

# GRAZE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS CO-OP

A CHAT WITH  
JON STEINMAN,  
AUTHOR OF  
"GROCERY  
STORY"

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WHO'S A  
SASSY COW?

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## *Homespun* **Harvest**

PAGE 22

PLU 3010  
FALL 2019

FREE WITH ANY PURCHASE



## FIRST WORD.

THE FIRST TIME I UNDERSTOOD WHAT A CO-OP WAS WASN'T THE FIRST TIME I STEPPED INTO ONE. I REMEMBER DISCOVERING OUTPOST YEARS AGO BECAUSE I'D HEARD THAT MILWAUKEE HAD A STORE LIKE MADISON'S WILLY STREET. I MISSED SHOPPING FOR BULK HERBS, INCENSE AND HOME-MADE COOKIES LIKE I DID IN MY COLLEGE DAYS. I WALKED INTO OUR THEN HOLTON STREET STORE AND WAS HIT WITH "THAT CO-OP SMELL."



It took me a few more years and a couple of job changes to really understand what a co-op was. I was in sales and called on co-ops but mostly I thought of them as places I liked better than my other accounts. I even joined Outpost during this time because I thought that supporting my "home" store made sense. It just felt right.

It wasn't until I started working for a natural food distributor – a co-op – and got a crash course in how a cooperatively owned business was structured, that I started to understand. I learned how buying clubs worked, and the deep history of cooperation in our country and around the world. I fell in love with the collaboration, and the sharing in, and between, co-ops. I marveled at how co-ops offered a more transparent, more equitable and democratic way of doing business. I was finally working for a place with values that went beyond the financial bottom line. I knew I was home.

Since 1964, before Outpost was a twinkle in a barefoot hippy's eye, October has been National Co-op Month. Cooperatives have been around, some would argue, since the 1400's, but officially since 1844. There's a reason for this and it goes beyond business – cooperatives continue to be the way 350 million people across our nation get things done. Cooperation's historic model has proven itself scalable into the future, over and over again. As multi-national corporations control more and more of our commerce, our land, our resources, our government, and communities, cooperatives offer a different path where us humans can control and share everything from day care to banking, farming to grocery shopping, and more.

One of the things we often hear from our many owners is that Outpost feels like home. That doesn't surprise me. Cookies help, but I'm guessing it's because it's easy to feel at home in a place that is yours and ours together.

So, from my home to yours, and from our home together, Happy National Cooperative Month. We are indeed stronger together!

LISA MALMAROWSKI

Director of Brand & Store Development



## 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.

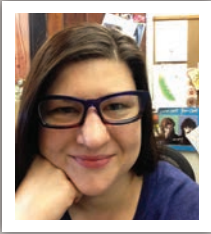
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GRAZE@OUTPOST.COOP



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## WHO IS GRAZE ?

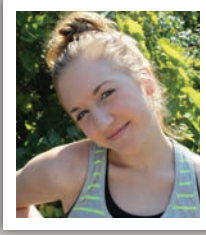


### *i am* CARA BERKEN.

*I like making things better. It could be the arrangement of images and type, finding the perfect accent piece for a room, 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* HANNAH EVANS.

*I've been making all things art since the day I picked up my first crayon. Growing up in a log cabin home that my parents built inspired me to communicate visually using different mediums like wood, textiles and nature. While I spend most of my time designing on the computer, I also live for inhaling chai tea lattes, watching Gilmore Girls on repeat and tackling as many DIY projects a weekend can hold.*



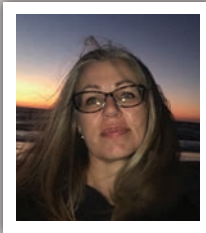
### *i am* LISA MALMAROWSKI.

*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.*



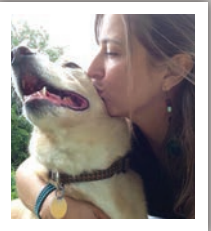
### *i am* MARGARET MITTELSTADT.

*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.*



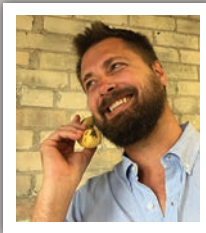
### *i am* DIANA SCHMIDT.

*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.*



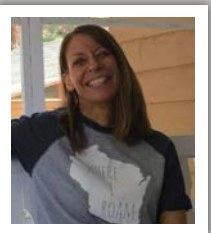
### *i am* MICHAEL SORENSEN.

*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.*



# - GRAZE.

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

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Summer 2019 Correction: Outpost's Secret Recipe, Key Lime Pie with Raspberries was mistakenly tagged as vegan and gluten-free – it is neither. We're sorry for any inconvenience.





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**When the weather outside gets frightful...having groceries delivered is delightful!**

**Same day grocery delivery from Outpost to your door**

Go to [instacart.com](https://www.instacart.com) or download the app, and start shopping

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



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(you'll)

# SWOON!

THINGS WE LOVE.



## CLASEN'S CHOCOLATE BARK HOWLING GOOD CHOCOLATE BARK

Clasen's Old World Bakery has been kicking it old school in Middleton, Wisconsin since 1959. You might be familiar with their delicious breads and rolls, but did you also know they make out-of-this-world chocolate barks? What's a chocolate bark? If you're unfamiliar with this tasty treat, picture a slab of delicious chocolate dotted with almonds or peanuts. Clasen's has a multitude of munchable varieties to choose from, but around here we are particularly fond of their Dark Chocolate Hazelnut Bark. When your local go-to chocolate fix needs to be creamy and dreamy and loaded with nuttiness, break out the Clasen's. Snap into chunks for your party platter, hand one off to the dog sitter for a job well done or nestle a stash in your desk drawer (like it will last until the end of the day). We buy this more often than we should and not only is it the perfect decadent treat, the low price will keep you coming back for more.

## RED FORK SAUCES MEALS IN MINUTES

In the past, there were two ways you could go if you were hankering for some good old Sloppy Joe's: You could make them with that weird sodium bomb in a can or you could spend too much time measuring out spices and dicing veggies for an "easy" meal. Red Fork Sauces, however, combine the best of both of those worlds, with all the dicing and measuring done for you, in a convenient pouch chock-full of natural, gluten-free ingredients. Add your protein of choice and voilà, dinner is served! Maybe you're feeling fancy? Then look no further than Red Fork's Tomato Olive Chicken Skillet Sauce. Red ripe tomatoes, two kinds of olives, fresh basil and garlic will transform your boring boneless chicken breasts into a meal worthy of candlelight. The best part about these sauces? You'll enjoy a delicious, healthy meal in less than ten minutes! These are just two of our favorites—look for more varieties to try on our shelves!



## RISHI TEA CHAGA CHAI CONCENTRATE MUSHROOMS MAKE IT MARVELOUS

We love the fact that Rishi Tea calls Milwaukee home and with their new Chaga Chai Concentrate you'll never want

to leave your home when you cozy up with a cup of this delicate, herby caffeine free chai made from Chaga mushrooms and spices. You've got the Chagas harvested from the North American wilderness (prized for their stress-relieving properties) along with roasted dandelion root harvested from the Pacific Northwest (great for detoxifying), add some cocoa nibs from the Democratic Republic of Congo to give the chai a rich, sumptuous body and you have the perfect autumn drink. Made with all organic ingredients, just mix equal parts Chaga Chai with the milk of your choice, heat and sip. It's also great over ice! Let's raise a glass to Rishi for making another great concoction to savor.



## HIBAR SHAMPOO AND CONDITIONER

IT'S HI TIME FOR A PLASTIC-FREE SHAMPOO

Here's the thing: We all want fresh, flowing beautiful locks of hair like in the commercials. The problem is almost all the world's shampoos and conditioners come in plastic bottles that clog up our ecosystem and harm the planet. HIBAR saw a need to change that dynamic and re-engineered how people wash and care for their hair. Using almost entirely plant-based ingredients and foregoing the harmful chemicals and sulfates found in most conventional

bath products HIBAR is a solid shampoo and conditioner you can take with you anywhere to give your hair the shine you're looking for...all without plastic! Perfect for the gym or traveling (no TSA stealing your shampoo here), HIBAR wants to help save the world and look good doing it.

## SAMI'S BAKERY MILLET AND FLAX LAVASH

FALL IN LOVE WITH LAVASH

Tempted by tortillas? You'll love lavash. Heart goes pitter-patter for pita? You'll love lavash. Can't say no to naan? You'll love lavash. And you'll especially love the lavash from Sami's Bakery. Wheat free and made without gluten these are perfect for just about anything you'd use bread for. Made with millet, rice flour and flax seed these easily pliable discs of delight have a nutty flavor and are great with just about anything you can think of. Treat it like a burrito, make a quesadilla, or a sandwich full of your favorite fillings. One of our favorite recipes is to warm them up and spread a little chocolate hazelnut butter and almond butter on them for a quick and tasty breakfast. That really starts the day out right!



## ALPHA FOODS FROZEN BURRITOS

THE PLANT-BASED BURRITO YOU'VE BEEN LOOKING FOR

We are living in the golden age of meat alternatives and plant-based proteins and the same kind of scientists (sort of) who put a man on the moon have answered the call to create a delicious, plant-based burrito. Finally! Alpha Foods Frozen Burritos have all the flavor, kick and convenience of their meaty counterparts except these tortillas of taste are all vegan and made with plant-based proteins and ooey-goey, melty non-dairy cheese. Available in Mexicali, Pizza and Chik'N Fajita varieties each burrito is ready to go from freezer to mouth in minutes. Alpha Foods is a big proponent of a meatless lifestyle and believes, "small changes can have a big impact—cutting out meat even one day a week is good for your health, improves animal welfare, and supports a more sustainable world." So, whether you want to take a pass on meat, go meatless for a day or just want a darn tasty burrito— with these in the freezer, you'll be good to go.



