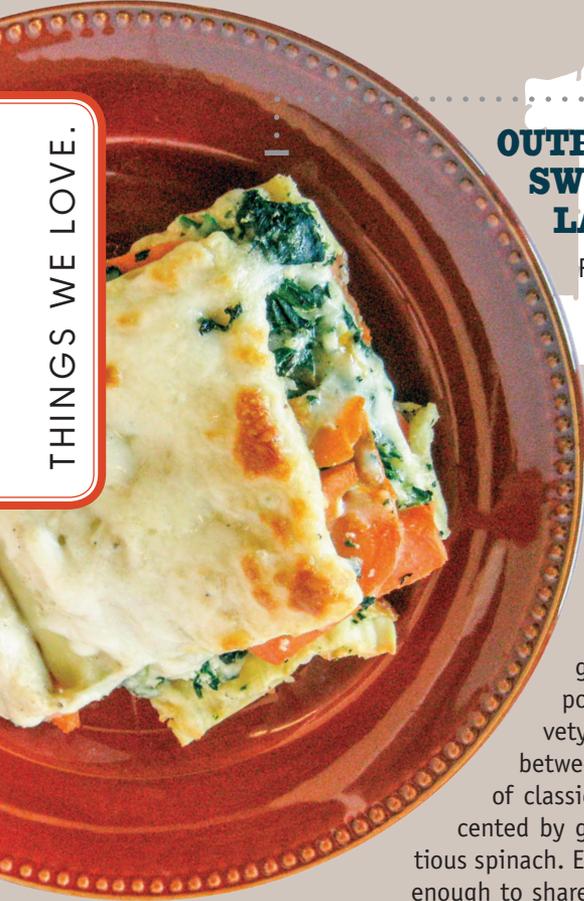
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(you'll)

SWOON!

THINGS WE LOVE.



OUTPOST'S OWN SWEET POTATO LASAGNA

FORGO THE MEAT, THIS LASAGNA IS SWEET

There's no denying that lasagna is the ultimate comfort food – all that big umami flavor and melty cheese make you feel happy to be alive. Imagine an even sweeter, richer, creamier and dreamier version. Our Sweet Potato Lasagna is loaded with sweet potatoes enshrined in velvety Béchamel sauce, tucked between perfectly cooked layers of classic lasagna noodles, all accented by gooey cheese and scrumptious spinach. Each generous square is big enough to share – just add a crisp, green salad, light a candle, pop in your favorite 8-track, and dinner is ready.



ENLIGHTENED ROASTED BROAD BEAN CRISPS

PUT THOSE CHIPS DOWN, THERE'S A NEW SNACK IN TOWN

We love chips as much as the next person, but what if we told you we found something even better? It would be buttery and a little sweet. It would be crunchy, yet delicate. It would be fancy enough for parties yet perfect as a post-workout energy kick. It would also be low in sodium and high in fiber. And please, it wouldn't taste healthy – it would taste decadent. Dear snackers, we have seen the light and it is roasted broad beans! Yes, beans, dusted with rice flour, roasted in sunflower oil and lightly salted. Heck, they're even lower in fat and way more satisfying than any other crunchy snack. We bet, after just a handful, you'll be shouting, "Where have you bean all my life?"



RISHI MASALA ORGANIC CHAI TEA CONCENTRATE

LIKE YOUR FAVORITE SWEATER THAT GOES WITH EVERYTHING

There are many ways to banish the chill from a brisk fall day, from donning a cozy sweater to sipping a warming drink. If you've grown weary of the same ole cinnamon stick twirled in a tepid mug of cider, we have just the juggernaut you've been jonesing for – Rishi's Masala Chai. Like any good masala worth its mortar and pestle, this chai is chock full of zesty spices from cardamom to clove, and black pepper to ginger (and others) each perfectly accented by vanilla and black tea sweetened with pure cane sugar and blackstrap molasses. We love this added to fresh pressed apple cider and warmed for a fresh take on the usual hot cider, or as the star of a grown up hot toddy with whiskey and a dash of cream.



HOWLING WOLF CRANBERRY ORANGE BBQ SAUCE

THIS IS NOT YOUR DADDY'S BRISKET MOP

We have a bone to pick with the fine folks at Howling Wolf – they need to stop calling their sauces BBQ sauce – they're so much more than that. Take our new fall favorite, Cranberry Orange BBQ Sauce. It's perfectly balanced, spicy, sweet-tart, and highlighted with snappy ginger and coriander flavors. We have found ourselves using it so many ways – from basting on baked tofu steaks to brushing on roasted shrimp, as a marinade for salmon and even as a base for sweet and sour chicken. But the coup de grace is using it to sauce a holiday ham. Whether you bake your ham the traditional way or fire up your grill, this sauce will shine. It's so tasty we're even planning on mixing it with mayo and using it on sandwiches!



SWEDISH FISH

NO FISH STORY, THESE ARE BETTER THAN THE ORIGINAL

Way back in 1950, Swedish fish swam ashore in America and the country rejoiced. There was something so satisfying about these festive red confections that America snapped them up faster than a Friday night fish fry. But these fish were made from not-so-natural gums and sugars, and colored red with synthetic dyes. Natural candy lovers simply moved onto other gummy fruits while silently pining for the fish. Always the fish... Imagine our delight upon discovering this all-natural Swedish fish! These are organic, gluten-free, Kosher, vegan and certified GMO free. And yep, no high fructose corn syrup either. They have a fruity fresh flavor and a texture that doesn't stick to your teeth. Yes, they are still a sugary snack, but one we can all feel a little better about enjoying. Look for them in our bulk department or in our convenient snack pack section.

NATURE'S BAKERY COOPERATIVE VEGAN SPINACH TEESE CALZONES

THESE ARE THE GOOD OLD DAYS

We can never know about the meals to come, but we think about them anyway. That's why we keep a few of these tasty, old school, locally made calzones in our freezer, ready to pop in the oven and feel the anticipation of an easy meal after a long day. Nature's Bakery has been around just about as long as our co-op and just like Outpost, they continue to make food the old-fashioned way – from scratch, by hand using all natural, wholesome ingredients. These tasty hand-pies feature a hearty stone-ground wheat crust filled with a savory spinach and tofu filling that's a lot like a jazzed up spanakopita, with fragrant fresh garlic and a sprinkling of hot pepper. We don't know what makes them cheesy, since they're vegan, but hey, we're no prophet and don't know nature's way. Good thing Nature's Bakery does!

OUTPOST'S OWN DOUBLE CRUST APPLE PIE

WHAT OTHER GROCERY STORE IS DAFT ENOUGH TO STILL MAKE THEIR PIES BY HAND?

Our expert bakers start simply with the best flour they can find and through baking wizardry morph it into delicate, buttery, flaky piecrusts. They then slice the plump, juicy-sweet/tart apples for the filling, adding just the right amount of sweet sugar and cinnamon, stacking those succulent slices lovingly into each buttery crust, and topping it with yes, another crust. Each towering pie is then baked to perfection, leaving the apple filling perfectly crisp-tender and never mushy. Our pie is simply the best grocery store pie you will find anywhere in the area because the ingredients are top notch, letting the all-natural flavors shine through, and we still craft every single one by hand. This is the kind of pie you'd make if you had the time. Don't worry - we got ya covered.



FALL.

(two ways)

CRANBERRIES

IF YOUR ONLY CULINARY EXPERIENCE WITH CRANBERRIES IS A GELATINOUS COLUMN THAT SLOWLY DELIVERS ITSELF WITH AN UNCEREMONIOUS PLOP FROM AN INVERTED TIN CAN, THEN IT'S HIGH TIME TO EXPAND YOUR HORIZONS.

Cranberries add a burst of color and flavor – and a healthy dose of Vitamin C – to a host of recipes, sweet and savory. You can find cranberries year round at Outpost. Look for local farm fresh Wisconsin cranberries in the produce department when in season, shop the frozen section or choose sweetened dried cranberries from the bulk bins. And of course, you can find cranberries in the canned fruits section.

We're pressing the EASY button with these two recipes. Make them in a snap and enjoy the fruits of your labor!

HARVEST SQUASH *with* **CRANBERRIES & WALNUTS**

SERVES 2 • VEGETARIAN (VEGAN WITH SUBSTITUTIONS)

Brown sugar and butter meld together to create a luscious syrup that highlightse the tangy and dee-licious fresh cranberries! Serve as a main course, a sweet-savory side, or even as a stand-alone treat. The recipe can easily be scaled up for a crowd.

- ½ cup walnuts, chopped into large pieces
- ½ cup cranberries, frozen or fresh
- 4 tablespoons brown sugar
- Pinch of salt (optional)
- 1 acorn squash, cut in half with seeds scooped out
- 2 tablespoons butter, divided

1. Preheat oven to 375 degrees.
2. In a small bowl combine walnuts, cranberries, brown sugar, and salt. Toss to thoroughly combine.
3. Lightly oil the bottom of a square baking dish or pan. Place squash halves in pan, cut side up.
4. Fill each cavity evenly with the cranberry mixture. Top each with butter.
5. Loosely cover the baking dish with foil and bake for 75-90 minutes, or until the squash is fork tender.
6. Remove from the oven. Serve hot.

