

# GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS CO-OP

## Summer Salad Days

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WITH SMOKIN' TS**

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WITH SOUL**

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PLU 3010  
**SUMMER 2021**

FREE WITH ANY PURCHASE



## FIRST WORD.

JULY IS TYPICALLY THE TIME OF YEAR WHEN WE KICK BACK, TRAVEL, HANG OUT IN THE SHADE OR OTHERWISE CELEBRATE OUR MIDWESTERN SUMMER. BUT THE SUMMER OF 1999 WAS DIFFERENT FOR OUTPOST. WE WERE BUSY BUILDING OUR SECOND LOCATION IN WAUWATOSA, AND WHILE THE COMMUNITY WAS GETTING EXCITED ABOUT THEIR NEW CO-OP, WE KNEW WE HAD TO DO MORE TO GET THE WORD OUT.



*Kari Mitchell & Peter Schultz,  
Wauwatosa 4th of July parade, 1999*

Someone (okay, it was me) had the grand idea of joining in the annual Wauwatosa Fourth of July Parade. I can't recall who came up with the idea of doing a shopping cart drill team, but we decided it was genius. So, we lined up staff volunteers to be on the team, our HR manager would drive her Geo Tracker (with the top down it was basically a convertible) so we could play music. Our grocery manager convinced her dad to be the band (that is, if a band is a guy sitting on the back of a car playing his accordion). We had a banner printed, rolled up some tee shirts to throw to the crowd, and gathered candy to toss to the kiddos. We were ready!

The parade day dawned, the sky was cloudless, and the temperature was already climbing along with the humidity. By the time we had decorated our carts and stored the little foil covered "Earth" chocolate balls on ice in a cooler (who decided chocolate was a good idea in the middle of summer?) it was 9 a.m. and well into the 90's. But off we went, rolling our carts all the way down North Avenue on the asphalt in the blazing sun, beaming bystanders with tee shirts and melting chocolates, while frantically slugging water, our faces beet-red and dripping with sweat as we performed our (frankly lame, but jolly) routines to the cheery sounds of polka music. We laughed and smiled along with the easily-impressed crowd who were shouting out their admiration for our team of carts with wheels that didn't wobble. Apparently wobbly grocery cart wheels were a problem in 'Tosa.

By the time we got to the end and found some shade under the trees, a few of us collapsed in the grass. It wasn't long before an EMT approached me, concerned, "Miss, are you okay? Do you need medical help?"

Yeah, I probably did, but the good cheer of the community, the laughter we shared along the route and the polka music had buoyed me.

May you find your piece of shade and a cool breeze this summer, but always remember that chocolate melts at 90 degrees.

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.

GRAZE IS PUBLISHED  
QUARTERLY, WITH NEW  
ISSUES EACH SEASON.

GRAZE@OUTPOST.COOP



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# WHO IS GRAZE ?

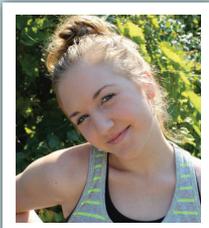


*i am* **CARA BERKEN.**

*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.*



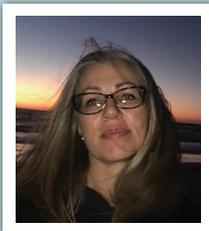
*i am* **LISA MALMAROWSKI.**

*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.*



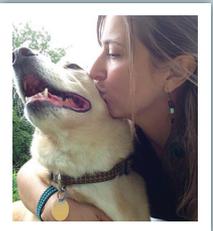
*i am* **MARGARET MITTELSTADT.**

*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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*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.

## GRLK SAUCES

THE ONLY THING MISSING IN THESE SAUCES ARE VOWELS

Minnesotan Peter Chehadeh grew up in a Lebanese family where garlic sauce was as ubiquitous as ketchup at every meal, so he set out to share this taste sensation with America. Crafted using gluten free and vegan ingredients like fresh garlic, organic lemon juice, non-GMO canola oil and organic sea salt, these sauces taste fresh and work wonders in wraps and sandwiches. But don't stop there! Each versatile Grlk variety boosts the flavor quotient by combining other unique ingredients with their delicious classic version to create inspired sauces that go great with just about anything. Looking for a hint of heat and sweet? Try Harissa Saffron. The Charmoula is a genius mash-up of chutney and sauce. Jazz up soups and dips with Fresh Basil, kick up your fish tacos with a drizzle of Chipotle Adobo, or try any of them as a creamy mix-in for rice dishes, as a marinade for meats or plant-based protein, as a burger topping or folded into scrambled eggs. See how many foods you can improve with a little Grlk! After all, the best tasting sauces are the ones you can't pronounce, right?



## FERNDALE DELI ROASTED TURKEY

OLD-FASHIONED TASTE FOR THESE MODERN TIMES

You're dreaming of a turkey sandwich, like the kind mom used to make or that one from your favorite delicatessen, with layers of juicy turkey, a slice of cheddar, crisp lettuce, ripe tomato, a little onion and mayo tucked between slices of fresh bread. You'd think this classic sandwich is foolproof, but the one thing that can throw all your turkey hopes and dreams into the garbage is getting the wrong kind of star ingredient: the turkey. Fear not; with Ferndale's Deli Roasted Turkey (available in all our delis, sliced to order or already portioned up for a quick grab and go) you'll get the best. Hailing from the same Minnesota farm where we get our spectacular birds every Thanksgiving, this is turkey that tastes like it was just carved right off the bone – not that watery, processed turkey you find at the big box stores. Ferndale Turkey Farms have been in the all-natural, no antibiotics, free-range turkey raising business since 1939, so you know they're doing things right, the old-fashioned way. Who says you can't have Thanksgiving year-round?



## GENTRY'S ROSÉ HARD CIDER

IS STUMPING A SOMMELIER A THING?

Admit it, a glass of rosé wine is so delicious and so easy to drink that before you know it, most of the bottle is gone and you're left with regrets and a headache. What if we told you that we've found the ultimate low-alcohol imposter, and it's a sparkling hard cider brewed up right here in Wisconsin? One Barrel Brewing's twist on their original dry hard cider is our new go-to libation when we want to enjoy a little glass of something without all the alcohol, but still revel in all the taste, color and verve of a good petal-pink sparkling rosé. They start with crisp apples, add Pinot grapes and aronia berries to impart the perfect amount of sweetness and color. The result is a semi-sweet and colorful hard cider that tastes like, well, wine but clocks in at only 5% alcohol. Bonus, it looks lovely in a glass and is eminently portable and fast to chill because it comes in cans! All natural, gluten free with no sulfites, we're turning to this tasty wine imposter when we want something wine-like to pair with fruit, cheese and light picnic fare, but is lighter and easier than your usual bottle of wine.





## HARVEST SNAPS GREEN PEA SNACK CRISPS

MOVE OVER POTATO CHIPS THERE'S A NEW VEGGIE IN TOWN

Perfectly pea-shaped and snap-tastically crunchy, these nuggets are light as air and bursting with flavor. Crafted from high-protein pea flour and logging in at 5 grams of protein per serving, these are not only good for you, but super good tasting, making it almost impossible to stop once you start snacking. We're basic, so the classic original with its light dusting of salty goodness is a perennial fave, but don't miss the Black Pepper variety with its sharp and pleasant bite, or the cheesy blast found only in the Caesar. But wait, there's more! The Wasabi Ranch—where East meets West—is every beloved taste sensation rolled into one snappy crisp, and it's so fitting since these pea snacks were first introduced in Japan in the 1970s. Logging in at half the calories of a typical potato chip, the pea revolution has arrived and we're eating it up!