## FELIX LINGONBERRIES

BERRY, BERRY GOOD

There might be another unnamed Swedish store in the area (you can't miss it!) that sells their own jars of lingonberries, but we went the extra mile and taste-tested them against Sweden's Felix Lingonberries and we're here to tell you these are the winner! Yes, we might be biased, but the history of Felix began in the 19th century so we think they know what they're doing. These lingonberries are great on anything from turkey sandwiches to your morning muffin or even layered onto a toasty grilled cheese. They also make a perfect game day snack: Just add a jar of lingonberries, about three tablespoons of your favorite mustard, some frozen meatballs and throw it all in a slow cooker. You'll have guests talking Swedish in no time!

# FALL.

*(two ways)*

## WILD RICE

**B**EHOLD A GRAIN THAT IS BORN TO BE WILD. VENTURE FAR "UP NORTH" WHERE THE TREMOLO OF LOONS ECHOES ACROSS STILL LAKES AND THAT'S WHERE YOU WILL FIND WILD RICE GROWING IN ITS NATIVE HABITAT. FIRST NATION PEOPLE REFER TO IT AS MANOOMIN (WHERE THE WORD MENOMONEE ORIGINATES FROM). TECHNICALLY WILD RICE IS A GRASS AND NOT A RICE. COOKED GRAINS ARE CHEWY ON THE OUTSIDE AND TENDER ON THE INSIDE AND IMPART A NUTTY, EARTHY FLAVOR. THE WILD RICE SOLD AT OUTPOST ORIGINATES FROM NORTHERN SASKATCHEWAN, CANADA, AND YOU CAN FIND IT IN THE BULK DEPARTMENT. THERE ARE MYRIAD OF WAYS TO PREPARE THIS NORTH AMERICAN DELICACY. BE BOLD, BE WILD!

### WILD RICE STUFFED MUSHROOM CAPS

MAKES 12-24 MUSHROOMS, DEPENDING ON SIZE

*Vegetarian • Gluten-free*

*A veggie appetizer that is sure to please even the staunchest of meat eaters. The combination of mushroom, cheese and wild rice brings out a lovely umami flavor reminiscent of beef – but not! Assemble in advance and then just pop them under the broiler before serving.*

Baby portabella mushrooms, preferably 1½-2-inches in diameter  
2 tablespoons diced shallot  
1 tablespoon olive oil  
¼ cup artichoke hearts, chopped small  
1 cup cooked wild rice, minced  
½ cup dried breadcrumbs  
½ cup fresh parsley, chopped fine  
⅓ cup Parmesan cheese, grated fine  
Salt and black pepper to taste

1. Gently wash and remove stems from mushrooms. Discard or compost the stems. Using a teaspoon, gently scoop out the mushroom scales from the underside of the mushroom cap, being careful to not break the rim of the mushroom. Reserve the scales in a small bowl and set aside. Each mushroom cap should now be a small little cup for the stuffing.
2. In a non-stick skillet, warm olive oil over medium heat. Add shallots and the reserved mushroom scales and sauté for about 2 minutes, until tender.
3. Add artichokes, cooked wild rice, breadcrumbs, parsley and cheese. Sauté for one minute. Remove from heat. Season to taste with salt and pepper.
4. Spoon stuffing into the center of each mushroom. Put mushroom caps onto a baking sheet.
5. Place under the oven broiler for 8-10 minutes, depending on how "well done" you like your mushrooms.
6. Serve warm with a toothpick inserted for easy handling.



**1**ST  
*way.*







## TURKEY AND WILD RICE POT PIES

MAKES 1 LARGE OR 6-8 SMALL PIES

*Gluten-free with substitutions*

*Nothing hollers “come and get it” like a batch of home-made pot pies. Ours uses leftover turkey and wild rice. Feel free to switch in any of your favorite veggies. Instead of peas, we tried fresh spinach. If crafting pie crusts makes you at all nervous, use pre-made pie crusts. They’re delicious, flaky – just like Nana’s. If using ramekins for your pot pies, plan to cut out two pot pie tops per 9-inch crust depending on the diameter. PRO TIP: Prepare the whole shebang in a deep cast iron skillet for a super easy one pot meal.*

2 tablespoons extra virgin olive oil  
3 tablespoons salted butter  
2 small shallots, chopped  
2 tablespoons fresh thyme leaves, chopped  
1/3 cup all-purpose flour  
4 cups low sodium chicken broth  
1 cup dry white wine, such as Sauvignon Blanc or Pinot Grigio  
Salt and black pepper to taste  
1, 4-inch piece of Parmesan rind\*

6 carrots, diced  
1 cup fresh greens like spinach, chard or kale, roughly chopped  
1 cup cooked wild rice  
1-2 cups cooked shredded or diced turkey  
Zest of 1 lemon  
2-4, 9-inch pie crust rounds, depending on your choice of bakeware  
1 egg, beaten

1. Preheat oven to 375 degrees. Melt the butter with the olive oil in a large skillet over medium heat. Add the shallot, and thyme and cook, stirring often, until shallot is fragrant and golden, about 4 minutes. Add the flour and cook 1-2 minutes, until golden.
2. Gradually whisk in the broth and wine, avoiding any lumps. Add the Parmesan rind. Bring to a boil, then reduce the heat and simmer, whisking occasionally, until mixture thickens slightly, about 10 minutes. Stir in the carrots and spinach, and cook until just tender, about 5 minutes. Season with salt and pepper.
3. Remove from heat and add the turkey, wild rice, and lemon zest. Adjust for salt. Remove the Parmesan rind and discard.
4. Transfer mixture to a shallow 2-quart baking dish or to 6 (8-ounce) ramekins. If using a cast iron skillet, you can bake the pie right in the skillet.
5. Gently roll out the pie crust on a lightly floured surface to just the size of your baking dish. If using ramekins, cut crust into smaller circles to fit. Place the crust over the bake ware. Brush with beaten egg and cut 2 or 3 slits into the pastry with a sharp knife for venting.
6. Place pot pie(s) on a baking sheet as the sauce will ooze over the edge while cooking. Transfer to the oven and bake until the crust is golden brown, 30-40 minutes.
7. Serve with a side of roasted Brussels sprouts and a nutty brown ale.

*\*Like crust on a loaf of bread, a finished round of Parmesan cheese has a hard, outer protective rind. While too tough to eat, it still has loads of flavor and can lend a rich nutty profile to any soup or sauce. The rind is removed before serving.*

# (our) TABLE OF COFFEE

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

## Pc PHILOCOFFIA CBD COLD BREW



**SOURCE.** ROASTING LOCALLY SINCE 2017

**LOVE IT.** CBD COLD BREW & COFFEE SHOTS, CBD COFFEE CRYSTALS, BARREL-AGED COFFEE BEANS

## Ac ANODYNE



**SOURCE.** ROASTING LOCALLY SINCE 1999

**LOVE IT.** AVAILABLE PRE-PACKED OR IN BULK

**W**E'VE GOT A BUNCH OF GOAT HERDERS AND MONKS FROM THE 9TH CENTURY TO THANK FOR HELPING US GET THROUGH MONDAYS. AS THE LEGEND GOES, THE HERDERS NOTICED THEIR GOATS WERE MORE ACTIVE AFTER CHEWING ON SOME MYSTERIOUS BERRIES FOUND ON THE ETHIOPIAN PLAIN, SO THE HERDERS TOOK THE BERRIES TO SOME MONKS WHO MADE A DRINK WITH THEM AND THE REST IS COFFEE HISTORY.

Is it true? We weren't there, but we do know that the best part of waking up starts with a cup of joe. At Outpost, we've curated a great selection of coffees from around the country and the world with a special focus on the ones close to home.

## Cc CADENCE COLD BREW



**SOURCE.** MADISON

**LOVE IT.** A NITRO INFUSED CAN MAKES THIS COFFEE A SMOOTH & ALMOST CREAMY TREAT, WITH NO SUGAR ADDED

## Co COLECTIVO



**SOURCE.** ROASTING LOCALLY SINCE 1993

**LOVE IT.** ORGANIC, FAIR TRADE & ROASTED BY HAND

## Mc MKEING COFFEE



**SOURCE.** ROASTING LOCALLY SINCE 2017

**LOVE IT.** A PERCENTAGE OF ALL SALES GOES BACK INTO THE LOCAL COMMUNITY

## Vc VALENTINE



**SOURCE.** ROASTING LOCALLY SINCE 2009

**LOVE IT.** RESPONSIBLY FARMED, SOURCED & ROASTED

## Bc BULLETPROOF COLD BREW COFFEE



**SOURCE.** SEATTLE

**LOVE IT.** SUGAR-FREE & RICH IN OMEGA-3 FATTY ACIDS, PERFECT FOR KETO DIETS

## Tc TASTE NIRVANA THAI COFFEE LATTE



**SOURCE.** THAILAND

**LOVE IT.** SWEET & INTENSE, GREAT OVER ICE

## Sr SINGING ROOSTER



**SOURCE.** HAITI

**LOVE IT.** EACH BAG PURCHASED PLANTS A TREE ON DEFORESTED MOUNTAINS IN HAITI

## Ee EQUAL EXCHANGE



**SOURCE.** MASSACHUSETTS

**LOVE IT.** SOURCED DIRECTLY FROM SMALL-SCALE FARMERS



# (a) recipe

## GRANDMA'S VEGAN COFFEE CAKE

SERVES 9 **Vegan • Gluten-free with substitutions**

*It doesn't matter if your grandma was vegan or not, this classic recipe never goes out of style no matter the ingredients. It's moist, rich, comforting and full of warm spice and "buttery" crumbles. This sweet old-fashioned "schnecke" is quick and easy to make and is perfect paired with a mug of freshly-brewed, piping hot coffee.*

And while coffee might be the "go-to" beverage for some, for others the caffeine might lead to the jitters, headaches or stomach problems. Not to worry. We've got some great choices for when you want a satisfying robust cup full of roasted, earthy flavors without all the caffeine. These drinks are designated with the green backgrounds.