FUN FACT: CRANBERRIES ARE NATIVE TO NORTH AMERICA. SOME PRODUCING CRANBERRY BOGS HAVE BEEN GROWING BERRIES FOR MORE THAN 100 YEARS. A POCKET OF AIR IN EACH BERRY ALLOWS THEM TO FLOAT LIKE A FISHING BOBBER.



1ST way.



2ND way.

GRIZZLY BARS

MAKES 8 BARS • PALEO & GLUTEN-FREE WITH SUBSTITUTIONS

Do the shortened daylight hours have you lumbering about like a hibernating bear? These chewy bars are the perfect energy-packed antidotes! Stuff a couple in a backpack for a brisk hike in the woods or add them to your lunchbox for a mid-afternoon snack. Bacon fat acts as a natural preservative. Store at room temperature as well as in the fridge. But they're so tasty; they won't be around long enough to care. You will need a food processor or high-powered blender.

- 1 cup dry-roasted unsalted almonds
- 1 cup dried cranberries
- 1 cup dried date pieces (look for them in the bulk bins)*
- 1 tablespoon unsweetened coconut flakes
- 3 slices thick-cut bacon, cooked and cut into 2-inch pieces

1. Put all ingredients into a food processor.
2. Blend at low speeds, pulsing, until you get a sticky mass that starts clumping together. The chop should be uniform in size.
3. Pour the mixture onto a cutting board covered in parchment or wax paper. Press down and together to form a dense 7x7-inch square.
4. Transfer to the refrigerator to cool for at least an hour.
5. Once chilled, cut into 8 bars. To store, wrap individually in wax paper or plastic wrap for an easy grab 'n go.

**NOTE: Date pieces are a convenient way to add dates to a recipe without having to chop them. However, they are coated in flour to keep from clumping together. Substitute chopped whole dates to make the recipe Paleo and gluten-free.*

FUN FACT: BEARS OF ALL TYPES LOVE BERRIES, ESPECIALLY CRANBERRIES. THEY CAN CONSUME 30,000–50,000 BERRIES IN A GOOD DAY. IN FACT, THEY'LL LOCATE THEIR DENS NEAR CRANBERRY BOGS, JUST TO BE CLOSE TO ONE OF THEIR FAVORITE TREATS. BECAUSE EVEN THE BRAWNIEST OF BRUINS LIKES CONVENIENCE NOW AND THEN!



(our) TABLE OF ALTERNATIVE NOODLES...

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

Qb QUINOA BLEND

BEST. WITH ANY PASTA SAUCE, OLIVE OIL AND CHEESES, SAUTÉED VEGETABLES

Qp QUINOA PASTA

BEST. WITH ANY PASTA SAUCE, OLIVE OIL AND CHEESES, SAUTÉED VEGETABLES

FROM CLASSIC SEMOLINA TO ASIAN NOODLES, NOODLES MADE FROM BEANS AND NOODLES MADE FROM FRESH VEGETABLES, OUTPOST HAS YOUR NOODLE NEEDS COVERED!

It's exciting how far gluten-free noodles have come in the last decade. Picking a favorite is subjective – some preferred the quinoa blend pasta, while other tasters preferred brown rice noodles; skeptics of shirataki noodles walked away with a new favorite way to enjoy a bowl of curry. No matter the noodle, we are delighted to have so many options and flavors to quickly pull together a comforting bowl of nourishment.

Aw ANCIENT WHEAT PASTA

BEST. WITH ANY PASTA SAUCE, OLIVE OIL & CHEESES, SAUTÉED VEGETABLES

Br BROWN RICE PASTA

BEST. WITH ANY PASTA SAUCE, OLIVE OIL & CHEESES, SAUTÉED VEGETABLES

Be BEAN NOODLES

BEST. WITH ANY PASTA SAUCE, OLIVE OIL AND CHEESES, SAUTÉED VEGETABLES, AND ASIAN DISHES

Co CORN PASTA

BEST. WITH ANY PASTA SAUCE, OLIVE OIL & CHEESES, SAUTÉED VEGETABLES

As ASIAN NOODLES

BEST. IN SOUPS, CURRIES, STIR FRIES, WITH PEANUT SAUCE

Ke KELP NOODLES

BEST. COLD SALADS, AS A MINERAL-RICH RAMEN SUBSTITUTE

Sh SHIRATAKI NOODLES

BEST. SERVED WITH CURRY, ASIAN DISHES

Ve ORGANIC VEGGIE NOODLES

BEST. IN COLD SALADS, HOT SOUPS, AS A SUBSTITUTE FOR SEMOLINA PASTA

(a) RECIPE

BALSAMIC BEET NOODLE SALAD *with* WALNUT & PEAR

SERVES 2

Equal parts classy, easy and nutritious, this dinner for two comes together in under five minutes. Add smoked trout and crusty bread for a complete meal.

- | | |
|--------------------------------------------------------------------------|---------------------------|
| 5 ounces beet noodles (about half a package) | ¼ cup walnuts |
| 5-6 ounce box of baby spinach | 2 ounces chevre, crumbled |
| 2 tablespoons balsamic salad dressing (your favorite store bought brand) | 1 pear, sliced |
| | Smoked trout (optional) |

1. Arrange walnuts on a baking sheet and toast in the oven for 5-8 minutes until just golden brown.
2. In a large mixing bowl, use tongs to gently toss together beets and spinach with the salad dressing. Split between two plates.
3. Top each with pear slices, warm walnuts, chevre and serve. Add smoked trout, if using.



QUICK CURRY BOWL *with* SHIRATAKI & VEGGIE NOODLES

SERVES 2-3

We l-o-v-e shirataki with curry and lots of vegetables, they take on the flavors of the sauce beautifully; if you're sticking clear of grains but want to still have the comfort of noodles, this dish is your new go-to. (Even if you're not staying away from grains, this is a killer bowl of curry noodles.)

- 1 package shirataki or Miracle Noodles
- 5 ounces butternut squash noodles
- 5 ounces zucchini noodles
- ½ cup red bell peppers, thinly sliced
- ¼ cup cilantro, chopped
- 1-2 scallions, finely chopped
- 1 can coconut milk
- 1-2 tablespoons red curry paste (if you like it spicy, use more than 1 tablespoon)
- 1 cup broth, optional (to serve 3 or if you like a saucier bowl of noodles, add broth)
- Lime wedge, optional

1. Drain shirataki noodles and rinse thoroughly under cold water. Set aside.
2. In a large sauce pan, mix together the curry paste, coconut milk, and optional broth. Dissolve curry paste and bring to a simmer over medium-high heat.
3. Add the butternut squash noodles and simmer for 4-5 minutes. Add shirataki noodles and simmer for 2 additional minutes.
4. Turn heat to low, add zucchini noodles and red pepper slices. Stir to heat through.
5. Divide between bowls, garnish with cilantro and scallions. Add a squeeze of lime to serve.

SESAME GINGER SOBA NOODLES *with* ROASTED CAULIFLOWER

SERVES 2-4

While this serves 4, one could easily not share this generous bowl of caramelized cauliflower, sesame, ginger, and red pepper flakes nestled perfectly in seasoned soba noodles. A hearty, healthy weeknight meal that comes together in 15 minutes!

- 1 head of cauliflower, cut into florets
- 1 tablespoon olive oil
- Salt and freshly ground black pepper
- 6 ounces soba noodles
- ⅓ cup cilantro, chopped
- 1 scallion, chopped
- 2 tablespoons sesame seeds
- ½ lime, juiced
- 1 tablespoon ginger, grated
- 2 tablespoons soy sauce
- 2 tablespoons sesame oil
- 1 tablespoon water
- 1 tablespoon rice vinegar
- 1 teaspoon honey or brown sugar
- 1 teaspoon crushed red pepper flakes

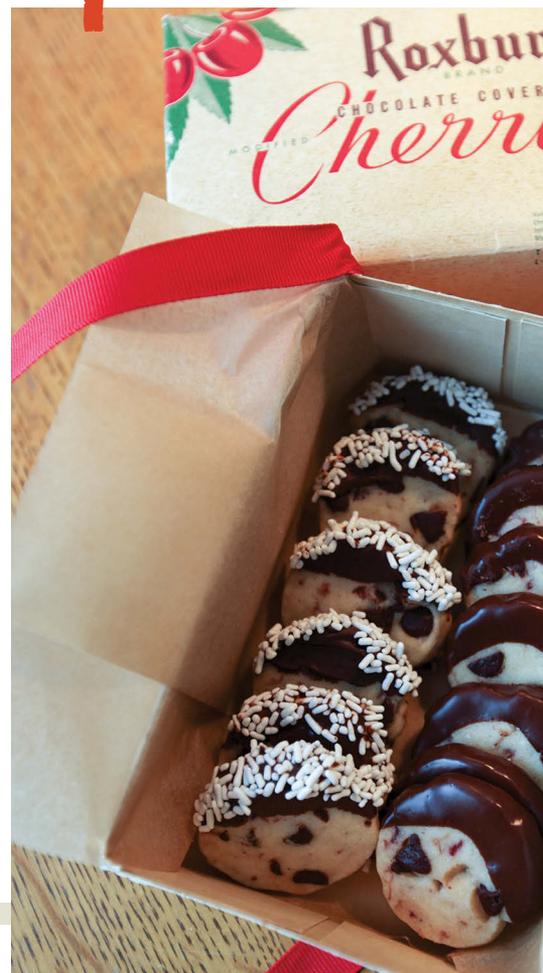
1. Preheat oven to 400 degrees. Arrange cauliflower on a baking sheet, drizzle with olive oil and season with salt and pepper. Toss to coat. Roast for 15-20 minutes or until bottoms are dark brown.
2. In a large mixing bowl, combine cilantro, scallions, lime juice, ginger, soy sauce, water, rice vinegar, and honey. Set aside.
3. In a large pot, bring water to a boil. Add soba noodles and boil for 4 minutes or according to package directions. Drain and add to bowl of soy sauce mixture.
4. With a tongs, gently toss soy sauce mixture and noodles. Add cauliflower, toss to coat. Separate into bowls and top with divided sesame seeds and red pepper flakes to serve.



