

GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS CO-OP

DOUDLAH FARMS
LOCAL ORGANIC
BEANS & MORE

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GOLD MEDAL
NOSHES

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LET'S GET
RUSTIC

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PLU 3010
WINTER 2022

FREE WITH ANY PURCHASE



FIRST WORD.

IF YOU'RE AN OWNER OR A REGULAR SHOPPER AT OUTPOST, YOU PROBABLY REALIZE THAT OUR CO-OP'S BUSINESS—WHILE BUILT ON OFFERING LOCAL AND DOMESTIC PRODUCTS—HAS SEEN AN INCREASE IN OTHER PRODUCTS FROM ACROSS THE COUNTRY AND THE WORLD. IT WASN'T ALWAYS LIKE THIS. I'VE BEEN WITH THE CO-OP LONG ENOUGH TO REMEMBER THE DRAMATIC INCREASE OF NEW ORGANIC AND NATURAL MANUFACTURERS IN THE 1980S AND 90S, MANY OF WHICH WERE DOMESTIC INDEPENDENT "MOM & POP" BUSINESSES WHO STARTED THEIR PRODUCT LINE BECAUSE THEY COULD MAKE A POSITIVE IMPACT ON OUR WORLD THROUGH FOOD.



Since that time a lot has changed. Most independent natural and organic manufacturers are now owned by a major brand conglomerate such as General Mills, Pepsi, Kellogg's or Kraft. Some food is manufactured overseas and packaged here. Other products depend on an ingredient or two to be imported and then get manufactured here. The upside to this equation is greater volume, distribution and lower price points. But the downside of this global marketplace has become painfully obvious—products or ingredients are not showing up and that means they don't show up on our shelves.

This is a complex situation that has only been accelerated by the pandemic. It's causing supply disruption, fueled in part by labor shortages, but driven mostly by global manufacturing, trade and distribution. Initially the rapid spread of the virus led to a shut-down of manufacturing world-wide, followed by lower consumer demand as folks stocked up early. When the lockdowns lifted, the demand for supply shifted and the complications developed from there.

But how has that impacted our local supply and local vendors? Breweries are impacted by aluminum can and glass shortages. Labor shortages have impacted production at two key bakeries we feature on our shelves. Supply of some meat and poultry products are impacted by labor and transportation so they are not offering promotions on their products. The list goes on, but basically every single company we do business with, from the bags we package cookies in, to the apples we sell, has been impacted in some way.

The good news is that in 2021 we are still grounded in local—**33% of all of Outpost's sales were from local and regional vendors, and 82% of those vendors were within 100 miles of Outpost.** Nationally at other supermarkets, local sales are typically less than 5% of their total volume.

I truly believe that now, maybe more than ever, it's important we continue to support these local and regional vendors. Even if, or when, those prices increase, our local vendors need our patronage more than any national or global brand do.

It's simple really, in an increasingly complicated world, choosing local means a vendor or grower can stay in business, and in turn, your locally-owned consumer cooperative can do the same. Your dollars have real impact, spend them wisely.

PAM MEHNERT

General Manager



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 ?

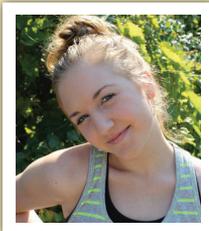


i am CARA BERKEN.

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.



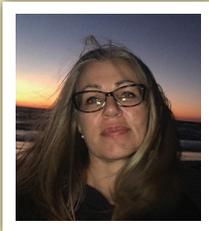
i am LISA MALMAROWSKI.

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.



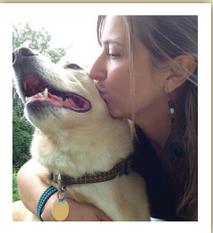
i am MARGARET MITTELSTADT.

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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NATURAL FOODS

Just Click & Collect

Shop our webstore and pick up curbside. It's so easy!

www.outpost.coop/webstore

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



WANT MORE OUTPOST?