- |                                                                                 |                                                                                                                                                             |
|---------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 cup unsweetened non-dairy milk—we used So Delicious Coconut Milk              | 2 teaspoons baking powder<br>¼ teaspoon baking soda<br>½ teaspoon salt                                                                                      |
| 1 tablespoon applesauce, non-dairy yogurt, or non-dairy sour cream              | <b>Streusel topping</b><br>½ cup flour<br>⅓ cup brown sugar<br>⅓ teaspoon salt<br>2 teaspoons cinnamon<br>¼ cup chopped, raw pecans (optional, but so good) |
| 1 teaspoon apple cider vinegar                                                  | 2 tablespoons vegan "butter", chilled and cut into small cubes                                                                                              |
| ⅓ cup sugar                                                                     | 1 tablespoon neutral flavored vegetable oil                                                                                                                 |
| ¼ cup neutral flavored vegetable oil like canola, refined coconut, or safflower |                                                                                                                                                             |
| 1 teaspoon vanilla extract                                                      |                                                                                                                                                             |
| 1½ cups flour plus extra if needed                                              |                                                                                                                                                             |

1. Preheat the oven to 350 degrees. Line an 8-inch square baking pan with parchment paper in both directions—leaving a bit on each side so you can lift out the cake when it's done.
2. In a medium bowl, add the first 6 ingredients—non-dairy milk, applesauce or non-dairy yogurt or sour cream, apple cider vinegar, sugar, oil and vanilla extract. Mix well until all ingredients are incorporated. Set aside.
3. In another bowl, whisk together 1½ cups flour, baking powder, baking soda and salt. Fold into the wet until just about combined. Add more flour if needed, 1 tablespoon at a time, to make a slightly thick batter. Pour into the parchment lined pan.
4. In a bowl, add the dry streusel ingredients and mix well. Add the vegan butter and oil and mix it in with your fingers until well distributed and crumbly. The texture should be a bit clumpy like wet sand. Spread evenly over the cake batter, without pressing into the batter.
5. Bake at 350 degrees for 35-45 minutes. Cake is done when a tester comes out mostly clean and the top is lightly browned. Cool for 10 minutes, then remove from pan by lifting the parchment paper. Cool completely before slicing. If desired, mix 3-4 tablespoons of powdered confectioner's sugar with a little non-dairy milk to make a simple glaze. Drizzle over top of cake and serve. Cover tightly and store in refrigerator if glaze is used. If not, it can be covered well and stored on the countertop.

**Jc**

JUST COFFEE



**SOURCE.** MADISON  
**LOVE IT.** SUSTAINABLE, ORGANIC & FAIR TRADE

**Ca**

CAFIX



**SOURCE.** POLAND  
**LOVE IT.** MADE WITH ROASTED BARLEY, RYE, CHICORY & SUGAR BEETS

**Pe**

PERO



**SOURCE.** GERMANY  
**LOVE IT.** MADE WITH BARLEY, MALTED BARLEY, CHICORY & RYE

**Fs**

FOUR SIGMATIC



**SOURCE.** SANTA MONICA, CA  
**LOVE IT.** MADE WITH ARABICA COFFEE, LIONS' MANE, CORDYCEPS &/OR CHAGA MUSHROOMS



# FRIENDS, FOODIES & FAMILY ...

story and photos by MICHAEL SORENSEN





**A**MY LOHMILLER KNEW SHE HAD TO STEP UP HER GAME. THESE PEOPLE WERE SERIOUS. THE SELF-IMPOSED PRESSURE STARTED INNOCENTLY ENOUGH ABOUT SIX YEARS AGO WHEN AMY AND HER HUSBAND, MIKE, WENT TO A PARTY WITH TWO DELICIOUS APPETIZERS TO SHARE. AS THE HOST OF THAT FATEFUL PARTY, AARON DEMASTER, EXPLAINS IT WAS A MOMENT THAT CHANGED EVERYTHING.

“It was a New Year’s Eve party. We invited a number of people over to our house and we were going to provide the beverages and we asked people to bring an appetizer to pass and people just went way over the top and brought some amazing things. And we realized we’ve got a bunch of foodie friends and the light bulb went off over my head.”

From these humble beginnings the Foodie Friends was born. A group of about a dozen people (that now has a waiting list, so don’t even bother) who love to cook and love to share their culinary creations with one another about once a month. Each member brings their own unique spin on their dishes.

There’s been bacon themed dinners (with bacon ice cream for dessert), Moroccan-influenced soirees (where a hunt for preserved lemons proved daunting) or an entire meal showcasing rice as the star of the show (risotto, cauliflower rice, rice coquettes, sushi, rice pudding). The Foodie Friends use these get-togethers to hone their skills and find room for improvement because, as member Matt Pemberton remembers, the dishes aren’t always winners, “One time we tried to make soapillas and we called them disappointapillas.”

For Amy, it was an introduction into a world she never fully experienced growing up in Wisconsin. “I grew up on a little dairy farm where we butchered our own steers, got milk from the tank on the farm, produce from the garden. But it was traditional meat and potato, hearty food, things to stretch meals like casseroles and stews. ‘Strange’ food was seafood or rare vegetables. I remember mine and my husband’s first date at a

fancy restaurant and when the waitress came to the table with our salads, I whispered to him, ‘why are there weeds in my salad?’ It was dandelion greens, arugula...I knew then that I really needed to expand my palate.”

Nowadays Amy, Outpost’s fantastic Human Resources Generalist, pushes her comfort zone in the kitchen further than she ever thought possible. In fact, last year Amy and her food group traveled to Italy to experience one of the most exclusive food and wine experiences on the globe—the Taste the Legends at the Rimessa Roscioli restaurant in the heart of Rome. It was a once in a lifetime opportunity that Amy and her group will remember forever because for everyone at the table, it wasn’t just about the food, it was about the way that food (and some of the finest wines in the world) brought everyone closer together.

It’s a camaraderie that carries over to tonight’s meal as each member deftly prepares their dishes: Matt is keeping an eye on his bacon and butter-nut squash sizzling in the oven, while Anne Peters makes sure her exceptional au gratin potatoes come out just right. In the middle of it all Amy peeks under the lids off two stylish Dutch ovens containing the star of the show—her wine braised short ribs which fills the house with the enticing aromas of autumn. As Matt’s wife, Keely, searches for a bowl by opening cupboards and drawers, Amy smiles and notes, “I don’t think there’s any greater feeling of family than taking over someone’s kitchen. When you’re that comfortable with your friends that you just let them take over and do their thing. Make yourself at home. You guys are like family.” Here’s a toast to that.

*(recipes following)*



## RED WINE BRAISED SHORT RIBS

SERVES 4-6

*Red wine and red meat. Apart they're pretty good. Together, they are an unstoppable flavor machine roaring towards your taste buds! This is a dish that is guaranteed to fill your home with the aromas of fall. The hardest part is waiting for it to braise before you can dig in.*

- 5 pounds bone-in, beef short ribs (see our amazing butchers to cut it for you!)
- Salt and freshly ground black pepper
- 2 tablespoons olive oil
- 2 tablespoons butter
- 1 large onion, chopped
- 4 medium carrots, peeled, chopped
- 3 celery stalks, chopped
- 6 cloves garlic, smashed (no need to chop)
- 3 tablespoons all-purpose flour
- 1 tablespoon tomato paste
- ¾ of a bottle dry red wine (the rest is for the cook!)
- Finely chopped fresh oregano and thyme (about 1 tablespoon each)
- Zest of one lemon
- 8 sprigs fresh thyme
- 4 sprigs fresh oregano
- 2 sprigs fresh rosemary
- 2 dried bay leaves
- 2-3 cups beef stock

1. Preheat oven to 350 degrees. Season short ribs with salt and pepper. Heat oil and butter in a large Dutch oven over medium-high. Working in batches, brown short ribs on all sides, about 8 minutes per batch. Transfer short ribs to a plate.
2. Add onions, carrots, celery and garlic to pot and cook over medium-high heat, stirring often, until onions are browned, about 5 minutes. Add flour and tomato paste; cook, stirring constantly, until well combined and deep red, 2-3 minutes. Stir in wine, chopped herbs, lemon zest, then add short ribs with any juices. Bring to a boil; lower heat to medium and simmer until wine is reduced by half, about 25 minutes. Add all fresh herb bunches and bay leaves, then stir in stock. Cover, and transfer to oven.
3. Cook until short ribs are tender, 2-2½ hours. Transfer short ribs to a platter. Strain sauce from pot into a measuring cup. Spoon fat from surface of sauce and discard; season sauce to taste with salt and pepper and serve.