a flavor caravan of **COOKIES**

MOST HOLIDAY COOKIES REHASH THE SAME, ALBEIT BELOVED FLAVORS OF SIMPLE VANILLA, CINNAMON, BUTTER AND TOASTED NUTS. THAT'S WHY WE FOCUSED ON RECIPES THAT OFFER UP UNUSUAL OR BRIGHT FLAVORS WHILE STILL REMAINING WELL WITHIN TRADITION. ALL OF THESE ARE EASY TO MAKE AND ARE SURE TO BE THE STAR OF ANY COOKIE EXCHANGE.

by LISA MALMAROWSKI
photos by CARA BERKEN





CHAI SPICED COOKIES

MAKES 5 DOZEN

A cross between Mexican wedding cakes and meltaways, these cookies are buttery, delicious and spicy.

Cookie

- 1 cup unsalted butter, softened
- ½ cup powdered sugar
- 2 cups unbleached all-purpose flour
- 1½ teaspoons ground cardamom
- 1½ teaspoons ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- ½ teaspoon ground ginger
- ½ teaspoon ground cloves
- ½ teaspoon salt
- 4 teaspoons vanilla extract
- 2 egg yolks

Coating

- 1½ cups powdered sugar
- ½ teaspoon ground cardamom
- ½ teaspoon ground cinnamon

1. Heat oven to 350 degrees. In a large bowl, beat butter and ½ cup powdered sugar with electric mixer on low speed until blended. Stir in remaining cookie ingredients.
2. Shape the dough into balls – they should be about 1½-inches across. On an ungreased cookie sheets, place the dough balls 1½-inches apart.
3. Bake 12-15 minutes or until very lightly browned. Remove from cookie sheets to cooling rack; cool 5 minutes.
4. In a medium bowl, mix coating ingredients. Working in batches, gently roll warm cookies in coating mixture. Cool on cooling rack 5 minutes. Roll in mixture again.

CHOCOLATE CHERRY SHORTBREAD COOKIES

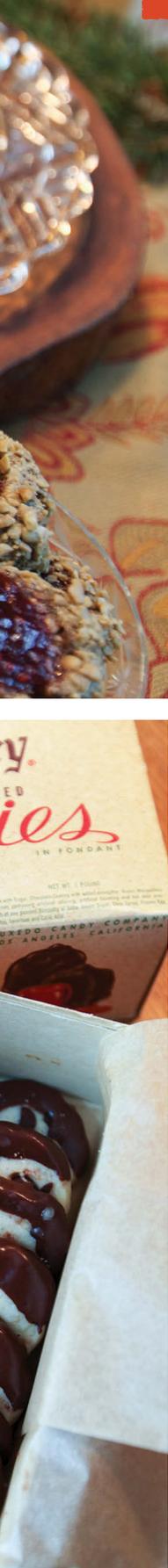
MAKES ABOUT 5 DOZEN

These may be the perfect cookies. Convenient and easy to toss together – just make the dough ahead and pop it in the fridge so you can slice and bake these when the mood strikes. Really, is there anything better than chocolate and cherry?! We've sized the recipe so you'll only have to buy one bag of chocolate chips that you'll split between the cookies and the chocolate 'frosting'.

- 1 cup unsalted butter–room temperature
- ½ cup powdered sugar
- ½ tablespoon vanilla extract
- 2 cups unbleached all-purpose flour
- ½ teaspoon salt
- 1, 10 oz. jar all-natural maraschino cherries-chopped (spread cherries on paper towel to drain well or you can use dried cherries)
- 1 bag (10-12 ounces) semi-sweet or dark chocolate chips
- 1½ tablespoons shortening
- Sprinkles

1. Mix flour and salt, set aside.
2. Cream 1 cup unsalted softened butter with ½ cup powdered sugar, and mix in vanilla. Add flour and salt and mix until it starts forming larger clumps. Mix in half the chocolate chips and all the maraschino cherries.
3. Form the dough into a log and press it well or it will crumble when you slice the cookies (the log should be about 2-inches thick) Wrap it in plastic wrap or parchment paper and chill in the fridge for at least 1-2 hours.
4. Preheat the oven to 325 degrees and line a baking sheet with parchment paper.
5. Cut the log into ¼- or ½-inch thick slices (if the slice crumbles, press it back together with your hands) and place them onto the baking sheet one-inch apart.
6. Bake 10-15 minutes (until they just start to turn lightly golden brown on top)
7. Let cool for 5 minutes on a baking sheet before transferring to a rack to cool completely.
8. After cookies cool, melt reserved chocolate chips and shortening in a double boiler or in microwave. Dip half the cookie in chocolate and roll edge in sprinkles. Place on waxed paper to dry. After completely dry, store in tightly covered container with layers separated by parchment or waxed paper.

(continued)





PISTACHIO ROSEWATER COOKIES

MAKES 4-5 DOZEN

Rosewater adds a light and exotic brightness to this velvety soft cookie. Look for rosewater in the Ethnic Food section.

- 1/2 cup unsalted butter, softened
- 3 ounces cream cheese, softened
- 1 cup powdered sugar
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 egg
- 1 teaspoon vanilla
- 2 teaspoons rosewater, or to taste
- 1/4 teaspoon ground cardamom
- 2 teaspoons freshly grated lemon zest
- 2 cups unbleached all-purpose flour
- 3/4 cup salted dry-roasted pistachios, finely chopped, divided

1. Beat butter and cream cheese in a large bowl for about 30 seconds on high speed. Add sugar, baking soda, and salt, and beat until combined. Beat in egg, vanilla, rosewater, cardamom and lemon zest. Beat in flour and 1/4 cup of the pistachios.
2. Divide dough in half. Roll each half into a log about 1 1/2-inches in diameter. Spread remaining pistachios on a sheet of waxed paper, and roll the dough logs into the nuts to cover completely. Wrap each dough log in plastic wrap and chill in the refrigerator until firm, at least one hour.
3. Preheat oven to 375 degrees. Cut rolls into about 1/4-inch slices. Place 1 inch apart on cookie sheets and bake 8-10 minutes or until the edges are slightly browned. Cool on cookie sheets for about a minute and then transfer to racks to cool completely.



PEANUT BUTTER & CHOCOLATE BARS

MAKES ABOUT 3-4 DOZEN SMALL BARS

VEGAN, GLUTEN-FREE WITH SUBSTITUTIONS

Peanut butter and chocolate – a match made in confection heaven. These cookies are lusciously rich in flavor, so you can make smaller bars. Note: These bars are not suitable for a warm environment, as the oil may soften. Store in the refrigerator until ready to serve. If using natural peanut butter, be sure the separated oils are completely mixed back into the peanut butter prior to using. You may substitute with another nut butter, like almond butter, if you prefer.

- 1 1/2 cups chunky peanut butter
- 1/2 cup melted coconut oil or Buttery Sticks (margarine)
- 1 teaspoon vanilla extract
- 2 cups powdered sugar
- 2 cups graham crackers, finely crushed
- 1 1/2 cups dairy-free chocolate chips, melted

1. Line 9x13-inch pan with parchment paper.
2. Mix everything except the melted chocolate together until completely smooth.
3. Press the dough into the pan and smooth over with the back of a spoon. Don't be alarmed if the dough doesn't completely reach the edges.
4. Pour the melted chocolate over the top until evenly distributed. Chill for 10 minutes or until the chocolate has just started to set.
5. Make score lines in the chocolate. Score lines act as a cutting guide and will keep the hardened chocolate from breaking when you are ready to cut your bars. To make score lines, using a knife, draw or press straight lines into the chocolate, making a grid. Do not cut completely through. The size of the squares will be the desired size of your bars. Feel free to add diagonal score lines if making triangle shaped bars. These are exceptionally rich, so you may want to cut them small.
6. Put the bars back into the refrigerator and allow to chill for another 2 hours, or until the bars are completely firm, or until ready to serve.
7. Remove from the refrigerator and using a large knife, press down and cut along the score lines.