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(you'll) SWOON.

THINGS WE LOVE.



RIGHTRICE

THE RIGHT RICE FOR RIGHT NOW IS NOT JUST RICE, REALLY

Imagine a busy weeknight and you're trying out a new recipe. You know it would go great with rice, but snap, you find yourself on step six, 40 minutes in and you realize in a panic you forgot to make the rice! Not to worry—RightRice to the rescue! RightRice is a new tasty grain that's made from lentils, chickpeas, peas and rice, with more than double the protein, five times the fiber and almost 40% fewer net carbs than a plain bowl of white rice. It's also gluten-free to boot! Even better? It can be on the table in less than fifteen minutes...just add boiling water, cover and fluff. Try the Garlic Herb with an Italian dish, spice up a Mexican meal with the snappy Spanish style or mix in chicken to the Thai Curry. Or add stock instead of water, some diced veggies or even cheese...the combinations are endless!

RAINBOW LIGHT 1000 IU VITAMIN D GUMMIES

HERE COMES THE SUN...SUBSTITUTE

It's still going to be a couple of months until those wonderful 8:30 p.m. sunsets (getting closer every day!) but, until then, there's Rainbow Light's Vitamin D Gummies to keep us on the sunny side. When we humans are shunned by the sun (or if you eat a strictly vegan diet or suffer from milk allergies) chances are you're not getting enough vitamin D in your life. Enter these delicious, lemony, gummy-drop, one-a-day vitamins to help balance the scales. Each gummy delivers a highly potent burst of easily absorbed vitamin D that your body needs. With no artificial sweeteners or colors, you can boost your immune system (who doesn't want that nowadays?) while improving just about every system in your body. It's like having a little ray of sunshine to start your day!



TASTE REPUBLIC GLUTEN-FREE PASTAS

THE GLUTEN-FREE PASTA REVOLUTION IS NOW

Since the dawn of time humanity has tried to solve the eternal question: Will there ever be a gluten-free pasta that tastes as good as its chewy, dense, wheat-y counterpart? We are here to say—that time has arrived—and the answer has come, not from Italy, but from Madison, Wisconsin. Chef Peter Robertson's love of fresh pasta led him to creating RP's Pastas (which we also sell), but he still wanted to find a way to make a gluten-free pasta that had the same amazing taste and texture as its traditional wheat-based counterpart. Enter Taste Republic's gluten-free pasta. Available in a variety of shapes, they're everything you wish GF pasta would be—silken, soft, and slightly chewy with real-deal flavor—minus the gluten. They're great with a little brown butter and sage and can stand up to the sauciest of red sauces and the creamiest of Alfredo's. Even better than the taste?

They're fresh and cook up perfectly in a matter of minutes. Find RP's (wheat pastas) and Taste Republic (gluten-free pastas) in our refrigerated section and say, "That's Amore!"



PEACE + ALL GOOD SCRUBS

HOW TO BECOME A BATH TIME ACTIVIST

Step into your shower or bath and pop open a Peace + All Good Scrub. Savor the fresh all-natural essential oils mixed with Dead Sea salt. Dip in and feel the smoothness of rich avocado oil, and then get busy sloughing off those dry patches of skin. Revel in how soft and silky your arms and legs feel. Yes, your winter skin met its match while your purchase helps women employed by the Franciscan Peacemakers. They provide a pathway to sustainable healthy, safe and productive lives for women engaging in prostitution due to trauma, human sex trafficking or drug addiction. Giving back to our community while you do good by your skin, you'll love how this delicious scrub makes you feel both inside and out.



BLOSSOM CANDLE CO.