## POTATO & MUSHROOM GRATIN

*Most au gratin potatoes focus on the potato but in this recipe the welcome addition of some earthy mushrooms really adds to the overall complexity and comfort of the dish. They're chopped fine, so they almost disappear into the creamy sauce. This dish is a decadent crowd pleaser.*

- 8 ounces button mushrooms, chopped fine
  - 5 garlic cloves, minced and divided
  - 1 tablespoon unsalted butter, room temperature
  - 2 tablespoons dry white wine
  - 2 medium shallots, diced and divided
  - 3 cups heavy cream
  - ½ cup whole milk
  - 1 tablespoon kosher salt
  - 1 teaspoon freshly ground black pepper
  - 1 tablespoon fresh thyme leaves, plus more for finishing dish
  - 4 pounds russet potatoes, scrubbed, thinly sliced with a mandoline
  - 6 ounces Gruyère, finely grated and divided
  - 2 ounces Parmesan, finely grated and divided
1. Sauté mushrooms, 1 minced garlic clove and half the shallots in butter until the mushrooms release their liquid. Splash with a little white wine un-



SERVES 8-10

- til it evaporates and then set aside.
2. Bring remaining shallots and garlic cloves, cream, salt, pepper and 1 tablespoon thyme to a simmer in a small saucepan over low heat. Cook until shallots and garlic are very soft, 15–20 minutes. Let cool slightly. Transfer to a blender and blend until smooth. Add to the mushroom/shallot/garlic mixture.
  3. Arrange potato slices in prepared dish, fanning out a handful at a time and placing in dish at an angle (this ensures every scoop will have tender potatoes from the bottom and crisp edges from the top). Shingle as you work until bottom of dish is covered. Tuck smaller slices into any gaps to fill. Pour cream mixture over potatoes in layers and top with half of each cheese. Cover with one more layer of potatoes and cream. Cover tightly with foil. Bake potatoes until tender and creamy, 60–75 minutes in 350 degree oven. Let cool.
  4. Place rack in highest position in oven and heat broiler to high. Remove foil and top potatoes with remaining Gruyère and Parmesan. Broil until cheese is bubbling and top of gratin is golden brown, 5–10 minutes. Serve topped with more thyme leaves.



## MIXED GREEN SALAD *with* ROASTED BUTTERNUT SQUASH & WARM CIDER DRESSING

SERVES 4

*This is a salad showstopper that showcases the flavors of the fall. From the sweet butternut squash to the tangy cider dressing and the crunch of the bacon and walnuts you could be happy grazing on this perfectly composed dish all on its own. You can easily omit the bacon to make this vegetarian-friendly.*

- 1 (1½-pound) butternut squash, peeled and diced (about ¾-inch)
- Extra virgin olive oil, ½ cup plus 2 tablespoons
- 1 tablespoon pure maple syrup
- Kosher salt and freshly ground black pepper
- 3 tablespoons dried cranberries
- 4 slices thick-cut bacon
- ¾ cup apple cider
- 2 tablespoons cider vinegar (we love Bragg's for that extra zing)
- 2 tablespoons minced shallots
- 2 teaspoons Dijon mustard
- Mixed greens, about 4 cups
- ½ cup walnuts halves, toasted
- ¾ cup freshly grated Parmesan (thick shard shreds are prettiest)

1. Preheat oven to 400 degrees.
2. Toss cubed squash in 2 tablespoons of oil and maple syrup. Sprinkle with salt and pepper. Roast cubed squash

on a sheet pan with bacon slices for 20–25 minutes, tossing squash halfway through and flipping bacon slices.

3. While the squash and bacon are roasting, combine the apple cider, cider vinegar, and finely chopped shallots in a small saucepan and bring to a boil over medium-high heat. Cook for 6–8 minutes, until the cider is reduced to about ¼ cup. Take off the heat, whisk in the mustard, ½ cup olive oil, 1 teaspoon salt, and ½ teaspoon of pepper. Keep warm.
4. When squash and bacon are roasted: Chop bacon and set aside and mix roasted squash in bacon fat on sheet pan for extra flavor. You can omit bacon altogether to make this dish vegetarian-friendly. Chop dried cranberries and toss with squash from sheet pan.
5. To make salad: Toss greens with vinaigrette and plate immediately. Sprinkle with toasted walnuts. Top with squash and dried berries, chopped bacon, and Parmesan cheese.

*(continued)*



## FALL HARVEST SOUP

SERVES 4

*Bright orange and beautiful this is autumn at its best. You'll be amazed how thick and creamy it is without using any heavy cream and you'll never miss it.*

- 3 tablespoons olive oil
- 3 cloves garlic, smashed
- 1 medium onion, chopped
- 5 large carrots, peeled and cut into large dice
- 1 large butternut squash, peeled, seeded and cut into 1-inch cubes
- 4 cups vegetable stock
- Salt, pepper, hot sauce optional

1. In a large soup pot, add oil, garlic and onion and sauté over medium heat until slightly softened. Season with salt and pepper.
2. Add carrots and squash and cook covered until vegetables are soft. Add vegetable stock and bring to a quick boil then reduce to a simmer for 10 minutes. Puree soup with immersion blender or use your favorite blender. This is meant to be a smooth soup.
3. Topping options: Chopped fresh chives, cooked bacon, shredded Parmesan, crème fraiche, toasted pumpkin seeds, a dash of hot sauce.

## BEST EVER PUMPKIN CUPCAKES

MAKES 9-12 CUPCAKES

*Sometimes pumpkin recipes rely too much on the accompanying spices and you lose the essence of the pumpkin flavor itself. Not this one. The pumpkin flavor remains pronounced and is even enhanced by the fresh spices. The icing is literally the icing on the cake which brings it all together for an easy and exceptional dessert.*

### For cake:

- 1¾ cups all-purpose flour
- 1 cup white sugar
- ½ cup dark brown sugar
- 1 teaspoon baking soda
- 2 teaspoons fresh ground cinnamon
- ¼ teaspoon ground cloves
- ¼ teaspoon fresh ground nutmeg
- 2 eggs (substitute ½ cup applesauce for vegan version)
- 1 15-ounce can of pumpkin puree
- ½ cup coconut oil, melted
- 1 teaspoon vanilla extract

### Icing:

- 1½ cups powdered sugar
- 2 tablespoons whole milk or alternative milk of your choice as vegan option
- 1 tablespoon pure maple syrup

1. Preheat oven to 375 degrees and line cupcake pan with 12 liners (or find a fancy baking pan that looks like little pumpkins and spray the wells with nonstick spray).
2. Whisk flours, spices, sugars, baking soda together and set aside.
3. Whisk eggs, melted oil, pumpkin, and vanilla together in a separate bowl.
4. Combine ingredients until just incorporated (don't overmix).
5. Scoop evenly into cupcake molds and bake 18 minutes or until toothpick inserted in center comes out clean.
6. Icing: Whisk ingredients together and drizzle over top of cooled cakes and serve.





# WISCONSIN PROUD 3-CHEESE MAC & CHEESE *with* ROSEMARY OIL

SERVES 8-12

*We have a book full of lighter, daintier versions of this classic dish, but at its most sublime, mac and cheese is rich, gooey, creamy and soft. This recipe hits all those notes. The ingredients are simple which is why choosing the best cheese from our home state, local butter and milk, and organic pasta matters. Skip the pre-grated cheese this time, as most have anti-caking agents that, while perfectly safe to eat, make for a less creamy experience. Instead, haul out your food processor and use the grating blade or make recipe prep a family affair and have the kiddos help.*

- |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>1 package (16 ounces) uncooked organic fusilli pasta</li><li>½ cup (1 stick) plus 1 tablespoon unsalted butter, cubed</li><li>½ cup all-purpose flour</li><li>4 cups (1 quart) whole Sassy Cow milk</li><li>1 tablespoon kosher salt</li><li>6 ounces Cesar Cheddar cheese, shredded (1½ cups)</li><li>6 ounces Roth Original Havarti cheese, shredded (1½ cups)</li><li>3 ounces Sartori Asiago cheese, shredded (1 cup)</li><li>Pepper to taste</li><li>4 ounces La Campagne Garlic Toasts, crushed with a rolling pin or ½ cup breadcrumbs browned in 1 tablespoon of butter</li><li>Fresh rosemary sprigs for garnish, optional</li></ul> <p><b>Rosemary Oil</b></p> <ul style="list-style-type: none"><li>½ cup extra virgin olive oil</li><li>1 sprig fresh rosemary, chopped</li></ul> <p>In a sealable jar, combine olive and rosemary. Shake to mix. Let marinate for at least 24 hours to develop flavor. Can be kept at room temperature.</p> | <ul style="list-style-type: none"><li>1. At least one day ahead, prepare rosemary oil. Set aside.</li><li>2. Heat oven to 400 degrees.</li><li>3. Cook pasta according to package directions until al dente; drain.</li><li>4. Meanwhile, melt ½ cup butter in a Dutch oven over medium-low heat. Whisk in flour until lightly browned. Gradually whisk in milk and salt. Bring to a boil; cook and whisk for 2 minutes or until thickened. Reduce heat to low; gradually stir in cheddar, Havarti and Asiago cheeses until melted. Stir in pasta. Remove from the heat. Season with pepper to taste.</li><li>5. Spoon pasta mixture into a greased 13x9-inch baking dish. Sprinkle crushed crumbs mixture over top. Bake for 25-30 minutes or until topping is golden brown.</li><li>6. Serve with rosemary oil drizzled on sides of serving bowl or plate, and garnish with small sprig of rosemary.</li></ul> |
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## Easy ways to personalize your Mac & Cheese

*You can skip the rosemary and enjoy this plain, dressed up with our Bacon Jam (recipe page 24) or with one of these other simple variations.*

**Tuna Mac:** Before baking, mix in 1 can of drained, water-packed tuna and 1 cup of frozen peas then top with crushed potato chips instead of breadcrumbs

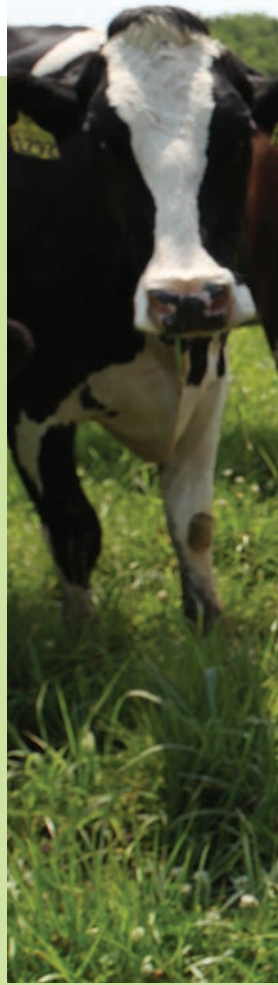
**Bacon:** Cook up 4-5 slices of thick cut, smoky bacon until crispy then drain, crumble or chop, and mix in before baking

**Sausage:** Remove casings from two Outpost sausages (chorizo or Italians are our favorites), brown in a pan, drain and mix in the cooked, crumbled sausage before baking

**Autumn:** Mix in 3 cups of chopped, roasted butternut squash before baking

**Veggie:** Mix in 3 cups of cooked vegetables like broccoli, carrots or greens before baking

**Chicken:** Mix in ½ cup of drained, chopped oil-packed sundried tomatoes and 2 cups of chopped, rotisserie chicken





*It's all in the family at*

## **SASSY COW CREAMERY**

**B**ROTHERS JAMES AND ROBERT BAERWOLF KNOW WHAT IT TAKES TO RUN A SUCCESSFUL DAIRY FARM. THEY ALSO KNOW A BIT ABOUT MARKETING SINCE THEY DECIDED TO NAME THEIR COLUMBUS, WISCONSIN CREAMERY 'SASSY COW' INSTEAD OF GOING WITH THEIR VERY GERMAN LAST NAME, WHICH CONJURES UP IMAGES OF FAIRY TALES AND RUNNING THROUGH DARK FORESTS.