SUNFLOWER THUMBPRINTS

MAKES ABOUT 4 DOZEN

GLUTEN-FREE, NUT-FREE, EGG-FREE, DAIRY-FREE/VEGAN

These are the ultimate hippy cookie – nutty, wholesome and just sweet enough. The combination of sunflower butter and jelly mimics the flavor of a beloved peanut butter and jelly sandwich sans the allergens found in so many sweets.

- 1 teaspoon chia seeds
- 3 tablespoons water
- 1 cup toasted sunflower seeds, divided
- 1 cup rolled oats (or oat flour), choose gluten-free if intolerant
- ½ cup buckwheat flour
- 1½ tablespoons arrowroot (or corn starch or potato starch)
- 1 teaspoon baking powder
- ⅓ teaspoon salt
- 1 teaspoon vanilla extract
- 5 tablespoons coconut oil, room temperature
- 5 tablespoons maple syrup
- ½ cup plant-based ‘milk’ like almond or soy
- ½ cup favorite jam

1. Preheat oven to 350 degrees. Line baking sheet with parchment paper.
2. Mix chia seeds with 3 tablespoons water and let stand 5-10 minutes until thick and viscous, like an egg.
3. Finely chop ½ cup of sunflower seeds and place into a shallow bowl. You’ll use these seeds to coat the cookies before baking.
4. Put the other ½ cup of whole sunflower seeds in a high-speed mixer or food processor together with the oats and process until you have a coarse flour. (If you don’t have a mixer you can chop the sunflower seeds finely and grind the oats with a mortar and pestle). Put flour into a medium sized bowl and add the rest of the dry ingredients to the bowl. Stir to combine.
5. In a separate large bowl, whisk together the vanilla extract, coconut oil, maple syrup and ‘egg-like’ chia seed



mixture and continue mixing until everything is well combined (reserve the milk for next step), then add the dry ingredients to the bowl and mix until the dough comes together.

6. Scoop out 1-2 tablespoon sized portions of the dough and roll them into balls using your hands. If they crack easily you can add a few drops of cold water to the dough until they hold together.
7. Pour milk into a cup or small bowl. Dip and coat each ball in the milk and then in the chopped sunflower seeds. Place prepared balls on baking sheet and carefully press your thumb into the center of each cookie making a little indent to hold the jam. Fill indentations with 1 teaspoon or so of jam.
8. Bake for 10-14 minutes until lightly browned. Let cool slightly before moving to a wire rack to cool. While fragile at first, cookies will firm up as soon as they cool.

LEMON WREATHS

MAKES 3-4 DOZEN

These light and lovely cookies will take about one hour to glaze and decorate. If you are stretched for time, you can bake the cookies ahead and store in an airtight container until you are ready to decorate.



A CAMEROON NATIVE BRINGS HER AUTHENTIC FLAVORS TO MILWAUKEE



OUT OF AFRICA





YOLLANDE DEACON KNOWS WHAT GOES INTO MAKING GOOD FOOD. SHE'S BEEN DOING IT SINCE SHE WAS A CHILD AT HER MOTHER'S SIDE IN CAMEROON IN CENTRAL AFRICA. "WE WERE COOKING EVERY MORNING. WE FELT IT WAS HARD LABOR," SHE LIGHTEARTEDLY TELLS ME. "I CAN'T LIE TO YOU, WE USED TO HATE IT. IT WAS A CHORE."

As she's telling me this, her mother, known to everyone as Mamacita, smiles from across the table. As the two exchange quips in French, you can tell there's a deep appreciation reminiscing about those years of cutting vegetables, grinding spices, and stirring stews. "The love of cooking for me came from my mother who not only had a garden in town but also had a couple of what I call 'five-star restaurants,' which were really five-star shacks where everybody went to eat and were extremely popular. People looked forward to her hosting events."

Mamacita's 'shacks' were the highlight of their village of about 1,500 people and it showed Yollande what good food can do for a community and for a family. "You're waking up really early thinking about what you are going to cook. You go to the farm to harvest what's needed; you go home, clean it up and start to cook. And as we're cooking, we're talking and socializing and everybody stops by. There weren't a ton of things to do and so we spent time together cooking. It's the biggest part of family."

This tradition of food, family, and community continued at Yollande's Wauwatosa restaurant, Irie Zulu, even though the restaurant itself was a bit of an accident. "I never meant to get into the restaurant business. It's Mamacita's fault. I opened this place just to process my Afro Fusion products but people kept knocking on the door asking for food to eat and I said, 'No, no, no we're just making sauces,' and that led to cooking demonstrations. And then they said 'Well, we'd like to eat here too.'" A couple of tables became a dozen tables and Irie

(continued)

..... | story & photos by MICHAEL SORENSEN



Zulu was born. Now that the restaurant is flourishing, Yollande wants to turn her attention towards getting her line of hand-made sauces and marinades into people's hands and stomachs.

In the back of Irie Zulu's kitchen is where the Afro Fusion magic happens. Each sauce, marinade, and chutney is prepared from scratch using vegetables and herbs from local purveyors. After Mamacita's secret recipes are prepared in huge batches, all of the sauces are put into jars and labeled by hand. This is old-school production and late nights at work. No industrial machines here. The result is the authentic African flavors you get when you open a jar of Afro Fusion's West African Peanut Sauce, African Yassa Onion Sauce, Tomato Jollof Sauce or any of the other delicious marinades and chutneys Yollande makes.

"Afro Fusion encapsulates eating fresh as much as possible from the farm to the table using farmers that we know, using sources that we can trace and being very proud of the origin of everything we use. The type of food we do is mimicking you being at home using your blender and creating that sauce

that you want to use during the week when you don't have time. I make your life simpler because you don't have time every day to create your own curry."

Now, Yollande knows, the trick is to get reluctant Midwestern palates to try something they're not familiar with, something that Yollande and Mamacita learned about themselves when they moved to Milwaukee over a decade and a half ago. "I'd never tried pizza before I came here. All that cheesy tomato! Now my grandchildren and I love pizza," Mamacita remembers. And that love is what Afro Fusion and good food is all about. Yollande tells me, "We believe that we feed people not just with food but that your aura, your energy, your predisposition, personally, in putting that meal together is what actually feeds that person. It's not just the function of ingesting food. It's the social function of translating love into food." Mamacita's wisdom crisply sums it all up, "You are what you eat."

OUTPOST'S

(secret recipe)

TURKEY SHEPHERD'S PIE

SERVES 8

For Turkey

1 tablespoon canola oil
1 cup diced yellow onion
2 pounds ground turkey
 $\frac{1}{8}$ cup all-purpose flour
1 teaspoon Better Than Bouillon chicken base
1 cup water
 $1\frac{1}{2}$ tablespoons ketchup
 $\frac{1}{2}$ tablespoon Worcestershire
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon black pepper

For Carrots

2 pounds carrots, peeled and chopped
 $\frac{1}{4}$ teaspoon dill weed
Salt and freshly ground black pepper to taste

For Potatoes

2 large russet potatoes (about 1.75 pounds), peeled and quartered
 $\frac{3}{4}$ teaspoon salt
 $1\frac{1}{4}$ tablespoons unsalted butter
 $\frac{1}{4}$ cup 2% milk
Salt and freshly ground black pepper to taste
4 ounces shredded cheddar cheese

1. Heat canola oil in a large sauté pan over medium-high heat. Add onions and sauté until translucent. Add ground turkey and cook until well browned. Drain excess fat, stir in flour, and cook for 1 minute more.
2. Whisk together chicken base, water, ketchup, Worcestershire, salt, and pepper and add to ground turkey. Bring to a boil, then reduce heat to medium, and simmer for 10 minutes.
3. Prepare a 9x13 casserole dish with non-stick spray and layer the turkey evenly. Allow to cool.
4. Steam carrots until tender, about 10 minutes. Place in a food processor, with dill, and mix until carrots are similar in consistency to mashed potatoes. Add salt and pepper to taste, then pulse to combine. Layer carrots on top of turkey, allow to cool.
5. Place potatoes in large saucepan. Add enough water to cover and $\frac{3}{4}$ teaspoon salt. Bring to a boil. Reduce heat to medium-low and boil gently for 15-20 minutes or until potatoes break apart easily when pierced with fork. Drain well and let rest about 3 minutes to evaporate excess water. Add butter and milk, and mix with electric beater until smooth. Taste for seasoning. Layer potatoes on top of carrots, allow to cool.
6. Sprinkle cheddar cheese in even layer on top of potatoes. Bake at 350 degrees for 30-40 minutes.