GOOD VIBES DELIVERED IN EVERY SCENTACULAR JAR

Look, you're going to light a candle rather than curse the darkness of winter so you might as well make it a candle that's locally made and filled with positive intentions. Back in 2016 Shiquita Mann started making candles in her home. After learning about the candle industry and toxic effects our everyday products can have in our home, Blossom Candle Company was born. Shiquita handcrafts every petroleum, phthalate and paraben-free candle with intention, using pure soy wax and cotton wicks. We love how long-lasting these beautiful jar candles are and have been busy lighting up our intentions for Abundance and Prosperity. And did you know that the Gratitude candle smells like a beautiful cactus flower? We appreciate how special and elegant these candles are in every way, just like their maker, Shiquita Mann.



GUSTOLA GRANOLA

A GREAT GRANOLA WITH GUSTO

One could make an argument that Angela Gustafson was destined to find her calling in the world of granola. Like any good Midwesterner, Angela began sharing her homemade granola with friends and quickly realized there was a bigger market out there for her crunchy creations. It was their cheers of "You've got to do something with this!" that inspired her to create Gustola Granola. As a woman-owned business, Angela puts her heart and soul into every package of her premium granola. What doesn't go into the package? Artificial anything. Every bag of Gustola uses only clean, pure ingredients like pure maple syrup to create an addictively crunchy, not-too sweet and immensely satisfying snack. We like the Almond Cherry & Coconut over some yogurt, while the Hazelnut Almond & Blueberry is great swimming in some oat milk. Don't judge if you see us standing over the sink eating some Pistachio, Pumpkin Seed, Coconut and Cherry right out of the bag...it's just that good!

S.A. BRAAI CHUTNEY

THIS IS ONE DELIGHTFUL DÉJÀ VU

Once upon a time finding Wendi Horcos' unique and delicious South African style chutney was as simple as a trip to any Outpost. An unplanned setback put the business on hold indefinitely, leaving many customers wondering where they were going to find their next jar of this sweet and spicy condiment. Well, S.A. Braai chutney is back, baby! While many of us were streaming movies during 2020's lockdown, Wendi was working on building back her business. Wendi's chutney is an enticing mix of vinegar, onions and dried fruits—like peaches and apricots—along with her special spice blend that goes great with sausages, on crackers, with cheeses or even on eggs. Indeed, life has gone back to technicolor with this fab local condiment back in stores. Pick up a jar today and see what South Africans have been enjoying as their "go-to" condiment since the nineteenth century.



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

Mu

MUNG



TASTE . CRISP, CLEAN, NUTTY
USES . SOUP, CURRIES, DAL

Bl

BLACK



TASTE . CREAMY, STRONG, SWEET
USES . TORTILLAS, SALSA, SALADS

Le

LENTIL – MANY VARIETIES



TASTE . MILD, EARTHY
USES . BURGERS, SOUPS, GRAIN DISHES

Ad

ADZUKI



TASTE . MILD, NUTTY, SWEET
USES . DESSERTS, SOUPS, SALADS

Ki

KIDNEY



TASTE . MILD, SLIGHTLY SWEET, FIRM
USES . SOUPS, CHILI, RICE DISHES

Sr

SMALL RED



TASTE . HEARTY, EARTHY, SWEET
USES . REFRIED, RICE DISHES, STEWS

Looking for tips, cooking times and making beans easier to digest? Pick up our handy FREE guide *All About Beans!*



COOKING UP THE GOODNESS

We are fans of convenience, which is why Outpost stocks a wide variety of beans, cooked and ready to serve or use in recipes. Look for cans, jars and even packets of beans—some sauced up and ready-to-serve. That said, don't let the idea of cooking beans from scratch intimidate you! Buying dried beans is convenient and super economical. They're easy to cook and some varieties, like lentils, don't need soaking and cook up very quickly.

COOKING INSTRUCTIONS FOR MOST DRIED BEANS

1. Rinse beans in colander and pick out any stones or shriveled beans that might be mixed in.
2. Soak beans (except adzuki, lentils, split peas or mung) overnight or for 8 hours. Use 6 cups of cold water per 1 pound of dried beans. Note – you don't have to refrigerate soaking beans unless it's really hot in your kitchen.
3. Drain soaked beans. Add fresh water to a large pot, add beans and bring to a boil. Cover the pot but leave lid slightly ajar so the steam can escape. Gently simmer until tender.