Sassy Cow's marketing director, Kara Kasten-Olson, thinks that was just one of the brothers' good decisions: "When the family was trying to think of what the name should be of the creamery well, they considered naming it their last name. So Baer-

*story & photos by*  
**MICHAEL SORENSEN**

*(continued)*



wolf's not that easy to say, no-one can really spell it and they wanted to really focus the name around the cows that are the centerpiece of the farm, and yes, they all are a bit sassy with their own attitudes. If you accidentally leave a gate open, they love to go roaming."

Unique to most creameries, Sassy Cow prides itself on showing people the rich history of dairy production in Wisconsin by positioning themselves at the center of agritourism with guided tours of the milking carousel, the farm and the creamery itself where every gallon of milk is processed and bottled and where Sassy Cow's fifty flavors of ice cream are cooled in a three-day long visit in a sub-zero freezer.

Divided into two separate herds, with the creamery roughly in the middle, these third-generation farmers and their children care for a traditional herd of heifers and an organic herd. It would be considerably easier to just raise traditional cows and not worry about the stringent requirements of raising an organic herd, but it was a decision the brothers made in 1999 and they haven't looked back.

"It's two separate farms completely. We're very transparent about it. The traditional farm is about three miles east of the creamery so it's separate, completely different land and everything must be very detailed and recorded. We have inspectors out all the time. We bring up the milk here to the creamery. We bottle organic milk first, then bottle traditional milk and there's no chance of cross-contamination between the two."

In 2008 the brothers took an even bigger gamble and began processing their milk on the farm instead of selling it on the ever-fluctuating and routinely volatile bulk milk market. A decision that continues to be a wise one as this year they are expanding the creamery into a one-stop shop for everything Sassy Cow; including selling milk, ice-cream and other local Wisconsin products along with guided tours to their impressive dairy operation. [Editor's note: the dairy is a pleasant hour and fifteen-minute drive from Milwaukee and well worth the visit in this writer's opinion]

When the air starts to get a little crisp at this time of year and the days grow shorter, everyone at Sassy Cow knows their customers thoughts turn toward one of their most popular products—the arrival of the eggnog. As Kasten-Olson explains, the demand borders on obsession: "It's amazing how many quarts of eggnog we sell. We have people who ask why we don't make it year-round...I mean when it's 90 degrees with 100% humidity, no-one really wants to drink eggnog! I think it's so popular because of its seasonality and the short time that it's around." So pick up some Sassy Cow today and help support a family that keeps the dairy in the Dairy State.

SASSYCOWCREAMERY.COM  
4192 BRISTOL ROAD  
COLUMBUS, WI 53925  
WWW.SASSYCOWCREAMERY.COM



by LISA MALMAROWSKI  
photos by CARA BERKEN

# a HOMESPUN harvest

DECONSTRUCTED SALAD  
WITH RANCH DRESSING





**W**HAT IF WE TOLD YOU ENTERTAINING COULD BE CASUAL WHILE BEING JUST A LITTLE FANCY? WELL, THIS IS THAT MENU. ANY ITEM CAN BE PULLED OUT TO STAND ON ITS OWN FOR A DISH TO PASS OR BE THE HIGHLIGHT OF ANY HOLIDAY CELEBRATION. THESE RECIPES OFFER UP A TON OF FLAVOR WITHOUT REQUIRING A LOT OF EFFORT. WE LOVE THEM LINED UP ON A BUFFET FOR EASY NOSHING – JUST ADD THE BUBBLY AND GOOD CHEER!

## SHRIMP CAKES *with* SMOKY SOUR CREAM

MAKES 24 AS AN APPETIZER

*Gluten-free with substitutions*

*These little cakes are similar to a crab cake with a firmer texture and loads of flavor. With minimal effort, this is the type of appetizer that looks like you fussed. The smoked paprika really does add a lot more flavor than regular or “sweet” paprika. If you don’t want to bother with peeling and cleaning shrimp, using frozen Gulf shrimp that have been carefully thawed, then dried, will work as well.*

- 1 pound raw wild-caught Gulf shrimp peeled and deveined
- ¾ cup panko breadcrumbs – regular or gluten-free
- ¼ cup finely diced red bell pepper
- 3 tablespoons sliced chives plus more for garnish
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 eggs
- 1 teaspoon lemon zest
- 4 tablespoons olive oil
- ½ cup sour cream
- 1 teaspoon smoked paprika
- Salt and pepper to taste
- Lemon wedges for serving

1. Place the shrimp in the bowl of a food processor. Pulse until coarsely chopped (do not grind into a paste).
2. Transfer the shrimp to a large bowl and add the panko breadcrumbs, red bell pepper, chives, salt, pepper, eggs, and lemon zest. Stir gently to combine.
3. Form the shrimp mixture into about 24 appetizer-sized patties.
4. Heat the olive oil in a large pan over medium high heat. Add the shrimp patties in a single layer and cook for 4-5 minutes on each side or until golden brown. Cook in batches, don’t crowd the pan.
5. Mix together sour cream and smoked paprika. Season to taste with salt and pepper.
6. Serve immediately, topped with additional chives and smoky sour cream. Garnish with lemon wedges.

## *(our)* MENU

DECONSTRUCTED SALAD WITH RANCH DRESSING

SHRIMP CAKES WITH SMOKY SOUR CREAM

GROUND TURKEY SKEWERS WITH BACON JAM

AUTUMN VEGETABLE RAGOUT  
SALTED CARAMEL APPLE CAKE

*(continued)*

## AUTUMN VEGETABLE RAGOUT

SERVES 8 **Vegan • Gluten-free**

*This simple vegetable dish is classic autumn with a French flair. It's an excellent vegetarian stew that could work as a holiday entrée, but also plays well on a party buffet, kept gently warm in a chafing dish.*

¼ cup extra-virgin olive oil  
2 medium red onions cut into thin strips  
4 large carrots cut into ½-inch pieces  
4 cups butternut squash, cut into cubes  
2 medium turnips, coarsely chopped  
2 cups green cabbage, coarsely chopped  
⅔ cup vegetable stock  
⅓ cup dry white wine  
2 fresh plum tomatoes, cut into cubes  
¾ teaspoon fresh thyme leaves pulled from stems plus more for garnish  
1 bunch or one large handful of fresh baby spinach  
Salt and freshly ground pepper to taste

1. Preheat oven to 350 degrees.
2. Add about half of the olive oil to a large, heavy bottomed pot with lid. Heat over medium and add onions and carrots. Sauté until softened slightly, 3-5 minutes, then add the rest of the oil and squash, turnips and cabbage. Season with salt and pepper to taste and keep sautéing for a few more minutes.
3. Add vegetable stock, wine, tomatoes and thyme and cover halfway. Cook over low heat for about 45-60 minutes, stirring occasionally. If vegetables are too dry, add a bit more stock or wine. Check vegetables, and when cooked through, remove from heat, taste and adjust salt and pepper, then add baby spinach to wilt.
4. To serve, garnish with more fresh thyme and serve with crusty sliced baguette, or over cooked polenta, quinoa or rice.



## GROUND TURKEY SKEWERS *with* BACON JAM

MAKES 24 **Gluten-free**

*Think of these like the Thanksgiving version of Middle Eastern kefta kebabs. They are delicious with a prepared chutney but serving them with the bacon jam kicks them up to a new level. These are best served warm or at room temperature.*

- 24 wooden skewers (8-inch or longer)  
1 package, 1¼ pounds, ground turkey  
¼ cup pecans, finely chopped  
¼ cup onion, finely chopped  
1 teaspoon ground cumin  
2 cloves garlic, minced  
1 teaspoon fresh thyme leaves, chopped  
1 teaspoon salt  
¼ teaspoon pepper
1. Soak skewers in water 30 minutes to prevent burning.
  2. Meanwhile, heat oven to 375 degrees. Line large baking sheet or jelly roll pan with foil or cooking parchment paper and lightly spray foil or paper with cooking spray.
  3. In medium bowl, mix all ingredients.

Shape 1 well-rounded tablespoon of the turkey mixture around top third of each skewer, kind of like a little sausage or log.

4. Place skewers in pan with turkey facing the center of pan and skewer ends facing outside of pan.
5. Bake 20-25 minutes or until turkey is no longer pink in center.
6. Stack up on pretty platter and serve with bacon jam on the side for topping the skewers.