## OLIPOP TONICS

BEING REGULAR NEVER TASTED SO GOOD

If you know anything about us, you know we are completely comfortable talking about our collective digestive health. But let's face it, that's probably far from top of mind when you're sipping a cool one by the pool or kicking back at camp after a long day of hiking. Enter OliPop, the soda-esque beverage that delivers great gut health wrapped up in a tasty, festive sparkling sipper. Each can is chock full of prebiotics, fiber and botanical extracts from eight different plant-based ingredients all designed to help your digestion, from top to er...bottom. Let's face it, most of us are only getting a third of our recommended daily fiber, so OliPop's 5 grams of fiber per can is a boost we can get behind. With flavors from Classic Root Beer to Cherry Vanilla and more, all-natural, non-GMO, vegan, gluten-free, keto-friendly ingredients and no preservatives, these tasty pops are perfect for kicking back and cooling off... you know, like a "regular" person.

## BURMEISTER GINSENG

AN ANCIENT ELIXIR MADE FOR THIS MOMENT



This unassuming but powerful root grows wild from the Midwest to Maine and has been used by indigenous people for everything from digestive issues to pain management and more. Like many gifts from the original people of our land, ginseng became a valuable resource for trade and profit. The history of 'seng, as the locals up north call it, is enough to fill a book, so let's lead with how American ginseng is different from its Asian counterpart. First, it's considered an "adaptogen" (an herb that can restore a body's balance) so it's often used to relieve anxiety and stress. It's also considered "cooler" than Asian ginseng, so it's more relaxing in general. With summer here and the stress of this last year still lingering, we find ourselves turning to this humble root again and again as we stumble back into whatever normal is now. And the quality brand we turn to is Burmeister, a master among our Wisconsin rooters. Mike Burmeister's great-great-grandfather was among the first to successfully grow this wild root way back in 1909, and the rest, they say, is history. Available in capsules or as a tea, with earthy notes of carrot or slight licorice, it's just what these modern times ordered.



## JEFF'S GARDEN SLICED GOLDEN GREEN PEPPERONCINI

BECAUSE HAVE YOU EVER TRIED SLICING A SLIPPERY PICKLED PEPPER?

Nothing can add that special joy to your life like a zesty pepperoncini...until you have to slice it and it squirts you directly in the eyeball, eh? Or have you ever bit into a whole pepperoncini and it dribbles down your chin and lands on the front of your shirt? Yeah, we thought so. That's why we did a happy dance when we tried these sliced, yet perfectly scrumptious, pickled peppers. Jeff's Garden has made it practical AND easy to add pepperoncini wherever pepperoncini is needed; be it antipasti, salads, pizza, hoagies, pocket sammies or as the final topping on a decked-out cracker. One of our go-to simple picnic/patio snacks is to layer large tortillas with a generous smear of cream cheese, add a layer of feta cheese crumbles, a sprinkling of Italian seasoning, a few thin slices of in-season tomatoes, some sliced pepperoncini, a handful of spinach, and then roll it all up real tight and slice into pinwheels. You're welcome!





## (2) recipes

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

### Ad ALMOND DREAM



**TYPE .** BITES  
**RAVE .** GLUTEN FREE, ALMOND MILK BITES COATED IN RICH CHOCOLATE

### Di DIANA'S BANANAS



**TYPE .** BANANA  
**RAVE .** AN OLD-SCHOOL CLASSIC FROZEN BANANA DIPPED IN CHOCOLATE

### Oa OATLY



**TYPE .** PINT  
**RAVE .** CREAMY, FROZEN, VEGAN OAT MILK DESSERTS THAT ARE BURSTING WITH FLAVOR

### Cb COCONUT BLISS



**TYPE .** PINT  
**RAVE .** ULTRA CREAMY, TOTALLY ORGANIC & 100% PLANT BASED

### Ta TALENTI



**TYPE .** PINT  
**RAVE .** OLD WORLD STYLE GELATOS THAT SHOWCASE UNIQUE FLAVORS

### Sa SASSY COW



**TYPE .** QUARTS  
**RAVE .** ORGANIC ICE CREAM FROM THE HEART OF WISCONSIN

### VEGAN SALTED CARAMEL SAUCE MAKES ABOUT 1 CUP

*Coconut cream adds a velvety texture to this dairy-free caramel. To reheat, microwave 10 seconds at a time, stirring after each interval until warm and spoonable.*

- 1 cup coconut cream (only use the solid cream layer; discard the liquid at the bottom of the can)
- 1 cup coconut sugar (or equal measure of cane sugar)
- 1 teaspoon sea salt
- 1 teaspoon vanilla



1. Add coconut cream, sugar and sea salt to a small saucepan over medium heat and stir until smooth and well incorporated. Bring to simmer point, bubbles will be low in the pan.
2. Simmer over low heat for about 8 minutes, stirring occasionally.
3. Remove from heat and add vanilla, stir to incorporate. Caramel will thicken as it cools.

Transfer any leftovers to a container and refrigerate for up to a few weeks. To serve, warm gently and top with coarse sea salt.

### LAVENDER BLUEBERRY SAUCE MAKES ABOUT 1 CUP

*Blueberries lightly fragrant with lavender, are a beautiful topping for vanilla ice cream, yogurt or pancakes.*

- 1 teaspoon dried lavender buds
- 2 tablespoons honey (or ¼ cup sugar)
- ¼ teaspoon kosher salt
- 2 cups fresh blueberries
- 2, 2-inch strips lemon zest
- 1 lemon, juiced (about 2 tablespoons)

1. In a medium saucepan, heat the blueberries over medium-high heat until they start releasing their juices (10-15 minutes). Add the honey, lavender and lemon strips. Stir.
2. Continue to cook over medium-high heat for about 20 minutes or until the mixture has reduced and is the consistency of maple syrup, add lemon juice and simmer 10 more minutes. Remove zest strips. Serve warm or chilled.

# yogurt

## TWO WAYS

**T**HERE'S MORE TO YOGURT THAN GRANOLA AND A SPOON. YOGURT, IN ALL ITS MYRIAD FORMS, IS ONE OF THE MOST WIDELY CONSUMED DAIRY PRODUCTS IN THE WORLD. IF YOU CAN MILK IT, YOU CAN MAKE IT, RIGHT? WELL, ALMOST.

There are so many health benefits to yogurt, there is no reason to not incorporate some into your diet. You are probably most familiar with the live probiotics used to culture yogurt, like *Lactobacillus* and *Bifidobacteria*. These beneficial microbes are a boon to your digestive system, helping with everything from irritable bowel syndrome to coming back online after a bout of antibiotics. Your gut is also home to 70% of your body's immune system, so probiotics also help to keep your overall immunity in check. And let's not forget that yogurt is high in protein and calcium. Pack some yogurt in your workout bag or keep it on hand for after morning yoga.

You will find a wide variety of yogurt at Outpost. Break out of the mold and be creative. Try new types and different flavors. Be budget friendly and get a big tub and add your own jams and preserves. Enlighten your yogurt brain with new recipes. Maybe even make your own (you can find yogurt culture at Outpost). And with the explosion of delicious non-dairy, plant-based yogurts, now everyone can belly up to the yogurt bar.