Quick Soak Method

Bring beans and water to a boil, boil for two minutes, cover and remove from heat. Allow to stand 1 hour, drain water, and proceed with cooking instructions.

Pressure Cooker Method

Follow manufacturer's instructions for your cooker. Do not pressure cook small beans. They clog release valves and quickly overcook. Use two cups water per cup of dried beans.

pineapple

TWO WAYS

WHEN WE THINK ABOUT PINEAPPLE, WE INVARIABLY TRAVEL TO TROPICAL DESTINATIONS THAT FORGO SNOW DRIFTS AND CLOUDY SKIES FOR SUNNY FORECASTS AND SOOTHING COASTAL BREEZES. PINEAPPLES IN ALL THEIR SWEETNESS CAN BE A BIT CLOYING FOR SOME TASTES, HOWEVER, THESE TWO RECIPES TAME THAT SUGAR BURST AND INSTEAD EXPLORE THE FRUIT'S MORE SUBTLE RAFT OF TANGY CITRUS NOTES. WE INVITE YOU TO TAKE A FOOD VACATION USING PINEAPPLE TO BRIGHTEN YOUR DAYS AND BUOY YOUR WINTER SPIRITS.

SPICY PINEAPPLE PORK ADOBO

SERVES 4–6

Traditional pork adobo hails from the Philippines. It's a savory dish usually prepared using soy sauce, vinegar and garlic as the basic building blocks. We've embellished this pork recipe with some extras to create a velvety, tart-salty, savory sauce—and SURPRISE—the delightful addition of sweet, caramelized pineapple! Serve right from the stovetop onto a pillow of steamed rice. Add a glass of Chenin Blanc or a Rioja, two wines that can stand alongside salty, tangy sauces and meats.

1 large pineapple, divided
3 tablespoons + 2 teaspoons vegetable oil, divided
2 pounds pork loin roast or shoulder, cut into 1½-inch pieces
Salt and fresh cracked pepper, to taste
½ yellow onion, thinly sliced
6 cloves garlic, thinly sliced
¼ cup soy sauce
3 tablespoons oyster sauce
⅔ cup rice vinegar
3 bay leaves
1 tablespoon black peppercorns
2 teaspoons brown sugar
¼ teaspoon cayenne pepper, or to taste
¾ cup water
Garnish – green onions, thinly sliced (optional)

1. Peel, core and halve the pineapple. Cut half of the pineapple into bite-sized pieces and reserve, then dice the other half into small pieces.
2. Add the diced pineapple to a small saucepan. Cook over medium-low heat for 15–18 minutes, stirring often, until nearly all the juice is evaporated. Carefully add the cooked pineapple to a blender, along with ¼ cup of water. Blend until creamy and smooth. Set aside.
3. Season pork cubes with salt and pepper. Heat 2 tablespoons of the oil in a large heavy pot or Dutch oven over medium heat. When shimmering, add the pork in batches and brown on all sides. Remove pork from pot and set aside.
4. Add 1 tablespoon of oil to the same pot the pork was cooked in. Add onions and cook, stirring occasionally for about 5 minutes. Add the garlic and cook for 1 minute, stirring often.
5. To the onions and garlic, add the blended pineapple, soy sauce, oyster sauce, vinegar, bay leaves, black peppercorns, brown sugar, cayenne pepper and ¾ cup water. Stir to combine. Add the pork and any juices back into the pot and toss to coat evenly. Bring the pot to a boil, then reduce the heat to simmer. Cover and simmer for 45–50 minutes, or until the meat is tender.
6. Remove cover and increase heat to medium and cook, uncovered until the sauce thickens and is shiny, about 15 minutes.
7. In a separate skillet, heat 2 teaspoons of oil over medium-high heat. Add the bite-sized pineapple chunks and cook until golden brown all over, stirring occasionally, about 5–10 minutes. Add the caramelized pineapple to the pork adobo. Stir to incorporate. Remove and discard the bay leaves.
8. Serve over steamed rice, topped with sliced green onions.