..... | *(our)* **MENU**

- GINGER SUNFLOWER DIP
WITH GREEN BEANS
- COCONUT CURRY PUMPKIN SOUP
- SWEET POTATO BRUSCHETTA WITH
MUSHROOM & CRANBERRY
- KIMCHI POTATO BITES
- ASIAN SPICED TURKEY MEATBALLS
- THAI CURRY SAUSAGE ROLLS
- MINI 5-SPICE APPLE CRUMBLE PIES

by LISA MALMAROWSKI • photos by CARA BERKEN

SURE YOU CAN GO OVER THE RIVER AND THROUGH THE WOODS TO GRANDMA'S HOUSE, BUT WHAT IF YOU'D RATHER CELEBRATE THE SEASON OF THANKS WITH DEAR FRIENDS? WE'VE GOT YOU COVERED WITH OUR ASIAN-INSPIRED APPETIZER MENU – ONE THAT HONORS THE TRADITIONAL FOODS OF THE HOLIDAY IN UNEXPECTEDLY, TASTY WAYS. THESE EASY TO MAKE RECIPES ALSO WORK WELL FOR ANY FALL PARTY OR AS STARTERS FOR YOUR TRADITIONAL THANKSGIVING FEAST.



Happy FRIENDSGIVING

GINGER SUNFLOWER DIP *with* GREEN BEANS SERVES 8

VEGAN, GLUTEN-FREE*, NUT-FREE

Ditch the green bean casserole with this simple dip inspired by the classic Thai combination of peanuts and ginger. Sunflower butter closely mimics the flavor of peanut, and makes this nut-free as well.

- 1 pound fresh green beans, stems trimmed
- ¼ cup creamy sunflower butter
- 1 tablespoon brown sugar
- 2 tablespoons rice vinegar
- 2 tablespoons low sodium tamari
- 2 tablespoons vegetable oil
- ¼ teaspoon crushed red pepper flakes
- 2 tablespoons minced, fresh ginger
- 1 clove garlic, finely minced
- Sunflower seeds and chopped scallions for garnish

1. In a large saucepan, heat 6 cups water to boiling over high heat. Add beans to boiling water. Cook 1-4 minutes or until just crisp-tender; drain. Rinse with cold water and place into ice bath to stop cooking. Drain well and cover; refrigerate while making dip.
2. In a medium bowl, combine remaining ingredients except garnish and beat with a wire whisk until smooth. Cover; refrigerate at least 30 minutes to blend flavors. Stir before serving. Garnish dip with sunflower seeds and sliced scallions.

* NOTE: To ensure this is gluten-free, look for gluten-free tamari or soy sauce

COCONUT CURRY PUMPKIN SOUP SERVES 8

VEGAN, GLUTEN-FREE*

This is autumn in a bowl – warm, spicy, and soulful. If you want the soup a bit thicker you can add a little flour whisked with water to the pot or purée a cooked potato along with it when you blend it. It's also an easy recipe to customize – add more or less curry depending on how spicy you like it or use chicken broth if that's what you have on hand.

- 1 tablespoon unsalted butter or oil
- 1 medium onion, diced
- 4 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- 1 tablespoon yellow curry powder, or to taste
- 2, 15-ounce cans plain pumpkin purée
- 2½ cups vegetable stock
- 1, 13.5-ounce can un-sweetened coconut milk
- Juice of half lemon or lime, or to taste
- 1 tablespoon low-sodium tamari
- Plain yogurt, sliced scallions, and toasted pumpkin seeds for garnish

1. Add the butter or oil to a Dutch oven or stockpot set over medium-low heat. Once the butter or oil is warm, add the onions, garlic, ginger and curry powder and cook, stirring occasionally, until the onions are translucent.
2. Add pumpkin, stock and coconut milk, mix well. Simmer, stirring occasionally, until it is warmed through.
3. Using a blender, blend soup in batches. The onions will act a thickener (you can also use an immersion blender, which makes it easier). Add all soup back into pot and season with tamari, lemon or lime juice and salt and freshly ground pepper. Taste and adjust seasoning.
4. Simmer for an additional 15 minutes or until the soup has thickened a bit more. Garnish with a dollop of yogurt and sliced scallions or toasted pumpkin seeds.

* NOTE: To ensure this is gluten-free, look for gluten-free tamari or soy sauce or flour (if using to thicken)

KIMCHI POTATO BITES

SERVES 8, AS AN APPETIZER

VEGETARIAN, GLUTEN-FREE

No holiday meal is complete without the potatoes. We've deconstructed potato salad and morphed it with Korean flavors to create an easy to eat finger food. Even if you're not a fan of kimchi (it's okay, we still like you) try this recipe – you'll be pleasantly surprised. Every taster loved it – even the haters. Gochujang is a fermented red chili paste that adds a special depth of flavor, but you can use more tomato paste – it will be milder – or another chili sauce in its place.

- 2 pounds small waxy white or yellow potatoes, roughly about the same size
- 2½ teaspoons kosher salt, divided
- ⅓ cup mayonnaise
- ⅓ cup plain Greek style yogurt
- 3 tablespoons finely chopped scallion, white part only
- ¼-⅓ cup very finely chopped kimchi
- 1 tablespoon tomato paste
- 1 tablespoon gochujang or to taste
- 2 teaspoons lemon or lime juice to taste
- 1½ teaspoons sriracha hot sauce
- Flat leaf parsley sprigs for garnish

1. Place whole unpeeled potatoes in a large pot with water to cover by 1 inch. Add 1½ teaspoons of salt and bring to a boil over medium-high heat. Cook until potatoes are just tender, 15-25 minutes depending upon size. Drain well.
2. When potatoes are cool enough to handle, peel by slipping skins off of them, place in bowl and chill until ready to assemble.
3. While potatoes are cooking make the topping. In a bowl, whisk together mayonnaise, yogurt, scallions, kimchi, tomato paste, gochujang, lemon or lime juice, sriracha and ¼ teaspoon salt. Chill until ready to assemble.
4. To assemble slice cooled, peeled potatoes into ½-inch slices, put a few grains of salt on top then add a dollop of dressing. Garnish with a small spring of parsley to finish.



THAI CURRY SAUSAGE ROLLS

MAKES ABOUT 3 DOZEN

This will be your new go-to appetizer. It doesn't get easier than using refrigerated dough and our made-from-scratch sausage. Don't let the number of steps scare you off - these are really simple to make and go together quickly if you remember to cool the sausage down before rolling them up. Trust us on this - cool the sausage!

- 2 eggs, divided
- 1 pound Outpost's Thai Curry Pork Sausage, removed from casing
- 1 teaspoon cooking oil
- ¼ cup panko bread crumbs
- 2 tablespoons chopped flat leaf parsley
- 2 tablespoons unbleached all-purpose flour
- 2 packages of refrigerated Immaculate Baking Organic Crescent Rolls
- 1 tablespoon water
- ¼ cup sesame seeds

ASIAN SPICED TURKEY MEATBALLS

MAKES ABOUT 2 DOZEN

GLUTEN-FREE, VEGETARIAN WITH SUBSTITUTIONS

These are savory, sweet, salty and bold - a flavor explosion in each bite. Chinese five-spice powder is the secret, along with a lot of fresh ginger. We made these with turkey, because...well, Thanksgiving but they would be equally good with chicken or pork. You can even make this vegetarian by using a sausage alternative, just adjust the oil and cooking time so they don't dry out.

- 1 pound ground turkey, preferably thigh meat
- 3 scallions (whites and greens) chopped finely
- 2-3 garlic cloves, minced
- ½ teaspoon grated fresh ginger
- 1½ teaspoons Chinese five-spice powder
- 1 large egg, room temperature
- ½ cup panko breadcrumbs

1. Preheat oven to 375 degrees. Line 2 baking sheets with parchment paper, set aside.
2. Beat 1 egg in a large bowl until frothy. Add the sausage, breadcrumbs, and parsley and mix until thoroughly combined.
3. Heat a large skillet over medium heat and add oil. When warm, add sausage mixture. Cook until slightly underdone (it will finish cooking in the oven), drain and set aside to cool.
4. Lightly flour work surface. Pop open crescent roll tubes and remove dough, being careful not to separate at edges - there will be two rectangles of dough, with perforations, in each can. Lay rectangles on work surface and 'patch' together any perforations so you have mostly smooth rectangles of dough. As you work, pull dough to stretch a bit and flatten out.
5. When sausage mixture is cool, fill the center of a prepared dough rectangle with about ¼ of the sausage mixture, and then fold dough over as tightly as you can and pinch well to seal. You should end up with a long 'log' filled with sausage. Repeat with each dough rectangle.
6. Make the egg wash - in a small bowl beat one egg with 1 tablespoon of water.
7. Using a sharp knife, cut logs into 2-inch segments and place on prepared baking sheets. Brush each roll with a little egg wash and top each with a sprinkling of sesame seeds
8. Bake for 15-20 minutes, until puffed and golden brown.
9. Serve warm or at room temperature.