### BREEZY VEGAN MANGO LASSI

SERVES 2

*When the summer sun is bearing down, why not dive into a cool, refreshing glass of Mango Lassi, a perfect antidote for a humid and steamy lakeside afternoon. Lassi is a traditional yogurt-based beverage with origins from the Indian subcontinent. You will enjoy this easy vegan mango version that uses plant-based ingredients along with super immune-boosting extras like fresh grated ginger and golden turmeric. Sweet mango lassi is exquisite served alongside other light, spicy fare.*

2-3 mangoes, peeled, pit removed and cubed to make 2 cups  
(or 1½ cups frozen)

⅔ cup plant-based yogurt (or a 5.2 ounce container)

½ cup chilled non-dairy milk of choice or fruit juice

1 small piece of ginger, peeled and grated

1 teaspoon agave nectar or other syrup to taste

1 tablespoon fresh lemon juice

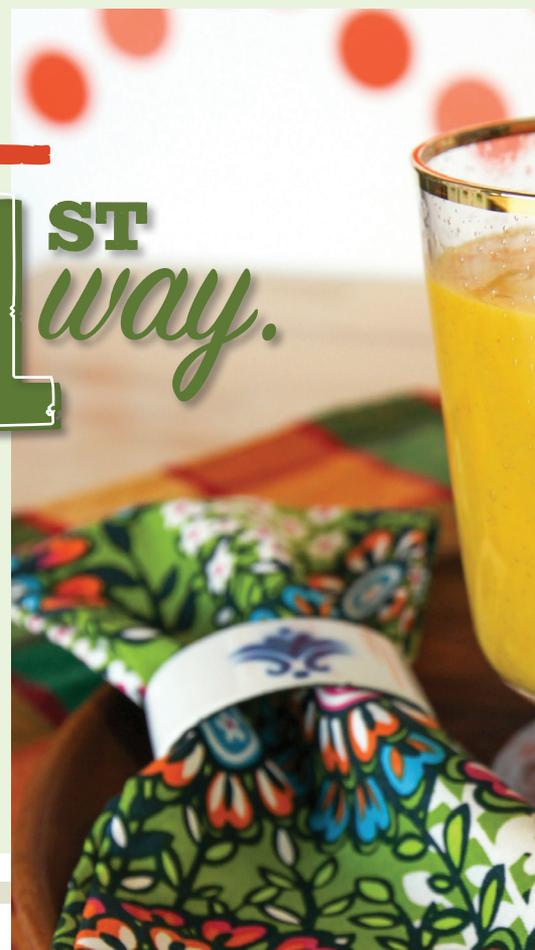
½ teaspoon powdered turmeric

Put all the ingredients into a blender and blend on low until creamy. Sweeten to taste and adjust liquids to desired drinking consistency. Sit back, relax, watch beach volleyball.

**PRO TIP:** The fun thing about lassi is that the sky is the limit on what you make yours with. Try other fresh fruits, use dairy-based yogurts or try fruit flavored yogurts, add other spices like fresh muddled mint, sweet cardamom, hot chili or even a dash of salt. Add ice cubes for more of a smoothie consistency. Make ice pops with your recipe. You're the kitchen cruise director.



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



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

## TUNISIAN STYLE YOGURT MARINATED CHICKEN TACOS

SERVES 4

*Things are about to get hot. Go ahead and stoke the grill and send your taste buds on a sojourn to northern Africa with Tunisian Style Tacos. These flavor pockets are so easy to make, you'll hardly have to lift a finger. But don't let the simple ingredient list fool you. The complex, smokiness of the grilled marinated chicken combines wonderfully with the sweet n' hot chili notes of the harissa. Stuff it all into a warm flour tortilla and swish it down with a chilled glass of dry wine, like a crispy sauvignon blanc. Drift off into a hazy candlelit evening on the patio with friends, laden with fireflies and serenaded by the chirruping of crickets.*

$\frac{2}{3}$  cup plain whole milk Greek-style yogurt (or a 5.2 ounce container)  
1-inch piece fresh ginger, peeled and grated  
1 clove garlic, peeled and minced  
 $\frac{1}{2}$  teaspoon ground cumin  
 $\frac{1}{2}$  teaspoon red chile flakes  
 $\frac{1}{2}$  teaspoon kosher salt

Juice of  $\frac{1}{2}$  lemon, plus lemon for the finished tacos  
Salt, to taste  
2 bone-in, skin-on chicken breasts  
 $\frac{1}{4}$  cup prepared harissa (like Mina brand harissa)  
Baby arugula  
Extra yogurt for topping  
Twelve 6-inch flour tortillas

1. In a small bowl, combine yogurt, ginger, garlic, cumin, chile flakes, salt and lemon. Whisk until smooth and pour into a glass baking dish. Place the chicken breasts skin side down in the yogurt mixture and cover. Marinate in the refrigerator for a minimum of two hours or up to a day.
2. Get ready to grill! Heat your grill to medium. Brush the hot grill grate with oil and place chicken on the grill, skin side down. Grill until the skin is brown and crispy, about 10-15 minutes. Flip and cover. Cook an additional 5-10 minutes, or until chicken is fully cooked.
3. Remove chicken from grill and let rest until cool enough to handle. Pull the meat off the bone and shred it using your fingers or a fork.
4. To serve, spread a few tablespoons of harissa onto each tortilla. Top with baby arugula and shredded chicken. Add a dollop of yogurt and a squeeze of lemon juice.

### YOGURT FOR A MARINADE?

The secret is out that yogurt may be one of the best make-ahead marinades for meat. The calcium from the yogurt helps to tenderize the meat, while the lactic acid acts as a kinder, gentler type of acid, helping all those spices to really infuse the meat. So, go ahead and let it sit for a bit longer than you would other marinades. When combined with your favorite spice blends, a yogurt marinade promises a robust flavor.

### ENJOY THESE PLANT-BASED YOGURTS SOLD AT OUTPOST

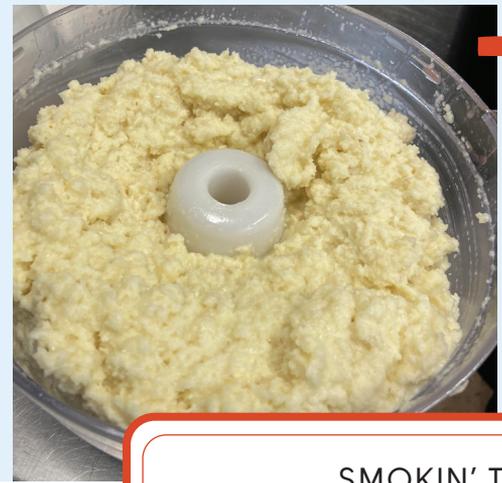
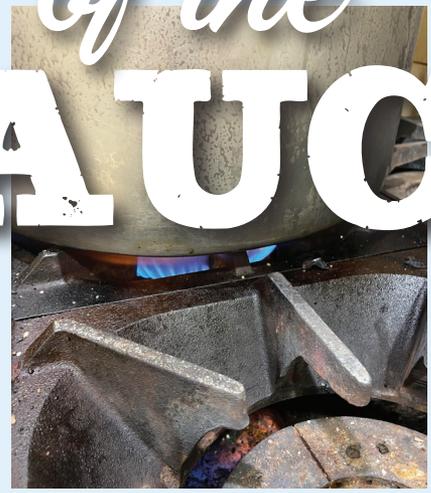
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- Coyo Coconut Milk Yogurt
- Follow Your Heart Dairy-Free Yogurt made with Coconut
- Forager Cashewmilk Yogurt
- Kite Hill Dairy-Free Almond Yogurt and Greek Style Almond Yogurt
- Silk Soymilk Dairy-Free Yogurt Alternative
- So Delicious Coconut Milk Yogurts





# THE BOSS *of the*

# SAUCE





story & photos by MICHAEL SORENSEN

**T**HE FIRST THING YOU NOTICE WHEN YOU WALK INTO THOMAS HOCHHEIM'S COMMERCIAL KITCHEN IN DOUSMAN IS THE PROMISING SMELL OF SMOKY GOODNESS. IT'S REMINISCENT OF A CAMPFIRE ON A CRISP FALL DAY. BUT THERE'S NO FIRE, OR HEARTH, OR WOOD-BURNING STOVE HERE. THIS COMFORTING SCENT IS COMING SOLELY FROM A LINE OF FIFTEEN-GALLON STOCK POTS FILLED TO THE BRIM WITH SMOKED TOMATOES.

"I made my own smoker out of a refrigerator," Thomas tells me with pride as he shows me a video on his phone of an enormous fridge that opens to release a billowing plume of white smoke. "This is how I smoked fourteen tons of tomatoes last year."

You read that right. Fourteen tons. Thomas is the one-man-band behind all the tomato smoking, spice blending, hand-bottling, door-to-door distributing and farmer's market marketing that goes into Smokin' Ts unique sauce.