PINEAPPLE CHIFFON CAKE *with* CAMELIZED PINEAPPLE SAUCE

A lovely chiffon cake is the perfect way to usher in the culinary version of a day at the beach. This light confection is unfettered by heavy frosting or super sweet glazes. Its sweet glow comes from pineapple juice and a kiss of lemon. You need to use cake flour for this recipe. Fear not, it's easy to create cake flour using regular flour and corn starch. Be sure to snack on leftover cake with your morning coffee or afternoon tea.

2¼ cups cake flour (or
make your own cake
flour, see below)
1½ cups sugar
3 teaspoons baking powder
½ teaspoon salt
5 egg yolks
⅔ cup 100% pineapple
juice
½ cup canola oil
1 teaspoon grated lemon
zest
8 egg whites at room temp
for 30 minutes
½ teaspoon cream of tarta

For the pineapple sauce:

3 tablespoons unsalted
butter
2 tablespoons firmly packed
brown sugar
1 14-ounce can crushed
pineapple
½ teaspoon vanilla extract
Pinch salt

*Special equipment: 2-piece
10-inch tube cake pan*

1. Preheat oven to 325 degrees. In a large bowl, combine the flour, sugar, baking powder and salt. In another bowl, whisk together well the egg yolks and add pineapple juice, oil and lemon zest.
2. Add liquids to the dry ingredients and beat until well blended. Add the egg whites and cream of tartar to a bowl and using a hand-held mixer or stand mixer, beat until stiff peaks form. Using a rubber spatula, gently fold about a quarter of the egg whites into the yolk batter until well combined. Gently fold in the remaining egg whites gradually until the batter is of uniform color. Be sure to scrape the bottom and the sides of the bowl while folding in the egg whites.
3. Gently pour the cake batter into an ungreased 2-piece 10-inch tube pan. Use a knife to cut through the batter to remove any air pockets. Bake on the lowest rack of the oven for 55–60 minutes, or until top springs back when lightly touched.
4. Remove from oven and immediately invert pan on a wire rack to cool for at least one hour. Run a knife around the sides and separate the cake from the pan. Run a knife around the tube and the underside of the cake to separate from the center section. Remove the cake to a serving plate. Add a puddle of sweet pineapple sauce to the plate as you serve each slice.
5. Cake can be stored at room temperature in a cake container or wrapped in plastic wrap.
6. Make the pineapple sauce. Melt the butter and sugar in a small skillet over medium heat, stirring until the sugar is dissolved. Increase the heat to high and add the crushed pineapple. Cook, stirring occasionally, until golden in color and caramelized, about 5–8 minutes. Remove from heat, add vanilla and salt.

MAKE YOUR OWN CAKE FLOUR

For every 1 cup of cake flour called out in a recipe, measure out 1 level cup of AP flour. Remove 2 tablespoons flour from that measurement and add 2 tablespoons of cornstarch. Whisk to combine, and then sift together.



GRAINS OF GOODNESS





story & photos by MICHAEL SORENSEN

HERE'S SOMETHING TO TRY THE NEXT TIME YOU'RE IN A FUNK. GET YOURSELF TO CUDAHY'S ANGELIC BAKEHOUSE AND TAKE A BIG, DEEP BREATH. IT'S ONLY A MATTER OF TIME BEFORE YOUR SPIRITS START TO LIFT, AS YOU INHALE THE ENCHANTING AROMAS OF FRESH BAKED BREADS INSTANTLY TRANSPORTING YOU BACK TO SOME IRRESISTIBLE CHILDHOOD MEMORY OF WARMTH AND HAPPINESS.

But when the bread's grains are sprouted...does it smell even better? And, by the way, what exactly is sprouted bread?