- 1 tablespoon low sodium tamari
- 3 teaspoons sesame oil (not toasted)

For Sauce

- ½ cup hoisin sauce
- ½ teaspoon grated ginger
- ¼ cup low sodium tamari
- 2 teaspoons sambal oelek chili sauce
- 2 tablespoons rice vinegar
- ¼ cup brown sugar

1. Position oven racks near the center of the oven and preheat to 425 degrees. Line 2 baking sheets with parchment paper, set aside.
2. In a large bowl, combine the ground turkey, scallions, garlic, ½ teaspoon grated ginger, Chinese five-spice powder, egg, panko bread crumbs, 1 tablespoon low sodium tamari, and sesame oil. Use your hands to mix until all ingredients are just combined. Do not over mix - it will result in drier meatballs.
3. Shape the meat mixture into balls - they should be about 1½-inches across. You can also portion using a small scoop. Place meatballs on prepared baking sheet. Bake for 20 minutes or until the meatballs are completely cooked, being careful not to burn.
4. Meanwhile, prepare the sauce. Combine sauce ingredients in a small saucepan and bring to a boil over medium heat. Continue boiling until sauce reduces by about a quarter (3-4 minutes). Remove from heat when thickened.
5. The easiest way to prepare for serving is to put the sauce in a large pan on the stove and add the meatballs, stirring gently to completely coat each one. After all the meatballs are heated, you can place them into a chafing dish or crockpot and let guests serve themselves, or serve plated with a toothpick in each.

SWEET POTATO BRUSCHETTA *with* MUSHROOM & CRANBERRY

SERVES 8 AS AN APPETIZER VEGETARIAN

This is one of those dishes where, together, the ingredients are more than the sum of their parts. Not only are these lovely, they're savory, sweet, crunchy, and sparkle with the addition of simple Asian seasonings. If you really loathe cilantro you can substitute flat leaf parsley. Be sure to use plain, untoasted sesame oil – toasted oil will overpower all the other flavors.

- 2 tablespoons sesame oil (not toasted), divided
- 1 teaspoon sesame seeds
- 1½ teaspoons grated garlic, divided
- ½ teaspoon grated ginger
- 2 cups peeled and finely cubed sweet potato
- ½ teaspoon sambal oelek chili sauce or sriracha
- 2 teaspoons rice vinegar
- 1, 8-ounce package of sliced button or crimini mushrooms
- 1 tablespoon low sodium tamari
- 1, 8-ounce chevre style goat cheese log, room temperature
- ½ cup chopped, fresh cilantro
- Salt and freshly ground pepper to taste
- 1 long French baguette, sliced diagonally
- ½ cup dried cranberries

Prepare sweet potatoes

1. Heat a large, non-stick or cast iron skillet on medium low heat. Once warm, add the sesame oil, sesame seeds, ginger, and 1 teaspoon garlic and sauté it for 10 seconds. Then add the sweet potatoes and salt to taste.
2. Sauté sweet potatoes by stirring, flipping every minute. As they start to stick, add rice vinegar and sauté for an additional 8-12 minutes or until tender.
3. Place sweet potatoes into a bowl. Add chili sauce and freshly ground pepper to taste and toss. Set aside to cool.

Prepare mushrooms

1. Using the same pan, heat 1 tablespoon sesame oil on medium-high heat. Once hot, add in the chopped mushrooms and sauté for 6 minutes. They will release some moisture initially, but will begin to dry.
2. After mushrooms begin to dry, add tamari, salt and pepper to taste and sauté for about 2 more minutes or until golden brown and tender.
3. Add mushrooms to bowl with sweet potatoes and mix well. Cool.

Prepare goat cheese

Put softened goat cheese into a medium mixing bowl and add ½ teaspoon grated garlic, ¼ cup chopped cilantro, and pepper to taste; mix well.

Prepare baguette

1. Heat oven to 375 degrees.
2. Place slices of baguette on cooking sheet and pop in hot oven. Watch closely and toast until just slightly crisped but not over browned. Remove from oven and cool slightly.

Assemble bruschetta

1. Spread toasted baguette slice with goat cheese mixture and add enough of the sweet potato and mushroom mixture to just cover the top.
2. Garnish with a few dried cranberries and a light sprinkling of cilantro.





MINI FIVE-SPICE APPLE CRUMBLE PIES

MAKES 2 DOZEN

Sure you could make a big ole pie, but these are so cute on a buffet! Chinese five-spice makes an appearance again, and shows off how adaptable it is by lightly spicing up the classic combination of buttery pie dough, tart apples, toasty pecans, and crumble top. We're not going to lie – these require a bit of patience and finesse – they're tiny little pies after all. Besides, it's the holiday and they are really delicious.

Crust

- 1 cup unbleached all-purpose flour
- ½ cup unsalted butter
- 3 ounces cream cheese

Apple pie filling

- 2 Granny Smith apples, peeled and diced into very small pieces
- ½ cup light brown sugar, not packed
- 2 tablespoons fresh lemon juice
- ¼ teaspoon cinnamon
- large pinch kosher salt
- ½-1 teaspoon Chinese five-spice powder or to taste
- 2 teaspoons cornstarch

Crumble topping

- ¼ cup unsalted butter, melted
- ¼ teaspoon vanilla
- ½ cup light brown sugar, packed
- ½ cup all-purpose flour
- ½ cup toasted pecans, finely chopped

Prepare crust

1. Preheat the oven to 350 degrees. Prepare mini muffin tins by lightly spraying top and inside of each tin with cooking spray.
2. Sift flour into a medium sized bowl. Cut butter and cream cheese into small cubes and add to flour. Cut the butter and cheese into the flour with two knives or a pastry blender. Continue until the dough holds together. Since there is no additional liquid, continue to blend way past the stage at which you would normally stop with a piecrust. This is forgiving dough.

3. Gather the crust into a ball and divide into 4 even pieces. Then hand-roll each into a little log and divide each log into 6 relatively equal pieces so you end up with 24 pieces.
4. Press each piece into one cup of a miniature muffin tin being careful not to thin it out too much and allow a bit to pop over the top. Leaving an edge makes these much easier to remove from the tins.

Prepare filling

1. Combine apples, sugar, lemon juice and spices in a medium bowl. Toss to coat evenly. Taste and adjust sugar, lemon juice or spices as necessary. Add cornstarch and toss to coat evenly.

Prepare crumble

1. Stir the vanilla into the melted butter. Add all the remaining ingredients and stir with a fork until all the ingredients are equally moistened. They should hold together and then break into crumbles when squeezed in your hand. If it is still too dry you can add melted butter 1 teaspoon at a time, but be careful not to make it too moist or it will be greasy and not crunchy/soft like it should be.

Assemble pies

1. Spoon a teaspoon of filling into each (unbaked) pastry shell. The filling should come to the top because as it will cook down. Then press some crumble onto each mini pie. Make sure to mound it so the finished pies have a generous helping of crumble.
2. Bake in preheated oven 25-30 minutes or until the filling is bubbling around the edges and the crumble and piecrusts have begun to brown. Let cool completely in the tins before removing.
3. To remove, cool completely then spin the pie in the tin to release the edges, and gently press down on one side to remove. You can also very gently run a small knife around stubborn edges. They will be delicate and a bit soft so use care.

PUNCH UP

the holidays

WHEN'S THE TURKEY DONE? WHO'S BRINGING THE DESSERT? WAIT...WHAT'S THAT SMELL...IS SOMETHING BURNING?

When you're the party host you've got a lot on your mind and mixing a dozen different drinks for your guests shouldn't be one of them. That's why we've got three top drawer cocktails you can make in big batches that are sure to simplify your soiree.



THYME FOR CIDER & TONIC MOCKTAIL

SERVES 4

A sure sign of the season is when those first delicious jugs of apple cider start hitting the markets and shelves. This mocktail is full of herbal flavors and not too sweet, really showcasing the tartness of the cider.

- 12 ounces apple cider
- 2 ounces freshly squeezed lime juice
- 2 ounces thyme simple syrup (see recipe)
- 8-10 ounces high quality tonic water
- Additional thyme and lemon slices for garnish

1. Add all ingredients except tonic water to a pitcher and stir until fully incorporated.
2. Add ice to four fancy glasses, filling each about halfway. Divide the cider drink evenly among the glasses.
3. Top with tonic water. Stir gently with a sprig of thyme, garnish with a lemon slice, and enjoy!

Thyme Simple Syrup

- ½ cup granulated sugar
- ½ cup water
- 2-3 sprigs of fresh thyme

1. Add all ingredients to a small saucepan. Turn heat to low and stir until sugar dissolves.
2. Simmer an additional 5 minutes, or until syrup coats the back of the spoon. (While simmering, watch carefully so it doesn't boil over or burn. It will thicken a bit more when cooled).
3. Remove from heat. Take out thyme sprigs and allow syrup to cool completely before using. Store leftover syrup in a jar in the fridge for up to 3 weeks.



HOLIDAY COQUITO

(Puerto Rican Coconut Punch)

SERVES 12

Coquito is a traditional Puerto Rican coconut drink served around the holidays. There are as many recipes as there are abuelas but for our recipe we've eliminated the raw eggs and the overly-sweetened cream of coconut making it infinitesimally healthier. It's usually stored in glass bottles and given as gifts at parties. Try it yourself and you'll see how this icy drink can warm you up after a few sips.