"What I make weekly, I sell. I'm very passionate about it. I love it. The most rewarding part of it is when I take the sauce out into the world and I sell it. The positive feedback I get from people is great. A lot of times when a new customer tries it for the first time, their reactions are priceless. They're surprised by the flavor with the natural smoke that's in there. They've never really had anything like that before."

Thomas began bottling and selling his unique sauce about six years ago, but the origins of this crafty condiment started decades before. Originally from Germany, Thomas's life took him around the world (literally) before he ended up in the States, but it was in Florida that he came up with his formula for success.

"The restaurant I worked at had an appetizer with smoked scallops and shrimp, and just for giggles we threw some tomatoes in there and made a nice vinaigrette out of it. It wasn't on the menu, but I fell in love with that flavor," Thomas tells me as he stirs a bubbling pot of sauce.

"In Germany there's a sausage called a Mettwurst, and it is sort of a smoked spreadable sausage. When I moved to Wisconsin and managed my brother's restaurant (shameless plug: Kurt's Steakhouse in Delafield), I would bring this sauce out and I just kept getting a great response to it. It made me think, maybe I've got something here."

Thomas started making the sauce for friends, but customers kept asking for it, so he decided the time was right to get the proper training and certifications to turn his passion into profits. "The process takes about three days start to finish. For each batch, I smoke about 200 pounds of tomatoes, and then I blend them up in stockpots. Next I add the spices and then bring them to a boil, then I bottle each one by hand. Seal it, shrink-wrap it and add the lot numbers. It's a labor of love. Usually, I have really loud music playing."

Unlike other sauces on the market, however, Smokin' Ts can't be pigeonholed as simply a BBQ sauce, since it can be used for everything from a marinade to a salad dressing (and the spicier version that's made with habaneros – named "With a Kick" – can almost fall into hot sauce territory).

"I love it on eggs and in breakfast burritos. It's great mixed into deviled eggs. It really makes them pop. I also love it with pulled pork. I like to mix it in with a regular BBQ sauce. It cuts the sweetness and gives it a new depth of flavor. It's great on shrimp either to cook with it or as a dipping sauce. It works mixed in with cream cheese for a taco dip or added to a Bloody Mary. People are always coming up to me with new ways to use it."

It's the sauce we need for these polarizing times we find ourselves in. "Since the sauce is made with simple vegan and gluten-free ingredients, I'll typically sell out at a vegan food show and then, the next day, I'll set up at a hunting expo, which is the complete opposite kind of customer, and sell out just as fast. That's what's great about Smokin' Ts; I can do so many kinds of events from garden shows to dog shows. It doesn't matter. Everyone loves it."

Bringing hippies and hunters together. That's the power of this local sauce.



# Lazy Summer EATS

*(our)* **MENU**

- ASIAN NOODLE SALAD
- POTATO SALAD WITH GREEN BEANS & EGG
- CALIFORNIA ROLL-UP SANDWICHES
- SUMMER TOMATO & HERB DRESSING
- NO-BAKE KEY LIME PIE
- SUMMER SIP – BITTER-SWEET SYMPHONY



by LISA MALMAROWSKI  
photos CARA BERKEN

**W**HEN YOU GET BORED WITH GRILLING EVERYTHING, TRY ANY OF THESE EASY-TO-MAKE, LEAVE-THE-OVEN-OFF MEAL IDEAS. WE'VE PULLED TOGETHER RECIPES THAT ARE SHORT ON COOKING, BUT BIG ON FLAVOR. YOU KNOW, THE KIND OF DINNER YOU CAN COOK WHILE WEARING FLIP FLOPS WITH YOUR FAVORITE TROPICAL TUNES PLAYLIST DIALED UP TO 11. DANCING NOT REQUIRED, BUT HIGHLY ENCOURAGED!

## ASIAN NOODLE SALAD

**SERVES 10** Vegetarian • Vegan & Gluten-free with substitutions

*Well, hello pasta salad season! We're loving this Asian-inspired departure from the usual mayo-based dish. It's a little spicy, a little sweet, a little crunchy and so delicious. This recipe makes a lot (enough for a picnic or potluck), but it's also handy to have this in the fridge for quick lunches. Honestly the best part, besides how dang tasty this is, is how versatile it is. Use any long, skinny noodle you like, substitute the peanut butter and peanuts with almonds or cashews, use any slaw mix you like or chop up your own cabbage and kale, and customize the hot sauce to your liking.*

- |  |   |
|--|---|
| 1, 8.8-ounce package of soba noodles or equivalent amount of spaghetti                           | 3 tablespoons low-sodium tamari                   |
| 2 packages of broccoli slaw mix or other cabbage-based slaw or salad mix (about 24 ounces total) | 1½ tablespoons Sriracha sauce or Korean gochujang |
| 2 medium carrots, grated   | 1½ tablespoons fresh ginger, minced               |
| ¾ cup extra-virgin olive oil   | 3 teaspoons garlic, minced (about 4 cloves)       |
| ¾ cup rice vinegar   | ¾ cup roasted unsalted peanuts, roughly chopped   |
| ⅓ cup honey or light agave nectar  | ¾ cup fresh cilantro or parsley                   |
| ⅓ cup creamy peanut butter   | ¼ cup scallions, chopped, to garnish              |

1. Bring a large pot of salted water to a boil. Cook soba noodles until al dente, according to package directions. Drain and rinse briefly with cool water to remove the excess starch and transfer to a large serving bowl. Toss in slaw mix and grated carrots.
2. While the pasta cooks, whisk together olive oil, rice vinegar, honey, peanut butter, soy sauce, Sriracha, ginger and garlic. Pour over noodle mixture and toss to combine. Taste and adjust seasonings. Add peanuts and cilantro and toss once more. Top with chopped scallions to garnish. Chill until serving (but this is also excellent at room temperature). If you like it spicier, top with more Sriracha.

(continued)



## POTATO & GREEN BEAN SALAD

SERVES 4-6 Vegetarian • Gluten-free

*Think of this as a potato salad that took a trip to France and hung out with a Niçoise Salad. Unfussy, yet special enough for a party, this mayo-free salad is a great side for any cookout, or as a hot weather dinner with grilled chicken, fish or tofu on the side. It's especially good served at room temperature. Feel free to add a handful of briny black olives if you're yearning for a little je ne sais quoi to kick up your day.*

1½ pounds red potatoes  
1½ tablespoons apple cider vinegar  
½ teaspoon salt  
¼ teaspoon ground black pepper  
8 ounces green beans  
3 eggs

### Dressing

¼ cup olive oil  
1 tablespoon lemon juice plus zest from ½ lemon  
2 teaspoons Dijon mustard  
1 tablespoon fresh chives, chopped  
1 tablespoon fresh parsley, chopped  
1 tablespoon fresh dill, chopped  
1 clove garlic, minced  
Salt & pepper to taste

1. Boil whole potatoes in salted water until tender (about 15 minutes), but timing will depend on size. Drain potatoes. While potatoes are cooling, add vinegar, ½ teaspoon salt and ¼ teaspoon ground pepper to a large mixing bowl and stir to dissolve. When potatoes are just cool enough to handle, cut each potato into 4-6 pieces and add to vinegar mixture. Mix well.
2. Meanwhile, prepare green beans by removing any stems and snapping in half, then steam or boil in salted water until tender-crisp.
3. Make eggs. Put eggs in small pot and cover with cold water. Heat over medium heat until water just starts to boil (a soft simmer). Cook eggs for 8 minutes at a low boil/simmer (set a timer). After 8 minutes, remove from heat, drain water and run very cold water over cooked eggs to prevent yolks from discoloring. Peel and cut into sixths (the long way) and set aside.
4. Make dressing. Add all dressing ingredients to a jar with a tight-fitting lid and shake to combine.
5. Assemble the salad and gently toss with the dressing. Add extra salt and pepper if desired. Garnish with extra chives and sprigs of dill.