## BACON JAM

MAKES ABOUT 2 CUPS

*You will have more jam than you need for the skewers but trust us—this is a good thing. This sweet, salty jam is excellent with just about any grilled meat and on top of avocado toast, stirred in mac and cheese, served on a cheese tray or as a topping on sandwiches and burgers. This recipe is a snap to make but takes a little time for the onions to properly caramelize so plan accordingly.*

- 1 pound thick cut bacon like Nueske's  
2 extra-large sweet onions, quartered and thickly sliced  
½ cup brown sugar

⅓ cup strong brewed coffee  
½ cup water  
1 tablespoon balsamic vinegar  
Salt to taste

1. Cut the bacon into half-inch slices and add them to a large frying pan. Don't worry if the bacon pieces stick together, they will come apart as they cook. Cook over medium-high heat for about 10 minutes, stirring frequently until the bacon is cooked but still quite chewy. A few crispy bits are ok.
2. Using a slotted spoon remove the bacon from the pan and set aside. Pour out all but 1 tablespoon of the bacon drippings and reserve for another use.
3. Add the onions to the pan and cook for about 8-10 minutes then reduce the heat to low. Add the sugar and stir. Continue to cook until the onions have caramelized, about 20 minutes. Add the coffee, ½ cup of water and the reserved bacon and increase the heat to medium. Continue to cook, stirring about every five minutes, until the onions are thick and jam-like, about 30 minutes.
4. Remove from heat and stir in the balsamic. Taste for seasoning and salt if necessary.





AUTUMN VEGETABLE RAGOUT

## DECONSTRUCTED SALAD *with* RANCH DRESSING\*

SERVES 8 **Vegan • Gluten-free**

This “salad” is a fun way to glam up your usual veggie tray and makes it easy for guests to serve themselves. Whether or not you make the salad, make this dressing. It’s easy and one of the best we’ve ever tried!

### Dressing

- 1½ cups vegan mayo (we like Vegemise)
- 1½ teaspoons apple cider vinegar
- 3 cloves garlic, crushed
- ½ tablespoon dried parsley
- 1 teaspoon dried dill
- 1 teaspoon onion powder
- ¼ teaspoon paprika
- ¼ teaspoon pepper
- Salt to taste
- ⅛–¼ cup non-dairy milk (any unsweetened variety)

### Salad

Your choice of fixings like firm leaf lettuces, crackers, hard-boiled eggs – halved, blanched green beans, and other crudities like carrots, celery, radishes and steamed quartered new potatoes

1. Mix all dressing ingredients, except for non-dairy milk, together in a bowl. Then gradually add a little non-dairy milk until dressing reaches desired consistency. We like it a little thick so it will cling easily to the salad fixings. Store in a sealed container in the fridge where it should keep for up to week. The flavors will meld after about 4 hours, but it’s still delicious before then.
2. Choose a medium-sized serving bowl to assemble your “salad”. Arrange the ingredients so they’re easy to pluck out. Serve dressing on the side in a small bowl.

\* See page 22 for photo



GROUND TURKEY SKEWERS

Use Bacon Jam immediately or refrigerate for up to a week. Bring back to room temperature before serving so it tastes the best and the little dabs of fat melt back into the jam. We also loved this with our 3-Cheese Mac recipe on page 17.



BACON JAM

(continued)

# SALTED CARAMEL APPLE CAKE

SERVES 8-10

*We admit it, we love upside down cakes. They are incredibly simple, almost foolproof, and if you take just the tiniest bit of extra time to carefully arrange the fruit, they are beautiful. This cake combines all the flavors of a caramel apple—soft buttery-caramel, tart apple and just a little salt—into an easy to serve, elegant cake.*

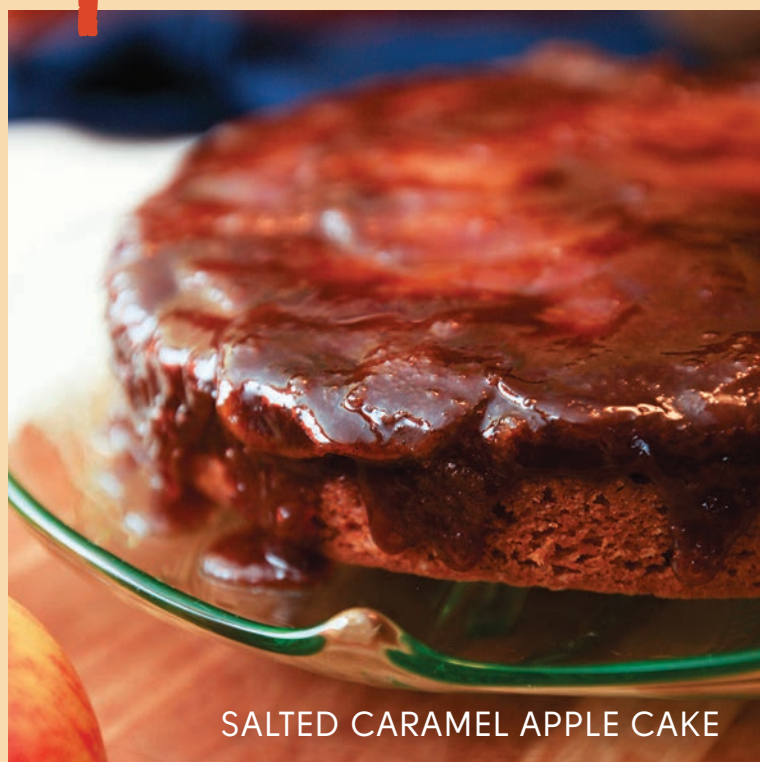
## Topping

- 2 cups very thinly sliced tart baking apples like Granny Smiths, Honeycrisp or Braeburns, about 3–4 apples—no need to peel
- ½ cup salted butter
- ⅔ cup brown sugar
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ¼ teaspoon ground cloves
- 1 teaspoon vanilla extract

## Cake

- ½ cup salted butter
- 1 cup brown sugar
- 2 large eggs
- ¼ cup milk
- 1½ cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon cinnamon
- Sea salt for topping
- Vanilla ice cream for serving

1. Generously grease a round 9-inch cake pan or 9-inch spring form pan. We typically use a spring form with foil over the bottom to ensure it will easily slide out of the pan.
2. Slice the apples with a mandolin to get them super thin, like paper. Or if that's not possible, as close to paper as possible.
3. Make sauce: Melt the butter in a medium saucepan. Add brown sugar, cinnamon, nutmeg, cloves and vanilla. Cook over medium heat for about 3 minutes until smooth and thickened slightly then pour the caramel sauce into the greased cake pan and top with the apple slices.
4. Make cake: Preheat the oven to 325 degrees. Beat the remaining butter and brown sugar until creamy. Add eggs and milk and beat until incorporated. Stir in the flour, baking powder, and cinnamon. Pour the cake on top of the caramel and apple layer in the cake pan.
5. Bake for 45 minutes. Note: If using a springform pan, place pan on a cookie sheet in the oven to catch any drips. Let cool for 10 minutes. Cake should still be warm when you remove it from the pan.
6. Invert onto a pretty plate and tap the top until the cake comes out onto the plate, or pop the springform open and remove bottom. Sprinkle with sea salt and serve with vanilla ice cream.



SALTED CARAMEL APPLE CAKE

# Meet Jon Steinman

AUTHOR OF *GROCERY STORY: THE PROMISE OF FOOD CO-OPS IN THE AGE OF GROCERY GIANTS*

|| interview by  
MARI WOOD

SEEMS LIKE NEARLY EVERY DAY THERE IS NEWS OF CORPORATELY-OWNED RETAIL GROCERS MERGING AND ACQUIRING EACH OTHER FOR THE SAKE OF MARKET DOMINANCE. SOMETIMES IT'S HARD NOT TO FEEL HELPLESS WHILE WE WATCH A FEW GROCERY CONGLOMERATES TAKE OVER OUR FOOD SYSTEM.

However, reading the book *Grocery Story: The Promise of Food Co-ops in the Age of Grocery Giants* by Jon Steinman will surely give you hope for the future of cooperatively-owned grocery stores. *GRAZE* had the opportunity to ask Jon a few questions about his book and to learn more about how food co-ops provide us with an important alternative to shopping at the “grocery giants.”

(continued)

## GROCERY STORY

THE PROMISE OF  
FOOD CO-OPS  
IN THE AGE OF  
GROCERY GIANTS

JON STEINMAN





Author, Jon Steinman



**WHILE READING *GROCERY STORY*, READERS LEARN THAT YOU HAVE A LONG HISTORY OF INVOLVEMENT WITH YOUR LOCAL GROCERY CO-OP. TELL US MORE ABOUT HOW YOU DISCOVERED AND GREW A PASSION FOR FOOD COOPERATIVES.**

**JON STEINMAN:** It wasn't until I landed in British Columbia in late 2004 when cooperatives were first introduced to me. Within a month of arriving, I became a member-owner of my first cooperative – a community radio station owned by its listeners (one of only two in the country). Shortly thereafter, I joined Nelson's only community-owned grocery store – the Kootenay Co-op. It didn't take long for me to become quite enthralled with the cooperative model. My first entry into this was by launching a food radio show at Kootenay Co-op Radio in 2006 and six months later, I was elected to the board of directors of the Kootenay Co-op grocery store. As I expanded my investigations and understanding of the food system through my radio/podcast series, an even deeper level of appreciation for cooperatives began to emerge. It was slow, but significant. As I learned more and more about the systems supplying us with food, I began to notice how the grocery store sector was one of the most influential forces shaping the food system – an influence that was largely unnoticed by advocates of good food. With my more focused attention on this area of the food system, I came to the conclusion that the private or corporate ownership of grocery stores held little hope for the future of food and it was then I really woke up to the importance of food retail owned and stewarded by the people using the stores – consumer food co-ops.