"We're sprouting here," Angelic Bakehouse's Abby Brown informs us as we venture into a giant warehouse of a room containing mixers about one hundred times as big as your grandmother's KitchenAid and immense stainless steel vats big enough to bathe in. "Wheat is our primary grain that we use for sprouting, but we also use quinoa, amaranth, millet, oat groats, rye berries and barley, and we put these in our soaking sprouting bins."

Almost like a seed will eventually sprout a green stalk in the ground, these grains instead soak in a warm water bath for 24 hours before being used for baking. As they soak, the grains literally begin to sprout, unleashing a bounty of nutritional benefits. Trace amounts of flour are added, as is a little brown sugar and molasses for a subtle sweetness. The result is a bread that is naturally high in protein and fiber, and low in carbohydrates and calories. The bread, buns, rolls, flatbreads and more made by Angelic are also vegan and all natural, with no added preservatives, dairy, soy or nuts...Kosher too.

"Sprouting is kind of an ancient technique," Abby explains. "And for folks who have digestive issues with grains (such as a gluten intolerance), they often find that sprouted grains actually help with their digestion."

Angelic Bakehouse "sprouted" into existence in Waukesha as Cybros the Sprouted Bakehouse, but in 2009 new owners, Jenny and James Marino, fell in love with their Sprouted 7 Grain buns and set the wheels in motion to

take over the bakery, eventually renaming it Angelic Bakehouse in 2013.

"They really believed in the products. They were just buying the buns at the grocery store and enjoyed them so much that when they discovered the bakery was up for sale they decided to dive headfirst into the bakery business. They had no background in bakery, but they took this small Waukesha bakery to the national level and now we're in almost all fifty states."

In fact, during the pandemic, Angelic started a "Loaf You" donation program for online orders to help hungry Milwaukeeans. "We were doing direct shipping to our customers so consumers could buy a loaf of bread online, and we donated two loaves of bread that went directly to Feeding America right in the Milwaukee area. All over America people were helping our community. To date, we've donated over 200,000 meals to people in need right here in our own backyard."

As Abby tells us about this great program, she hands us a loaf of freshly baked bread right out of the oven and tells us to pull it open. The golden brown and crunchy crust pleasantly pulls apart to reveal a moist, dense, and impossibly chewy inside full of rich flavor and texture. This is certainly not your old, boring, listless wheat bread...and don't get us started on how good it is toasted!

If you want a taste for yourself, pick up some of our local favorite Angelic Bakehouse's breads, buns, wraps, crusts (great for pizzas) and crisps (we're partial to the Harissa Green Chile Snack Crisps around here) at your favorite Outpost today!

Rustic COMFORTS



GNOCCHI WITH BRUSSELS SPROUTS &
BROWNE D BUTTER
LENTIL & POTATO SOUP
CURRIED ROASTED ROOT VEGETABLES
WITH CHICKPEAS
MUSHROOM & LEEK BREAD PUDDING
CHICKEN MARABELLA
CHOCOLATE BERRY CRUMBLE BARS

(on our)
MENU

by LISA MALMAROWSKI
photos CARA BERKEN



WHEN WINTER SETTLES IN FOR REAL, WE ALWAYS TURN TO COMFORT FOODS — RUSTIC, SIMPLE AND UNCOMPLICATED DISHES THAT WARM UP THE WHOLE HOUSE. MANY MEALS FIT THIS BOWL; SO MANY IN FACT WE HAD A HARD TIME EDITING THE LIST. WE FINALLY SETTLED ON THIS LINE-UP — DISHES THAT ARE BIG ON FLAVOR AND WORK JUST AS WELL FOR A FAMILY SUPPER OR A COZY DINNER PARTY.