## CALIFORNIA ROLL WRAP SANDWICHES

**MAKES 5**

*Vegan & Gluten-free with substitutions*

*These simple-to-make wraps feature all the flavors of a California roll. A little spicy, tangy, and crunchy, but without the hassle of assembling sushi. Plus, they're perfectly packable for picnics. We served ours with a Japanese seaweed salad, but a green salad with sesame dressing would be great as well.*

5, 8-inch Gitto Farm N' Kitchen tortillas  
8-12 ounces cooked shrimp  
1 medium ripe avocado, peeled and thinly sliced  
 $\frac{3}{4}$  cup mung bean sprouts  
1 medium sweet red pepper, julienned  
20 sheets gimMe Organic Sea Salt Seaweed Snacks  
(1 large or 2 small packages)

### **Wasabi Mayonnaise**

$\frac{1}{2}$  cup mayonnaise  
1 teaspoon powdered wasabi mixed with 1  
teaspoon water or 2 teaspoons prepared wasabi  
sauce  
1 teaspoon freshly squeezed lemon juice

### **Pickled Vegetables**

$\frac{1}{2}$  cup water, piping hot  
 $\frac{1}{2}$  cup rice wine vinegar  
 $1\frac{1}{2}$  tablespoons sugar  
1 tablespoon kosher salt  
 $1\frac{1}{2}$  cups daikon radish, peeled and julienned  
2 medium carrots, peeled and julienned

1. Make pickled vegetables. Add very hot water to a medium-sized, heat-safe bowl along with vinegar, sugar and salt. Mix until sugar and salt are dissolved. Add daikon radish and carrots and mix well. Set aside. Pickled vegetables can be made ahead and refrigerated up to 3 days.
2. Make wasabi mayonnaise. Add mayonnaise, wasabi powder or sauce, and lemon juice to a small bowl and mix well.
3. Assemble wraps. Spread wasabi mayo on tortilla, then line up two sheets of seaweed snacks down the middle. Layer shrimp over the seaweed and top with pickled vegetables and sweet red pepper, put two slices of avocado on one side and ribbon of bean sprouts on the other. Carefully and tightly roll up each wrap. Cut in half for serving.

*(continued)*



## SUMMER TOMATO & HERB SALAD DRESSING & MARINADE

**SERVES 8** Vegetarian • Gluten-free

When summer delivers up her juicy, sweet tomatoes and you're looking for more ways to enjoy them, whip up a batch of this flavor-bomb of a sauce. It's savory/sweet notes and fresh herbs are not only great tossed with your favorite salad, but also work well as a marinade for grill-ready favorites like chicken, seafood or tofu.

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

Place all ingredients into a bowl. Using an immersion blender, pulse on high until completely blended. You can also make the dressing in a blender. Store for up to 3 days in the refrigerator.

## NO BAKE KEY LIME PIE

**SERVES 8** Vegetarian

We know you're expecting some lightened-up version of this comfort classic. Sorry to disappoint, but this pie is unapologetically rich, creamy, smooth, tangy and tropical. So, it's perfect for when it's too hot to fire up the oven, yet you still want to wow your guests. We used bottled key lime juice, but freshly-juiced standard limes work great as well.

1½ cups graham cracker crumbs (6-8 whole crackers, crushed)  
 6 tablespoons unsalted butter, melted  
 ⅓ cup granulated sugar

### Filling

1 cup heavy whipping cream plus more for decorating (or use a spray can of whipped cream for easy decorating)  
 14-ounce can sweetened condensed milk  
 8 ounces cream cheese, room temperature  
 ½ cup key lime juice (bottled or fresh) or freshly squeezed lime juice  
 Fresh lime zest or slices of lime to decorate

1. In a medium bowl combine graham cracker crumbs, melted butter and sugar. Stir until combined then press mixture tightly into the bottom and up the sides of a 9-inch pie dish. Chill the crust for 30 minutes or longer.
2. In the bowl of a stand mixer fitted with the whisk attachment, whip the heavy cream until stiff, then transfer to a bowl and set aside.
3. In the same bowl of the mixer using the paddle attachment beat cream cheese at low-to-medium speed until smooth, about 1 minute.
4. Add sweetened condensed milk slowly, then beat until smooth and well mixed, then add whipped cream and mix until combined.
5. With the mixer running on low speed, slowly add the lime juice. The mixture will start to thicken and get creamy. Continue to mix for a minute more until well combined and silky.
6. Pour into prepared pie dish and refrigerate for at least 6 hours or overnight until firm.
7. After pie is well chilled, decorate with extra whipped cream and lime slices or zest as desired. Refrigerate any leftovers. Pie should last about 3 days.



## SUMMER SIP – BITTER-SWEET SYMPHONY

MAKES 1

*“Cause it’s a bittersweet symphony, that’s life...”*  
– The Verve

Let’s celebrate making it through the last year-and-a-half, but let’s do it with a mocktail that is storied and wise. This isn’t your brother’s saccharine-sweet Shirley Temple! Instead, it’s a grown-up sipper full of complex flavors, with a little sweetness wrapped up in juicy layers of bitter.

- 2 large jiggers pomegranate or sour cherry juice
- 1 small jigger Bittermilk No.3 Smoked Honey Whiskey Sour Cocktail Mixer
- 4 dashes Bittercube Spiced Cherry Bark Vanilla Bitters
- Top Note Bitter Lemon Tonic
- 1 lemon twist
- Ice
- 1 large rocks glass

Add juice and cocktail mixer to a large rocks glass, throw in a few cubes of ice, add a few generous dashes of bitters and top with tonic. Gently mix and garnish with a lemon twist. Sit back and sip, while contemplating this crazy ride we call life.





# HEART & SOUL

story & photos by MICHAEL SORENSEN

**"LET'S SEE HOW MY BABY'S DOING!"** ALESIA MILLER IS ENTHUSIASTIC AS SHE REMOVES A CRISP WHITE TOWEL FROM THE TOP OF ONE OF HER MANY 30-GALLON STOCK POTS. BUT THE BABY SHE REVEALS ISN'T GOING TO WIN ANY BEAUTY CONTESTS.

Inside the pot is what can best be described as a collection of brown, misshapen pancakes haphazardly stacked one on top of the other. Everything is floating on top of a bubbling pool of brown liquid. "This is the mommy," Alesia tells me excitedly. "She protects the tea and I think she's beautiful."

What we're looking at is the SCOBY or the Symbiotic Culture of Bacteria and Yeast. It is the essential starter behind making Alesia's hand-crafted, non-pasteurized, live, organic and never diluted kombuchas. A SCOBY works by having bacteria and yeast working symbiotically together to transform a tea into a kombucha. The yeast in the SCOBY eat the sugars, transforming them into ethanol. The bacteria feed on this ethanol, creating acidity and giving kombucha its distinctively vinegary taste. As the proprietor behind Milwaukee's first black and woman owned kombucha company, Alesia is eager to create a culture for better health.

"How do I explain to my community that I want to sell them a jar of bacteria?" she asks me with an infectious laugh. "I knew from researching kombucha that a lot of information wasn't out there. I knew I had to educate people on the benefits of healthier lifestyles and alternatives to sugary drinks." When her doctor informed Alesia that she was pre-diabetic two years ago, she had never even heard of kombucha. Now she's become a master brewer, but it didn't come without challenges.



“At first, there were a lot of explosions and my ceiling took the brunt of it, but as I got better at it and started understanding pH and alcohol content, I started sharing it with friends and they convinced me I might really have something here.”

After lots of late nights pouring over recipes and brewing methods, Alesia found inspiration for her flavors from Milwaukee’s black community.

“I had a lot of fun coming up with flavor profiles. Like, for Fruit Punch, I thought about a punch bowl. Every party in the black community always has a punch bowl, so Fruit Punch tastes like a punch bowl because that’s what people identify with.”

Soul Brew’s tart, tasty and well-balanced Black Lives Matter variety is infused with blackberry, lemon and mango. “To me it tastes like purple Kool-Aid. I once asked a friend what does hip-hop taste like to you and he said purple soda, so I think it tastes like a healthy purple soda. All of my kombuchas are diabetic-friendly with 20% less sugar than most other brands.”