**YOU FEATURE A QUOTE BY AUTHOR, LEON C. MEGGINSON, THAT SAYS, "ACCORDING TO DARWIN'S 'ORIGIN OF SPECIES,' IT IS NOT THE MOST INTELLECTUAL OF THE SPECIES THAT SURVIVES; IT IS NOT THE STRONGEST THAT SURVIVES; BUT THE SPECIES THAT SURVIVES IS THE ONE THAT IS ABLE BEST TO ADAPT AND ADJUST TO THE CHANGING ENVIRONMENT IN WHICH IT FINDS ITSELF." PLEASE EXPLAIN HOW THIS CONCEPT IS EXEMPLIFIED BY FOOD CO-OPS THROUGHOUT HISTORY.**

**JON:** One way to describe this is through my own personal experience of keeping abreast of the larger cultural and systemic changes happening in the food system. I constantly find myself experiencing both frustration and gratitude as I hear about the latest 'innovations' and ideas coming out of 'big food' and among the wider eating public. For every new idea that emerges, we can often trace the origin and/or early implementation of those ideas to food co-ops. Some examples of this are the elimination of plastic grocery bags and the rising popularity of reusable shopping bags, increased scrutiny of food packaging and the successes of the organic and local food movements. So on the matter of 'adaptation', co-ops have demonstrated throughout history how quickly they can identify a need or opportunity for change and then act upon it with convincing results. When we view co-ops in this context, it becomes quite apparent how food co-ops really are the instigators, influencers and seed-planters of change.

**AFTER READING ABOUT THE QUESTIONABLE BUSINESS PRACTICES OF THE GROCERY GIANTS IN *GROCERY STORY*, DO YOU**



Above, Outpost's Local Regional Logo: Food co-ops offer authentically local food options. To help locate local items at Outpost, look for our Local Regional signs.

Left: Outpost's bulk department on Holton Street in the early 1980's. Outpost was one of the first grocers in the Milwaukee area to give our shoppers the opportunity to reduce their carbon footprint by shopping in bulk.

**HOPE THAT YOUR READERS ARE INSPIRED TO TAKE ACTION AGAINST THE CURRENT CORPORATIZED GROCERY INDUSTRY? IF SO, WHAT ACTIONS CAN FOOD CONSUMERS TAKE TO BRING ABOUT A MORE JUST AND FAIR FOOD SYSTEM?**

**JON:** I spent many years exploring what change might look like within the dominant food system and by those who are mandated to regulate the industry. While I continue to support and applaud this approach to change, I'm left to believe that the most impactful way to support a more just and fair food system is for eaters to become owners of the grocery store they shop at. With this approach, rather than taking action 'against' the grocery giants, we instead are able to invest in an entirely new paradigm – one that can increasingly operate on a parallel course to the dominant food system and not one that continues to run up against it.

**IN GROCERY STORY, YOU SPEND A FAIR AMOUNT OF TIME TALKING ABOUT THE GROCERY GIANTS' USE OF 'LOCAL-WASHING' TO MARKET THEIR PRODUCTS TO MAKE THEM APPEAR MORE LOCALLY-SOURCED THAN THEY ACTUALLY ARE. DO YOU HAVE ANY SUGGESTIONS FOR SHOPPERS TO HELP THEM AVOID BEING MISLED BY THESE DECEPTIVE MARKETING PRACTICES?**

**JON:** The grocery giants are investing considerable energy into the growing interest among consumers to buy local products and are often doing so by widening the definition of 'local food'. Actual local foodmakers are now competing with this new definition of 'local'. Food co-ops on the other hand maintain a very strong and integral commitment to protect-



**MEET JON STEINMAN AT OUTPOST!**

**Mequon Outpost:** Friday, October 11

- 11:00am – 6:00pm: In-store meet & greet

**Capitol Drive Outpost:** Sunday, October 13

- 11:00am – 1:30pm: In-store meet & greet
- 2:00 – 3:00pm: Book Presentation & Discussion in the Community Room
- 4:00 – 6:00pm: In-store meet & greet

**Bay View Outpost:** Monday, October 14

- 11:00am – 5:30pm: In-store meet & greet
- 6:00 – 7:00pm: Book Presentation & Discussion in the Community Room

Please RSVP for the book presentations & discussions at [www.outpost.coop/events/meet\\_the\\_author.php](http://www.outpost.coop/events/meet_the_author.php)

ing the language and more commonly defined version of 'local' that eaters expect. Whenever possible, if buying direct from the foodmaker is not an option, purchasing local products at a food co-op is an eater's best assurance that the product is actually local.

**IN EVERY EDITION OF GRAZE, WE HIGHLIGHT THE "CO-OP DIFFERENCE" BY FEATURING STORIES ABOUT HOW CO-OP VALUES ARE MAKING OUR LOCAL COMMUNITY A BETTER PLACE. THROUGH YOUR EXTENSIVE RESEARCH OF FOOD CO-OPERATIVES, COULD YOU TELL US MORE ABOUT THE POSITIVE IMPACT GROCERY CO-OPS HAVE ON THEIR COMMUNITIES?**

**JON:** One impact that stands out for me is the hub of community that most of the food co-ops I've visited are providing to the neighborhoods in which they operate. In the spring of this year I visited over 50 food co-ops in the eastern U.S. and Ontario and was reminded of just how important it is for our neighborhood grocery stores to be so much more than just a store. Without question, there is a dearth of community connections in the day-to-day. It doesn't take some multi-year, well-funded study to draw the conclusion that food co-ops are vital spaces in our communities to provide a safe and welcoming space for these connections to take place.

**GROCERY STORY: THE PROMISE OF FOOD CO-OPS IN THE AGE OF GROCERY GIANTS**

IS AVAILABLE FOR PURCHASE AT ALL OUTPOST LOCATIONS. VISIT [WWW.GROCERYSTORY.COOP](http://WWW.GROCERYSTORY.COOP) TO LEARN MORE.



# THE GREENS *revolution*

by MICHAEL SORENSEN  
*photos provided by SUPERIOR FRESH*

**T**HERE'S AN AGRICULTURAL REVOLUTION HAPPENING IN HIXTON, WISCONSIN AND THIS REVOLUTION IS ALL ABOUT THE GREENS. SALAD GREENS.

Superior Fresh bills itself as the largest aquaponics facility in the world and they are focused on changing the way food is produced one lettuce leaf and one fish at a time. President Brandon Gottsacker explains how it works, "Aquaponics is simply the integration of aquaculture and hydroponics. We raise Atlantic salmon and Steelhead in our one-acre Fish House and organic leafy-green vegetables in our six-acre greenhouse. The nutrient-rich water from the fish is shared with our greenhouse and is the source of nutrients for our leafy greens to grow."

It's an impressive operation that utilizes space and resources on a scale unseen before. Fish are raised from eggs in tanks where they learn to swim, are fed a diet free of hormones and antibiotics and are then harvested and sold. The nutrient rich water they



swim in is then pumped into the adjacent greenhouse to feed the plants which naturally filter the water and then that clean water is filtered back into the fish tanks to start the process all over again. It's as close to a closed system as you can get.

"Instead of wasting nutrient-rich water that fish create, we decided to capture those nutrients and use them to grow organic vegetables," Gottsacker says. "A major benefit to our farming system is the massive amount of water saved compared to conventional systems – we are able to use 20-30 times less water than conventional farming methods, equating to 3,024 Olympic-sized swimming pools of water saved annually. Another benefit is the absence of harsh pesticides and herbicides in our greenhouse, resulting in our organic certification. With our integrated system, we are able to use the organic nutrients the fish provide and avoid the conventional inputs most other farms rely on."

Even better than the idea of fresh produce year-round (Superior Fresh's first real Wisconsin winter was during last year's brutal

polar vortex and they came through it unscathed) is the fact that sustainability is the name of the game. 99.99% of all the water used at Superior Fresh is recycled and they can grow 30 times more produce in the same footprint as conventional leafy greens—and that's 365 days a year, something that's impossible to do conventionally in most states but especially here. And that's really what this revolutionary facility is all about.

"By 2050, we need to produce 60% more food to meet the increased population demand. The need to improve how food is grown and raised has never been more important. Between our water conservation, reduced land requirements and proximity to our customers, Superior Fresh has the most sustainable farming practices on the planet."

Farming practices that are positioned to take Wisconsin and the world into the future.

WWW.SUPERIORFRESH.COM  
W15506 SUPERIOR FRESH DRIVE  
HIXTON, WI 54635

# 12 Weeks of

**A**S WE HEAD INTO THE HOLIDAY SEASON, IT'S A GOOD TIME TO TAKE A MOMENT TO REFLECT ON HOW MUCH WE HAVE IN OUR LIVES AND HOW WE CAN SHARE SOME OF THAT ABUNDANCE WITH OUR LESS FORTUNATE NEIGHBORS. IN THAT SPIRIT, WE CAME UP WITH A TWELVE WEEK GIVING GUIDE TO HELP YOU PLAN ONE COMMUNITY GIVE-BACK EFFORT PER WEEK FOR THE REST OF 2019!

OCTOBER

13-19

Attend the 21st annual Milwaukee Empty Bowls fundraiser on Sunday, October 13, 11am – 2pm at the Kern Center at MSOE. For a \$25 donation, you can sample a delicious variety of soup donated by Milwaukee-area restaurants.

Learn more at:  
[www.milwaukeeemptybowls.org](http://www.milwaukeeemptybowls.org)

OCTOBER

20-26

Be a farmer for a day! Volunteer at the Hunger Task Force Farm in Franklin, WI. The Farm provides free farm fresh produce to area food pantries. There are plenty of opportunities available as they bring in the last of the year's harvest.

For more information go to:  
[www.hungertaskforce.org/volunteer/farm](http://www.hungertaskforce.org/volunteer/farm)

OCT. - NOV.

27-2

Purchase the 2019 edition of Milwaukee Empty Bowls' Cookbook for a \$20 donation at any Outpost store location. Includes 100 pages of delicious soup recipes from local businesses including several from Outpost's cafes.

Proceeds benefit  
*Empty Bowls*  
MILWAUKEE



NOVEMBER

3-9

Donate to Outpost's Buy A Bag program: Make a \$20 contribution at any Outpost store location, and we'll purchase \$40 worth of natural and organic food for those in need.