- 2, 14-ounce cans sweetened condensed milk
 - 2, 12-ounce cans evaporated milk
 - 1, 7-ounce box Let's Do Organic Unsweetened Creamed Coconut (can be omitted but it really pumps up the coconut punch)
 - 1 cup coconut milk (we prefer SO Delicious Coconut Milk Original)
 - 3 tablespoons pure vanilla extract
 - 1 teaspoon ground cinnamon
 - ½ teaspoon ground nutmeg
 - ½ teaspoon ground cloves
 - 2 cups white or dark Twisted Path rum
1. Combine all ingredients into a blender and mix until well combined.
 2. Transfer mixture into glass bottles and refrigerate overnight.
 3. Shake well and serve over ice. Top with a sprinkle of ground cinnamon.

2

3



JINGLE ALL THE WAY PUNCH

SERVES 8

This drink is simplicity at its finest and can even be prepared the day before and refrigerated until guests arrive. It's served over ice but we like to add an ice ring to the punch bowl to keep it extra cold. Insider tip: Fill your ice ring with cranberry juice and whole cranberries. It looks nice and won't water down your punch as it melts.

- 4 cups cranberry juice
 - 4 cups orange juice
 - 2 cups Great Northern vodka
 - 2 tablespoons sugar
 - 2 tablespoons Grand Marnier or other orange liqueur
 - ½ teaspoon ground cinnamon
 - ¼ teaspoon ground allspice
 - Dash of fresh nutmeg
 - 2 oranges thinly sliced and fresh cranberries to garnish
1. Mix first 8 ingredients in large punch bowl; stir until well blended. Refrigerate 2 hours to allow flavors to blend.
 2. Fill glasses with ice cubes and add punch. Garnish each glass with an orange slice and serve.



A CLASSIC COMBO

story & photos by MICHAEL SORENSEN

NO MATTER WHAT THE SEASON NOTHING GOES BETTER THAN AND ICE COLD BEER AND A PIPING HOT PIZZA. THEY'RE JUST TWO GREAT TASTES THAT TASTE GREAT TOGETHER AND THEY'RE ONLY AS FAR AS YOUR KITCHEN FOR WHEN THAT "SPECIAL MOOD" STRIKES. WE'VE GOT THE SCOOP ON TWO LOCAL NEW-COMERS THAT DESERVES A PLACE IN YOUR PANTRY.

REAL'ZA PIZZA

In the one billion-dollar a year frozen pizza industry the Midwest is in what's known as the "pizza cradle." Step into any grocery store on the west or east coast and you probably only have a few national brands to choose from. They're usually mass produced with cheap ingredients and chock full of mystery chemicals and additives. Step into any store around Milwaukee or the Midwest and instead of a few mega-brands you're face to face with entire aisles dedicated to frozen pizzas. Many of these discs of delight come from local and regional producers but not many of them use all-natural ingredients like Kaukauna, Wisconsin's REAL'Za.

Adrianna Frelich, marketing manager for Bernatello's Foods that manufactures REAL'Za, says it was their goal to create

a pizza that would showcase all-natural ingredients, "Overall the frozen pizza category has been shifting to a cleaner label. A lot of people are looking for a better-for-you, healthier-style kind of pizza." REAL'Za fits that bill. "It's all-natural, minimally processed, no MSG, and rBST (growth hormone)-free cheese. It was important to us to give consumers a choice that they could feel good about eating."

REAL'Za knows that Wisconsinites take their pizza very seriously and focused a lot of time on developing a base that rivals the cracker-thin crusts of some of the state's classic pizzerias. "We have a bakery in our Kaukauna plant and we were able to develop a crust in house that uses extra virgin olive oil. Add that to the crunchy bread crumb and cornmeal and we came out with a thin, artisan-style crust." The best way to get that crust? "We usually recommend putting them directly on the oven rack and you get a really nice crunchy crust. But we've also found that pizza stones work really great if you put them on the grill. It's perfect for outside. Just heat up the stone, add the pizza and close the lid. You get that good smoky, crispy flavor to it." Either way you heat it REAL'Za has been a big hit with employees and customers alike. All you need is something just as tasty to wash it down with.



photo courtesy of REAL'Za



THIRD SPACE BREWING

Growing up, Andy Gehl knew his buddy Kevin Wright had a passion for beer (what Wisconsinite doesn't really?), so when Kevin moved to California to enroll in Brewing School at UC Davis (scoring highest in the world on his International Brewers and Distillers exam) the obvious question became: When would he take all the knowledge and move back to start his own place? After seven years of waiting the time is now.

Kevin came home during a turning point in Milwaukee's craft brewing scene. Besides the behemoths of beer like Pabst and Miller there were a handful of quality craft beers on the market, but that was about to change in 2016. "We really had two or three [craft] breweries here for the longest time...in a city the size of Milwaukee! Portland, Oregon is about the same size city and they have close to one hundred, and we're the 'Brew City?'" They knew Milwaukee could handle more.

With Kevin's skills and Andy's legal know-how they were ready to make their mark on Milwaukee. Andy tells me, "The great thing about people in Wisconsin, people in Milwaukee, not only do we love beer but they are very loyal people and they want to drink local, they want to support local businesses,

they want to have pride in their city and their state."

Just over a year ago they opened Third Space inside an enormous, once-abandoned metal refinishing plant located in the Menomonee Valley. They knew ahead of time that they'd need all of that space for their brewery, tap room and beer garden and for their next phase – canning and distribution. "Make no mistake. This is a factory." Andy tells me. "As much as we are a taproom and a beer garden where people can come and hang out our goal is to be a production brewery. We want to be on taps around town. We want to be at Outpost, grocery stores, liquor stores around Milwaukee, and eventually around the state. To do that you need a factory of your own. This is a beer factory." As more beers hit production, expect Third Space to be around a long time, rubbing shoulders with those other beers that once made Milwaukee famous.



THIRD SPACE BREWING
1505 W. SAINT PAUL AVE.
WWW.THIRDSPACEBREWING.COM

GIVING THANKS

the cooperative way

by MARI WOOD |
photos by MICHAEL SORENSEN

AS A COOPERATIVE GROCERY STORE FOR THE PAST 47 YEARS, WE HAVE SO MUCH TO BE GRATEFUL FOR: OUR LOCAL FARMERS AND VENDORS WHO PROVIDE US WITH THE FRESHEST FOOD AVAILABLE, THE MILWAUKEE COMMUNITIES, WHICH OUR STORES ARE HONORED TO SERVE, AND OUR CO-OP OWNERS... WITHOUT THEM, WE WOULDN'T EXIST! DURING THIS THANKSGIVING SEASON, WE THOUGHT WE'D ASK A FEW OF OUR OWNERS WHY THEY'RE THANKFUL FOR THEIR NEIGHBORHOOD CO-OP, OUTPOST NATURAL FOODS. HERE'S WHAT THEY HAD TO SAY...



FRED DERR & NINA LOOK

Home store: Mequon Outpost

"We love the Mequon store staff and product selection. We know many of the staff by name. Of course they all wear name tags, but it is more than reading a name tag; it is a relationship. The staff in every department are very knowledgeable about the products. They give us a sense of connectedness to the choices we make for eating healthy local and organic foods.

We appreciate Outpost's high product standards and have confidence knowing that Outpost has made a conscious decision to carry those that meet its mission.

We are pleased that Outpost supports local non-profit organizations such as the Mequon Nature Preserve and the Jonathan Clark House Museum. In fact, the Clark House holds an annual event, "Pie on the Patio" with a reputation for serving delicious Outpost pies.

We are proud to be Outpost owners and investors!"

PAUL & MARY JO KUENNING

Home store: Wauwatosa Outpost

"In 1970 we moved from Chicago to the Sherman Park area of Milwaukee. We joined the co-op shortly afterward because we wanted to make sure our four children ate healthy, natural foods. We don't like to shop, but we LOVE shopping at Outpost! Every shopping trip is a pleasure and doesn't feel like a chore. The courteous and helpful employees at the State Street location are like old friends to us ... We sometimes even get a hug from them! We are thankful for the good organic food that we can buy at our Outpost."



JOANNE SABIR

Home store: Capitol Drive Outpost

"Outpost has been a gift to our family. The food nurtures our souls. The relationships we have made through the co-op keep us connected to wellness practices that advance us. We believe in the importance of taking ownership of what you believe in! So we became owners of Outpost. We believe in living in communities that have access to all those things that support our collective well-being. Outpost provides that access to my community. I am a proud owner!"



KEN WEBER

Home store: Bay View Outpost

"Kinnickinnic Avenue is my 'miracle mile'! This one street is home to four very important places: My beloved church, St. Lucas, the Bay View Outpost, my workplace, and my off-site 'office' at the Bay View Library. My smile deepens as I roll into the Outpost parking lot and I see the beautiful gardens and the cool dogs in the dog parking area. Walking through the store I have encounters with shoppers and employees. Some are very talkative (Love you, Boyd!) and others are quietly busy caring for and enjoying their jobs. By giving me the time of their day, they give me the time of my life. Thank you, Bay View Outpost staff and patrons, for making my shopping trips so much fun!"



TALKING TURKEY

EVERYTHING YOU DIDN'T KNOW YOU NEEDED TO KNOW ABOUT TURKEY RIGHT NOW.