Naming a kombucha after a social movement was also something Alesia was honored to do because she thinks it’s important, on a personal and professional level, to address what’s happening in the city and the country.

“I have had some of the most amazing conversations in the last year with individuals, and we talk about so many things that aren’t usually spoken out loud—from politics to black lives in America and black lives in Milwaukee. I have had so many amazing conversations and I can see that people want to be allies. And I know that some people want to be allies just to be seen, and some people want to be allies because they honestly want to see change.”

It’s these conversations that are changing the game in Milwaukee as more and more black entrepreneurs prove that everyone is welcome to the table, and that our city’s diversity can be an asset to everyone.

“For me, being a black woman in Milwaukee, born and raised, and being able to represent as an educator, because representation is key, so I’m hoping that myself, and other businesses like Funky Fresh, Shindig! Juice and others can continue to pave paths for other entrepreneurs to really stand out on their own and say ‘Hey, we’re here and we’re worth giving a chance’ is really what I want for this.”

# BUT WILL IT BURGER?

by LISA MALMAROWSKI  
photos CARA BERKEN



**B**URGERS, OH HOW WE LOVE 'EM. AMERICANS COLLECTIVELY EAT A WHOPPING 50 BILLION BURGERS A YEAR. NOW, WE DON'T KNOW IF THAT INCLUDES VEGGIE BURGERS OR OTHER BURGERS THAT AREN'T THE USUAL FAST-FOOD VARIETY. WHAT WE DO KNOW IS THAT BURGERS IN ALL THEIR PERMUTATIONS ARE FUN, TASTY AND OPEN TO SO MUCH CREATIVE INTERPRETATION. FOR PURPOSES OF THIS DELICIOUS EXPERIMENT, WE'RE DEFINING A BURGER AS A PATTY TUCKED INTO A BUN. WE'LL FIGHT YOU OVER THIS POINT, SO DON'T YOU DARE CALL IT A SANDWICH!

## YOU HAD ME AT TACO BURGERS **MAKES 4-5**

*Will it taco? Heck yeah! This was rated as a favorite by some of our testers. Easy to make and infinitely customizable, this burger really works like a taco; a little spicy, loaded with messy toppings, topped off with a corn tortilla flavor shining through. Plus, it's a snap to make. We cooked these on the stovetop, but they would work great on a grill.*

1 pound ground beef  
1 package (about an ounce) taco seasoning mix  
2 tablespoons onion, freshly grated  
1 cup crushed tortilla chips  
¼ cup chunky salsa  
1 4-ounce can chopped Hatch chilis, well drained  
4 slices pepper jack cheese or cheddar if you like it milder  
4 burger buns  
Your choice of taco toppings

1. Toss ground beef into a large bowl and add taco seasoning, grated onion, crushed tortilla chips, ¼ cup salsa, and drained Hatch chilis. Mix ingredients with your hands, using a light touch, so mixture doesn't get too packed down and dense. Tortilla crushing tip: to crush the

chips toss a generous amount into a sealable bag and use a rolling pin or mallet to crush them into very small pieces.

2. Divide mixture into fourths and use your hands to gently form patties. Form a little wider than you want them to be to allow for shrinkage and press a small indent into the middle of each one to prevent curling while they cook. Finished patties can rest on a baking parchment lined pan while you heat up your pan or grill.
3. Heat a large skillet, we like cast iron, or your grill to medium high. Cook patties until done to your liking or 160 degrees for a fully cooked burger. Resist the urge to press them down with spatula – all the juices will run out and your burger will get tough and dry. Do not to flip them more than once.
4. Add cheese during the last few minutes of cooking so it melts. You can cover the pan, if using, or close your grill to speed up the melting.
5. Serve on a bun piled high with your favorite toppings like salsa, guacamole, taco sauce, sour cream, shredded lettuce, olives, pickled jalapeños or anything else you like on a taco!



## BIG BUOY SALMON BURGERS MAKES 4-5

*We realize that fish filet style burgers exist, but we wanted one that was elevated and would fit in somewhere between a breaded filet and fish cake. We went with salmon for a flavor-packed burger, but cod would work as well. Fish and seafood "cakes" usually rely on egg to hold everything together, but his recipe uses a portion of the fish, chopped into a paste, instead. This simple trick highlights the fresh fish flavors, and a creamy lemon garlic aioli stands in for the usual tartar sauce.*

2 pounds salmon fillet, skin removed and cut into chunks  
2 teaspoons Dijon mustard  
2-3 tablespoons green onions, minced  
1 cup chopped fresh parsley  
1 teaspoon ground coriander  
1 teaspoon fresh lemon zest  
½ teaspoon sweet paprika  
½ teaspoon black pepper  
½ teaspoon Kosher salt, plus extra for serving  
Italian breadcrumbs for coating (about ⅓ cup or so)  
¼ cup extra virgin olive oil  
Lemon slices  
6-ounces baby arugula  
1 red onion, sliced  
1 tomato, sliced into rounds  
4-5 brioche rolls

### Lemon Garlic Aioli

½ cup mayonnaise  
1 clove garlic, finely minced  
1-2 tablespoons lemon juice  
½ teaspoon salt  
¼ teaspoon ground black pepper

1. Add about ¼ of the salmon in the bowl of a food processor. Add Dijon and process until the mixture is pasty. Transfer to a bowl.
2. Place the rest of the salmon in the food processor and pulse a couple times until coarsely chopped into ¼-inch pieces. Do not over process this second batch of salmon, it should not get too fine or pasty, it should still have some texture. Transfer to the same bowl.
3. Add minced green onions, parsley, lemon zest, coriander, paprika, salt and pepper. Mix well until the mixture is combined. Cover and chill in the fridge for about ½ hour.
4. While the salmon chills, make Lemon Garlic Aioli by mixing all ingredients in a small bowl. Refrigerate until serving, then get toppings ready.
5. Prepare burgers by dividing into 4-5 roughly equal parts and form into 1-inch thick patties. They may be a little crumbly, but the next step will help keep them together.

6. Place breadcrumbs on a plate and press each patty into the breadcrumbs, press to coat on one side, turn over and press on the other side to coat and pat crumbs on the short sides as well. Place breaded salmon patties on a sheet pan lined with parchment paper until ready to cook.
7. Heat about 3 tablespoons olive oil over medium-high heat in a large skillet until shimmering but not smoking. Lower each of the patties carefully and cook, for 2-4 minutes, turning over once, until lightly browned on both sides and medium-rare, for salmon about 115 to 120 degrees. You may need to adjust heat as necessary during cooking to keep things sizzling and cooking but without scorching the breadcrumbs.
8. Set cooked salmon burgers onto paper towel to drain any excess oil and sprinkle lightly with additional salt if you like. Add a squeeze of fresh lemon juice on top.
9. To serve, spread buns with aioli, add the burger, then layer on the arugula, tomato and onion slices.

## PIZZA NEATZA BURGERS MAKES 4

*Chances are you may remember the pizza burgers of Milwaukee. These were little patties with a dash of Italian seasoning and a gooey center of melty mozzarella. They're still around and still tasty in their own right, but we wanted something, well, over the top! This burger mashes up our love of grilled sausage and pizza into one happy bun. Customize the toppings, but simple is better here, and we found the combo of peppers, onions and mushrooms walks that line between an Italian sausage and classic pizza. And like any pizza, or burger, the bread matters. Choose a ciabatta or Italian bread cut into a bun and grill your buns in garlic butter if you're feeling 'extra'.*

1½ pounds ground Outpost's Co-op Made Italian sausage, casing removed  
¼ cup grated Parmesan  
1-2 tablespoons olive oil, divided

¼ segment of sweet onion, thinly sliced  
1 clove garlic, chopped  
1 cup thinly sliced bell pepper (red, orange or green)  
1 cup button mushrooms, thinly sliced  
½ teaspoon Italian seasoning  
¼ teaspoon red pepper flakes  
Salt and pepper to taste  
4 slices mozzarella or provolone  
½ cup good quality marinara prepared pizza sauce, warmed  
4 ciabatta-style buns

1. In a bowl mix Italian sausage and Parmesan cheese, then form into 4 thin, large patties. Place patties on a parchment-covered pan until ready to cook.
2. Heat 1 tablespoon olive oil over medium heat in a large skillet. When oil is hot, add onions and cook for a minute or two, then add garlic and cook until

it becomes fragrant but not browned. Then add pepper, mushrooms, Italian seasoning and red pepper flakes. Sauté until vegetables are softened. If mixture is sticking add a little more olive oil. Remove from heat, put pepper and mushrooms mixture into a bowl.