*Buy A Bag runs from Nov. 1 – Dec. 31 & benefits Hunger Task Force of Milwaukee.*

NOVEMBER

10-16

Help local teens develop life skills by making a donation to Outpost's 2019 give-back partner, Teens Grow Greens.

Donate online at:  
[www.teensgrowgreens.org/donate](http://www.teensgrowgreens.org/donate)

**TEENS  
GROW  
GREENS**



NOVEMBER

17-23

Drop off healthy non-perishable food items for Hunger Task Force in conveniently located donation barrels at all Outpost store locations (food collected at the Mequon Outpost is donated to Family Sharing of Ozaukee County).





# Giving Guide

NOVEMBER

24-30

Volunteer at Hunger Task Force's Drive-Thru Food Drive at Helfaer Field at Miller Park on November 27. Help collect and load food donations from drive-up donors.

More information available at [www.outpost.coop/events](http://www.outpost.coop/events)



DECEMBER

1-7

Donate to your favorite charity on #GivingTuesday (December 3).

Find out how you can participate in local efforts:

[www.givingtuesday.org/whats-happening-near-me](http://www.givingtuesday.org/whats-happening-near-me)



DECEMBER

8-14

Hold a donation drive at your office or child's school to help keep our community's homeless population warmer this winter by collecting pairs of NEW gloves or mittens.

Then donate them to local non-profit, Street Angels. [www.streetangelsmke.org](http://www.streetangelsmke.org)



DECEMBER

15-21

Visit the Outpost Makers Market at Outpost's 100 E. Capitol Drive location, where you'll be sure to find perfect holiday gifts for everyone on your list while supporting local up-and-coming businesses.

For market dates & times, visit: [www.outpost.coop/community/outpost\\_makers\\_market.php](http://www.outpost.coop/community/outpost_makers_market.php)

DECEMBER

22-28

Purchase a one-of-a-kind hand-crafted bowl for a \$20 donation to help alleviate hunger in our community. Fill it with Fair Trade chocolate for a great host/hostess gift! Available at all Outpost store locations.

Proceeds benefit  
*Empty Bowls*  
MILWAUKEE

DEC. - JAN.

29-4

It's your last chance to use your Buy A Bag donation as a 2019 tax deduction. Finish up the year on a feel-good note!

Donate at any of Outpost's four store locations.



# (just one more) recipe



**W**E KNOW A LOT OF FOLKS SIT DOWN TO A TRADITIONAL THANKS-GIVING DINNER WITH ALL THE FIXINGS, BUT MORE AND MORE PEOPLE ARE OPTING FOR LESS TRADITIONAL MEALS THAT ARE EASY TO PREPARE, EASY TO CLEAN UP AND MOST IMPORTANTLY LEAVE ROOM FOR THE COOK TO SPEND MORE TIME WITH FAMILY AND FRIENDS. SERVE THIS RICH, SAVORY LASAGNA WITH A FRESH, TOSSED SALAD AND CRUSTY SLICED BREAD. MAKE DINNER EVEN EASIER BY PICKING UP A PREMADE DESSERT – A MADE-FROM-SCRATCH PIE FROM OUTPOST!

## SICILIAN COUNTRY LASAGNA

SERVES 12

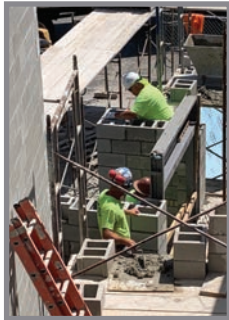
*We took a classic recipe and lightened it up with bison and chicken. The minced mushrooms also mimic the taste and texture of meat.*

- |                                                      |                                        |
|------------------------------------------------------|----------------------------------------|
| 1 pound lasagna noodles                              | ½ cup kalamata olives, sliced          |
| 1 pound ground bison                                 | 28-ounce can chopped tomatoes          |
| ½ pound Outpost's Co-op Made Italian chicken sausage | 2 6-ounce cans tomato paste            |
| ½ pound fresh mushrooms, minced                      | 2 eggs, beaten                         |
| 1 large onion, chopped                               | 16 ounces ricotta cheese, drained      |
| 4 garlic cloves, minced                              | 4 tablespoons Italian parsley, chopped |
| 1½ teaspoons sugar                                   | ½ pound mozzarella cheese, shredded    |
| 2 teaspoons salt                                     | 1 cup Parmesan cheese, grated          |
| 1½ teaspoons dried basil                             |                                        |
| ½ teaspoon fennel seed                               |                                        |
| ¼ teaspoon freshly ground black pepper               |                                        |

1. Cook lasagna noodles according to package direction, but still somewhat firm. Drain and set aside.
2. Brown ground bison and sausage. Drain any excess fat. Add mushrooms and cook mixture until moisture is released and then reabsorbed.
3. Add the onion and garlic and sauté until onion is tender.
4. Add the sugar, salt, basil, fennel seed, tomatoes and tomato paste. Blend well. Simmer for 1 hour.
5. In a bowl, combine the eggs, ricotta cheese, parsley and salt. Blend well.
6. In the bottom of a very large baking pan, spread just enough of the meat mixture to cover the bottom. Layer noodles, meat sauce, olives, ricotta cheese mixture, mozzarella cheese and Parmesan cheese. Repeat layering, making sure to end with the Parmesan cheese.
7. Cover with foil. Bake at 375 degrees for 25 minutes. Remove the foil and bake for 25 additional minutes.



## CHECKOUT

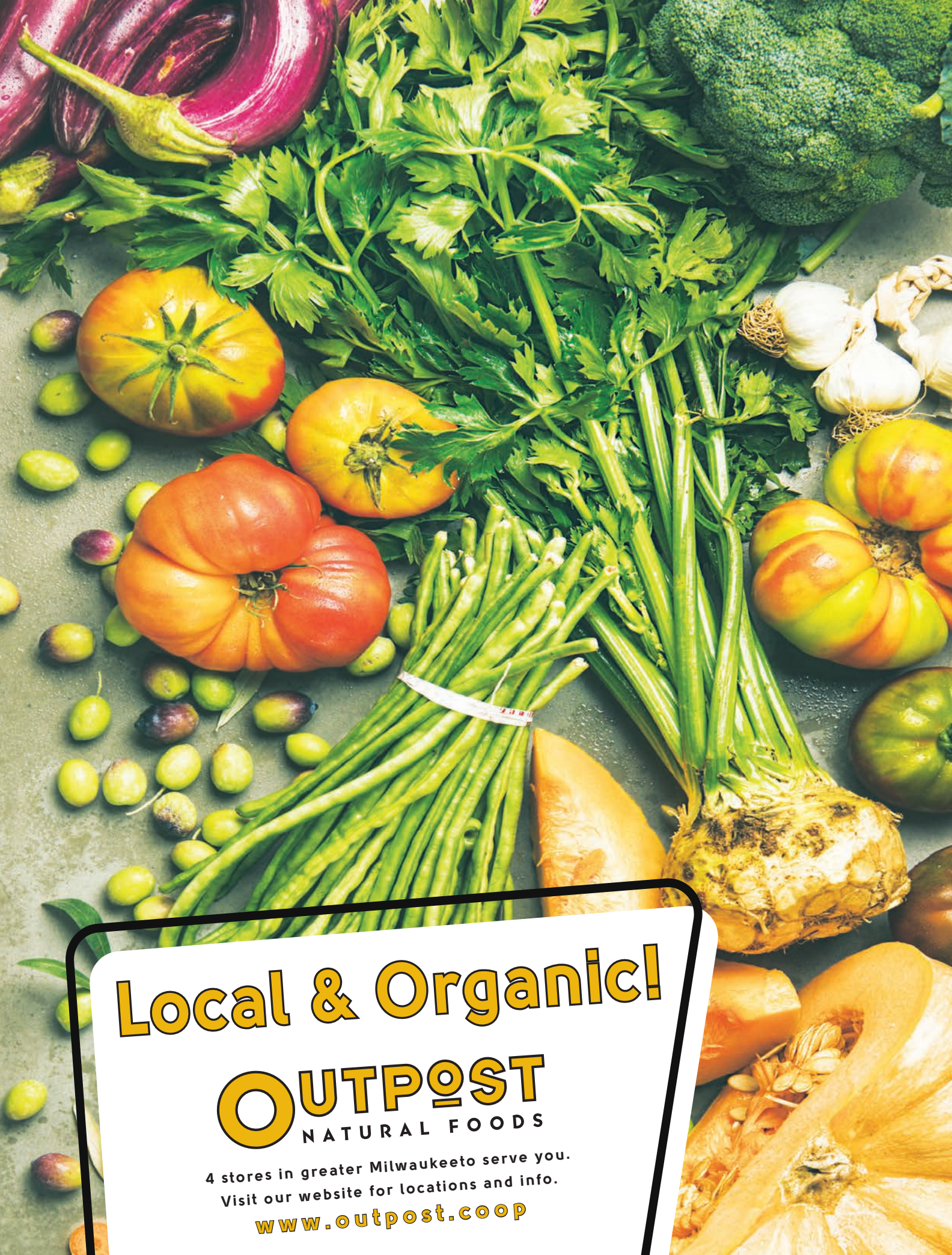


WHEN . **SUMMER – FALL 2019**

WHAT . **STATE STREET REMODEL & EXPANSION**

WHERE . **7000 W STATE ST, WAUWATOSA**

*A big thank-you to the staff, local artisans and contractors that have worked pretty much around the clock. And a huge thanks to all the owners and shoppers for rolling with so many changes and disruptions. We promise, it will be amazing!*



**Local & Organic!**

**OUTPOST**  
NATURAL FOODS

4 stores in greater Milwaukee to serve you.  
Visit our website for locations and info.

[www.outpost.coop](http://www.outpost.coop)