THANKSGIVING IS NO TIME TO WING IT, ESPECIALLY WHEN IT COMES TO ROASTING A TURKEY. EVEN THOUGH YOU'VE COOKED A BIRD DOZENS OF TIMES, YOU FIND YOURSELF CHECKING AND DOUBLE-CHECKING THE CHARTS TO CHECK YOUR MATH. FROM DETERMINING THE SIZE YOU'LL NEED TO HOW LONG THAWING WILL TAKE, AND HOW LONG TO KEEP IT IN THE OVEN, THESE CHARTS AND GUIDELINES WILL TAKE THE PANIC OUT OF COOKING YOUR TURKEY FOR THANKSGIVING.

COOKING RATIOS & TIMES.

NUMBER OF GUESTS (1-1½ lb. per person, plus leftovers)	SIZE OF TURKEY	THAWING TIME (based on thawing in a refrigerator)	COOKING TIME (cooking temperature: 350°, cooking times approximate)
4	4-8 lb.	1-2 days	2-3 hours
6	8-12 lb.	2 days	2-3 hours
8	12-14 lb.	2-3 days	3 hours
10	15-16 lb.	2-3 days	3.5 hours
12	18-20 lb.	3-4 days	4 hours
14	21-22 lb.	4-5 days	4.5 hours
16	24 lb.	4-5 days	4.75 hours

THAWING YOUR TURKEY

We strongly recommend thawing frozen turkeys in the refrigerator to avoid bacteria that can occur from room temperature thawing. Whether you've chosen a fresh or frozen turkey, keep it wrapped and place on a pan, on the lowest shelf in your refrigerator to prevent cross contamination.

COOKING YOUR TURKEY

To test for doneness, use a meat thermometer. Perfectly cooked breast temperature is 170 degrees, thigh meat should register at 180 degrees.

1. Preheat oven to 350 degrees. Set oven rack to lowest position.
2. Unwrap turkey and remove the giblets and neck from the body. Refrigerate or set aside for further use, optional.
3. Place turkey breast side up on a rack in

a roasting pan. (Note: You can roast the bird with the breast side down until the last hour. This makes the white meat juicier, but less golden in color.)

4. Cover the breast tightly with aluminum foil before roasting. The foil slows the cooking process so the white and dark meat will cook at the same rate.
5. Baste the turkey every half hour, adding more hot water to the pan if the drippings evaporate.
6. For the last 45 minutes, increase the heat to 400 degrees, remove the foil from the breast and baste every 10-15 minutes.
7. Test for doneness. If meat is to proper temperature, remove the roasting pan from the oven. Tent the turkey with foil and let rest for 20 minutes before carving. This allows the juices to be reabsorbed, yielding juicier breast meat.
8. Reserve pan drippings for gravy, optional.



GIBLET GRAVY MAKES 3 CUPS

While the turkey rests for 20-30 minutes, you can make an amazing gravy. We got this recipe from mom.

- Roasting pan with drippings
2 tablespoons all purpose flour (or gluten-free substitute)
1 teaspoon fresh thyme, finely minced
1 cup finely chopped giblets
2½ cups chicken, vegetable, or turkey stock, warm
Kosher salt and black pepper
1. Set roasting pan across two burners over medium heat. When drippings begin to simmer, whisk in flour and cook, whisking, for 3 minutes. Add thyme and giblets, stir to combine.
 2. Add ½ cup stock and whisk until smooth. Bring to a simmer. Continue adding stock, ½ cup at a time, whisking, until all the stock has been added and the mixture is thickened. Season with salt and pepper. Keep warm until ready to use.



BROWN SUGAR & MUSTARD GLAZED ROAST TURKEY

One whole turkey (12 pounds average)

Salt and ground pepper

2 tablespoons butter, room temperature

1 medium onion, quartered

2 medium carrots, quartered

½ cup packed light brown sugar

¼ cup spicy brown mustard

1. Thaw, rinse and pat dry turkey. Add onions and carrots to cavity. Using kitchen twine, tie legs together. Thoroughly rub the turkey all over with the butter and season with salt and pepper.
2. If you plan to use the pan drippings for making your own gravy, consider adding the giblets to the bottom of the roasting pan along with 3 cups water. Add water to the pan throughout the roasting process if the level gets low.
3. Roast turkey through step five of "Cooking Your Turkey", basting every 30 minutes, until a thermometer reads 120 degrees when inserted into the thickest part of the thigh.
4. In a small bowl, make the glaze by thoroughly combining brown sugar and mustard. Remove foil from turkey breast. Brush glaze over the turkey.
5. Increase oven heat to 400 degrees. Continue roasting turkey, basting every 10 minutes, up to an hour or until thermometer reaches 165 degrees. Reapply glaze 2-3 more times. You may need to rotate the pan for even roasting.
6. Remove from oven. Transfer turkey to carving platter and tent it loosely with foil. Let rest 20-30 minutes. Remove onions and carrots before carving; discard.
7. Use pan drippings to make gravy, optional.

OUTPOST TURKEYS – YOU'LL GOBBLE 'EM UP!

All turkeys sold at Outpost come from reputable Midwest family farms where the birds have free-range access to the outdoors, are raised sustainably or organically, are never given antibiotics, and are not processed using fillers, flavorings or other ingredients.

LARRY SCHULTZ FARM

OWATONNA, MINNESOTA

- USDA Certified Organic
- Frozen



FERNDALE FARMS TURKEY

CANNON FALLS, MINNESOTA

- Naturally raised
- Fresh, never frozen



HERITAGE BREED TURKEYS

Our heritage turkeys are a breed-apart from the rest of the flock. These birds are Wisconsin pasture raised and grain supplemented in very small flocks. It takes a lot of work to raise turkeys in this manner in order to achieve market weight within a shorter upper Midwest growing season, so the price reflects this effort. However, birds raised on pasture have a richer turkey flavor and texture. Quantities may be limited.

HAPPY DESTINY FARM

MICHICOT, WI

- Bourbon Red breed
- Fresh



KELLNER BACK ACRE GARDEN

DENMARK, WI

- Narragansett breed
- Organically raised
- Fresh



IN AN IDEAL WORLD...

by MARI WOOD

EVERYONE WOULD HAVE THE ABILITY TO GROW THEIR OWN FOOD AND SUSTAIN THEIR OWN NUTRITIONAL NEEDS



Prior to planting a vegetable garden, participants in the Sisters Program have begun beautifying the outdoor space at their South Side location with flower beds. Photos courtesy of Benedict Center

THE MISSION STATEMENT OF LOCAL NON-PROFIT ORGANIZATION, BENEDICT CENTER, SAYS THAT THEY WORK "WITH VICTIMS, OFFENDERS AND THE COMMUNITY TO ACHIEVE A SYSTEM OF CRIMINAL JUSTICE THAT IS FAIR AND TREATS EVERY PERSON INVOLVED WITH DIGNITY AND RESPECT." HOWEVER MANY WOMEN OFFENDERS IN OUR COMMUNITY LACK ONE OF THE MAIN COMPONENTS OF HUMAN DIGNITY: ACCESS TO HEALTHY FOOD.

Originally known as Citizen and Offender Programs in Education (COPE), Benedict Center was founded and organized as an educational alternative to jail for women. Today, their services help approximately 850 women every year through three main program areas: The Women's Harm Reduction Program, which provides mental health services and substance abuse treatment; the Sisters Program, which provides street outreach to women involved in prostitution or human trafficking; and Justice Advocacy, to ensure fair treatment for women involved in the justice system.

Most women enter the doors of Benedict Center through a diversion program with the Milwaukee Police Department. Once there, they are educated about the importance of a

healthy diet, exercise and meditation. This holistic approach to health guides them on a path toward independence from their previous lifestyle.

Working with the UW-Extension, Benedict Center's clients are provided with nutrition classes that help them plan a menu, decide where to purchase food, and how to prepare it. They also learn about natural, organic, and farm-to-table food options as well. Aside from learning how to be more health-conscious shoppers, Benedict Center intends to use a portion of their Community Partners grant donation from Outpost to support a gardening project that will educate their clients about growing and eating fresh vegetables through their Sisters Program, located on the North Side of Milwaukee.

It is said that a healthy body leads to a healthy mind. Benedict Center demonstrates that when women offenders are offered individualized treatments and services and the opportunity to lead healthier lifestyles, they create safer lives for themselves, their children and everyone in our community.

As our Community Partner, they will receive a \$3,000 donation, opportunities for fundraising, and a portion of the earned interest from our Co-op Community Fund!



BENEDICT CENTER
WWW.BENEDICTCENTER.ORG

CHECKOUT



WHEN . TUESDAY, SEPTEMBER 12, 2017

WHAT . NEW ECO FLOATING FLOOR IS INSTALLED AS PART OF OUR MINI-REMODEL

WHERE . OUTPOST CAPITOL DRIVE



Pies so good it will make Grandma stop baking.



Our bakery and prepared foods are made from scratch using only natural, organic and local ingredients. It's what sets us apart and you can taste the difference in every delicious bite.

OUTPOST
NATURAL FOODS

4 stores and a café in greater Milwaukee to serve you.
Visit our website for locations and store hours.
www.outpost.coop