3. Wipe out skillet and heat to medium heat. When hot, add sausage burgers and cook for 2-3 minutes, then flip to other side. After a minute or two, top each burger with a slice of cheese. Continue cooking until burgers feel firm and juices run clear. Cover pan if you need cheese to melt faster.
4. Add burger to bun and top with warmed sauce and generous serving of pepper and mushroom mixture. Mangia!

# ASK *the* EXPERT



## WHAT SUPPLEMENTS WILL MAKE MY SKIN LOOK BETTER?

After months and months of mask-wearing it seems like everyone is looking for ways to boost the health and vitality of their skin. Beyond using topical skincare products, we asked Kim to share her favorite supplements for gorgeous skin.

### OMEGA OR ESSENTIAL FATTY ACIDS

“If I had to pick just one supplement for great skin that also offers body wide benefits, I’d recommend Omega-3, and Nordic Naturals is one of the best!”

Nordic Naturals are high-quality Omega-3 oils from 100% wild-caught fish with lemon, so no fishy aftertaste. Concentrated in an easily absorbed form and non-GMO certified, this supplement delivers optimal, high-quality nutrition in an easy-to-swallow gel cap.

Omega-3 supplements can help to moisturize skin from the inside out, help protect against sun damage and help to reduce acne.

Not just for great skin, this powerful oil is great for heart health, can improve brain function, lower inflammation and more. You’re probably not getting enough of this important nutrient if you eat less than two servings of fish a week.

*Vegetarian or vegan? Try the sea algae-based Omega 3 from Nordic Naturals!*



### HYALURONIC ACID

“Nature’s moisturizer from the inside out!”

Often used as a topical facial serum, this molecule found naturally in your body helps bind water to collagen so your skin can appear dewier, plumper and more hydrated. Adding this to your supplement regime will not only help improve your skin, it may also help with eye and joint health – after all, they need lubrication too! For an easy and tasty alternative to capsules, try Neocell’s Hyaluronic Acid Berry Liquid. It’s mildly flavored with no “medicine” aftertaste.

*Note – Hyaluronic acid is often derived from animal products.*

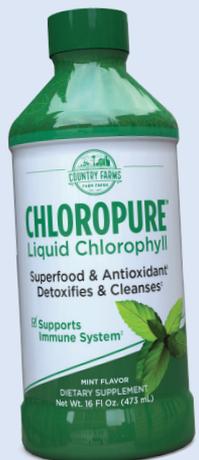
### GET YOUR GREENS

“Chlorophyll provides oxygen to the cells in our skin and helps reduce inflammation. It’s especially helpful for acne.”

Supplementing with these types of green supplements ensures that you’re getting enough chlorophyll – that green substance found in plants – which not only helps with energy, but can also help to keep your skin clear and glowing.

We offer a couple of high-quality chlorophyll supplements – Herb Etc. ChlorOxygen and Country Farms Chloropure – that are available in liquid or vegan capsules.

Or you can try a wheatgrass supplement! We love to recommend Amazing Grass Wheat Grass Powder because it’s available in a single-serve packet (if you want to give it a test run), as well as larger value size. The best way to try it is straight, in water, drink it quickly, or as an add-in for your favorite smoothie. The powder is more mild than fresh wheatgrass.





# PRODUCT SPOTLIGHT: Wisconsin's very own

# Nourish



Products made 100% from plants, no synthetic chemicals and a Wisconsin-based business? It's no wonder founder and owner Jamie Andrzejewski's stellar Nourish brand of products is quickly becoming one of our favorite high-quality, organic, small-batch brands for skin, body and self-care. Here are just three of our "must-have" favorites for summer.

## UNICORN VIBES SPRAY

A feel-good, uplifting scent that's not cloyingly sweet? That's as rare as a unicorn! Nourish's secret blend features citrus notes known to refresh and boost energy. It works great as a body or room spray for everyone from kids to kids-at-heart.



## BODY SPRAY LOTION

Ditch the goop in the pump or squeeze bottle and treat your skin to this soothing lotion. This lightweight, yet rich, moisturizer is enhanced with organic botanicals that softens skin, soothes inflammation and even prevents razor burn. This 100% natural ultra-hydrating spray is never greasy and is made with organic plant oils and pure ingredients gentle enough to use on your face.



## ORGANIC LIP BALM

Lightweight and never waxy, this balm hydrates as it adds a sheer shine. Vitamin E ensures a healing touch and an infusion of the highest quality essential oils adds a hint of flavor and scent. Carefully prepared and hand poured in small batches daily, this balm was the little tube that launched a world of Nourish products!



## MEET KIM HALL – WELLNESS CATALYST

Kim learned to harness the power of wellness through food when her son was diagnosed with ADHD. She discovered that the only way to help his symptoms and get him off meds was to eat "clean," choosing additive-free, all-natural foods. She explains how this change profoundly changed his health. "He was living in full effect instead of living with side effects." It wasn't long before her education path led her to study integrative nutrition. Kim is a certified Wellness Coach and you'll find her in the aisles at our Bay View location, ready to answer your questions, make suggestions and share her joy for wellness.



# Why Organic?

**M**ORE THAN 30 YEARS AGO THE UNITED STATES CONGRESS PASSED THE ORGANIC FOODS PRODUCTION ACT, CREATING A REGULATED SET OF RULES THAT STANDARDIZED HOW ORGANIC FOOD IS TO BE GROWN, BUT OUTPOST'S SUPPORT OF FOODS GROWN WITHOUT THE USE OF TOXIC CHEMICALS HAS BEEN GOING STRONG SINCE WE WERE FOUNDED IN 1970.

## WHY GO ORGANIC?

- Organic agriculture captures more carbon in the soil than conventional farming because it relies on soil-building fertilizing methods versus microbe killing chemicals
- Rich soils hold more carbon, good for helping to slow the onset of climate change
- Farming without toxic synthetic chemicals lessens impact on precious sources of fresh ground water
- Stronger, healthier plants may be better able to withstand periods of drought
- Organic food is often more nutritious – higher in antioxidants and polyphenols, and organic dairy products are higher in Omega-3 fatty acids
- Help protect children from toxic chemicals
- Help keep farm workers safe – Studies have shown an increase in cancer cases in farmers and their families after years of spraying and harvesting crops treated with pesticides



## OUTPOST'S ORGANIC SALES AS A PERCENT OF ALL SALES (FISCAL YEAR 2020)

88% PRODUCE

85% BULK

55% REFRIGERATED & DAIRY

54% PACKAGED GROCERY

41% FROZEN GOODS

27% BREAD

13% CHEESE

11% BEER & WINE

8% MEAT



## THE DIRTY DOZEN & THE CLEAN 15

Since 1993, the Environmental Working Group has been an advocate for your right to live a healthy life in a healthy environment. Every year EWG ranks a list of 46 of the most popular fruits and veggies based on pesticide contamination rates provided by the US Food and Drug Administration. Heady stuff for sure for science wonks and number crunchers, but they streamline the data into these easy to use lists that will make it easy to choose the best foods to limit exposure to toxic pesticides for you and your family. Visit [www.ewg.org](http://www.ewg.org) for more useful info!

### THE DIRTY DOZEN

These are the top 12 produce items MOST likely to have heavy toxic pesticide exposure. Always consider buying these items organic if possible.

1. STRAWBERRIES



2. SPINACH



3. KALE, COLLARD & MUSTARD GREENS



4. NECTARINES



5. APPLES



6. GRAPES



7. CHERRIES



8. PEACHES



9. PEARS



10. BELL & HOT PEPPERS



11. CELERY



12. TOMATOES



### THE CLEAN 15

Cheer on the top 15 produce items LEAST likely to show toxic pesticide residues.

1. AVOCADOS



2. SWEET CORN



3. PINEAPPLE



4. ONIONS



5. PAPAYA



6. FROZEN PEAS



7. EGGPLANT



8. ASPARAGUS



9. BROCCOLI



10. CABBAGE



11. KIWI



12. CAULIFLOWER



13. MUSHROOMS



14. HONEYDEW MELON



15. CANTALOUPE



# THE COMPLEXITY OF CO-OP EQUITY

by MARI WOOD



**"A**RE YOU AN OUTPOST OWNER?" THIS QUESTION HAS BECOME SO ROUTINE AND ANTICIPATED EVERY TIME I DROP MY GROCERY ITEMS ON AN OUTPOST CHECKOUT CONVEYOR BELT, THAT I SOMETIMES FORGET THE TRUE MEANING OF WHAT I'M BEING ASKED.

Of course, I'm an Outpost owner. I joined our co-op in 1997 and paid up my full fair share a few short years later. I became an owner because I believe in the co-op model of doing business and wanted to financially support the place I work and shop at so that Outpost could keep being the positive force it is in our community. But 24 years later, what good is my owner equity investment doing for my co-op? The answer is: More than I knew!

"Look around the next time you're standing in one of our stores," says Pam Mehnert, Outpost's General Manager. "Some owner's equity helped buy that cooler, or bakery table, or grocery shelving. The investments that our owners make in our co-op actually get put to use in the business to purchase equipment or make improvements to the stores."

I've decided that my \$200 full fair share at Outpost probably paid for some of the wildflower garden at my local Outpost location (did you know that all of our stores' gardens include butterfly gardens that benefit pollinators?). But is that really the only impact my equity dollars have had on our co-op? It turns out it's more complex than that. Cooperatives need investment dollars to form and continue to grow, and it's the ownership's key responsibility to keep providing that equity. Pam Mehnert says, "A constant flow of equity payments is so important to our cooperatively-owned business. Without owners making their ownership payments, we would need to borrow money from a bank to make improvements or replace old equipment, which comes at a higher cost of running our business."

Not only does my invested equity keep Outpost in a financially stable place, but it also ensures that my co-op will be around for a long time, providing the goods and services that we've all come to expect from our community-owned business. For example, along with the fresh and local products that I buy at Outpost, my equity also helps to pay for many sponsorships and in-kind donations to local community organiza-



Architectural drawing of the future Oshkosh Food Co-op. Photo courtesy of Oshkosh Food Co-op.

## OSHKOSH FOOD CO-OP: Using the Power of Co-op Equity to Build Their Vision



Mari Wood declaring her co-op owner pride at Outpost's Mequon location.

tions every year, provides a place for approximately 40 businesses owned by people of color to sell their products and ensures that over 350 local people have stable jobs to go to every day, to name just a few of the amazing ways our co-op impacts our individual lives. Even if you're an infrequent shopper at Outpost, when you make an investment in our co-op, you're making an investment in our community.

So, what does YOUR invested equity pay for at our co-op? Whether it's something very tangible that you see on every visit to Outpost or something that has a quiet influence in our community, the power lies in the collective good that it supports.

The next time you're asked, "Are you an Outpost owner?" at checkout, hopefully you can say with pride, "Yes, my equity supports our co-op!"

**A**fter a long eight-year journey, Brenda Haines, Board President of the Oshkosh Food Co-op is delighted that the co-op's store is nearly ready to open in late summer or early fall of 2021. Located in the newly constructed Brio Building (an appropriate name for the co-op's new home, meaning "enthusiastic vigor") at 155 Jackson Street in Oshkosh, Wisconsin, the Oshkosh Food Co-op will operate out of a 6,500 square-foot space, leaving them an extra leased 3,500 square feet to accommodate future growth of the co-op.

With over 1,550 invested owners, Haines says it's been inspiring to watch owner pride increase once the construction of their store began. She feels that their new food co-op is a physical reminder to the community that when they work together, they can build great things.

"The cooperative model was the perfect solution for providing food to people in a low income/low access area. A company with a traditional business structure wouldn't have taken on this project...But that's the power of co-op ownership; it's shown us what we can accomplish together," says Haines.

Born out of a conversation between the co-op's founding board president, Bridgette Weber, and her UW-Oshkosh professor at that time, the construction of the Oshkosh Food Co-op has grown into a \$2.7 million project. A project that wouldn't have happened without owner equity investments, Haines is quick to point out. She says, "We used our first 100 owners' shares to finance the cost of a feasibility study...Those first owners truly invested in a vision." Haines says it's been amazing to watch the growth of peoples' commitment to the project once they have become co-op owners: "Once they invest equity into the co-op, people really want to help with the project."

Haines says that she is often reminded of a famous African Proverb when she thinks about what it takes to form a co-op: "If you want to go fast, go alone. If you want to go far, go together."



TO LEARN MORE ABOUT THE  
OSHKOSH FOOD CO-OP VISIT  
[WWW.OSHKOSHFOODCOOP.COM](http://WWW.OSHKOSHFOODCOOP.COM)

# ' a CO-OP |

(secret recipe)



## RED CURRY TOFU

SERVES 8-10    Vegan • Gluten-free

*This hearty tofu “salad” is not only a daily favorite in our stores, but other co-ops across the country also make the same, or very similar, dish for their shoppers. We typically make huge batches of this, and our recipes are sized accordingly. We’ve been wanting to share this recipe and were elated when we saw that Willy Street Co-op, our sister co-op in Madison, had already sized down the recipe for home cooks. This is great served as a salad or main course and works equally well as a sandwich or wrap filling.*

*If you’re traveling the state, make time to stop at one of Willy Street’s three convenient locations! Just type [www.willystreet.coop](http://www.willystreet.coop) into your browser to find them.*

2 pounds firm tofu, pressed and drained well then cut into ½-inch cubes

¼ cup tamari

¼ cup sesame oil

1 tablespoon curry powder

1 teaspoon paprika

¼-½ teaspoon cayenne (to taste)

½ teaspoon fennel seeds

½ tablespoon chili powder

½ cup celery, chopped

½ red onion, chopped

1 carrot, grated

½ bunch parsley, chopped

½ teaspoon salt

½ teaspoon black pepper

1 cup Vegenaïse (vegan mayonnaise)

1. Preheat the oven to 350 degrees.
2. Place the cubed tofu in a large mixing bowl. Drizzle with the tamari and sesame oil and toss. Add the curry powder, paprika, cayenne, fennel and chili powder. Toss to coat. Spread the tofu cubes (with the liquid) on baking sheets in a single layer. Bake for 15-25 minutes until a light crust forms. Remove from oven and allow to cool.
3. In a large mixing bowl, mix together the celery, red onion, carrots, parsley and Vegenaïse. Sprinkle with salt and pepper and mix well. Add the tofu and gently toss to combine.
4. Refrigerate until serving. Can be served at room temperature, but refrigerate any leftovers.

## CHECKOUT



PHOTO CREDIT: ERICA HEISDORF BISQUERRA

**WHEN:** Summer, 2021.

**WHO:** Tayvion Whitters, a Growing Youth Leadership Intern from our 2021 Sustainable Agriculture Partner, Walnut Way.

**WHAT:** Walnut Way's summer internship program, Growing Youth Leadership, engages Lindsay Heights teens in intensive urban agriculture education, leadership development & job training. Outpost is supporting the Walnut Way Workshed Project to enhance their facilities.

To donate visit [www.walnutway.org/walnut-workshed-fundraiser](http://www.walnutway.org/walnut-workshed-fundraiser)

SUMMER EASY

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