GNOCCHI *with* **BRUSSELS SPROUTS & BROWNED BUTTER**

SERVES 4 *Vegetarian • Gluten-free & vegan with substitutions*

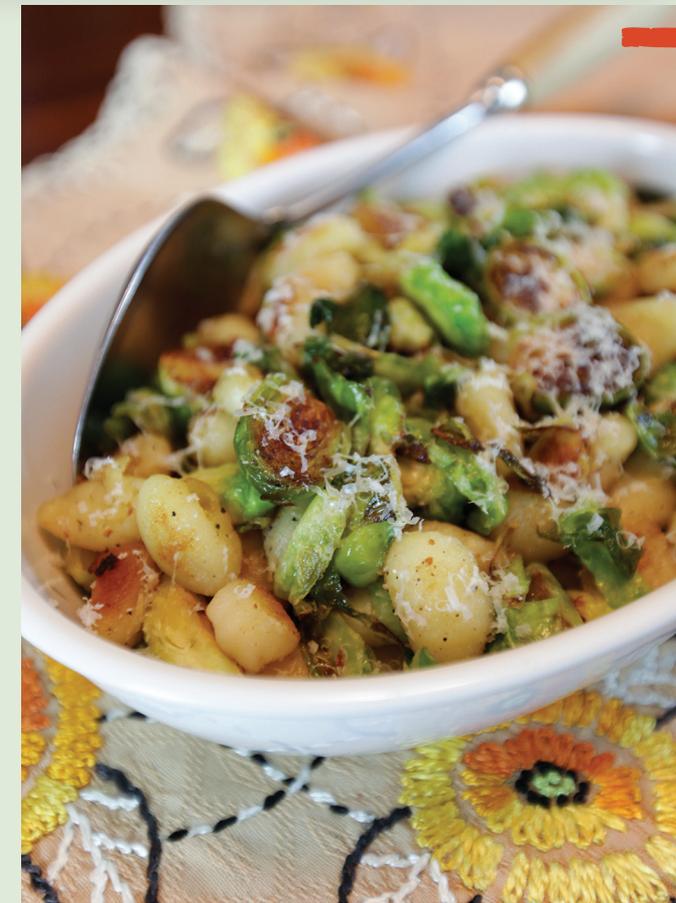
When we asked folks to name their favorite rustic meal, this recipe was mentioned a few times, so we had to discover why. Yeah, it's really good, simple to make and deceptively delicious despite the short ingredient list. After trying it out we discovered that browning the sprouts in the oven helped to finish the dish in less time. You can also substitute balsamic vinegar or maple syrup for the honey. You just need a little sweetness for flavor balance.

1 pound brussels sprouts	6 tablespoons unsalted butter, sliced into 6 pieces
1 lemon	½ teaspoon honey or balsamic vinegar
¼ cup olive oil	¼ cup Satori Classic Grated Parmesan
Kosher salt and black pepper	
½ teaspoon red-pepper flakes	
1 16-18 ounce package potato gnocchi	

1. Preheat oven to 400 degrees.
2. Wash brussels sprouts, trim rough ends, and cut in half or thirds depending on how large they are.
3. Using a vegetable peeler, peel thick strips of lemon zest, then coarsely chop — about 2 teaspoons. Save the lemon to use a little juice for serving.
4. In a large bowl toss together brussels sprouts, 3 tablespoons olive oil, ½ teaspoon of salt, and freshly ground pepper. Mix well and spread out on a sheet pan. Top with lemon zest. Place in preheated oven and bake undisturbed for about 15 minutes, until they are crisp-tender and browned on the bottom. Remove from oven and set aside.
5. Meanwhile, in a 12-inch or larger skillet heat remaining olive oil over medium-high. Add gnocchi to the pan, breaking up any that are stuck together, and cook, covered and undisturbed, until golden brown on one side, 2–4 minutes. Add the butter and honey or balsamic vinegar, red pepper flakes and season with salt and a generous amount of black pepper. You need to be patient here and allow the gnocchi to get golden-brown. The gnocchi may stick, but the butter will loosen them. Continue cooking, stirring often until the butter is golden, nutty smelling and foaming, 1–2 minutes. Stir in roasted brussels sprouts and continue to cook until warmed through.
6. To serve, top with grated parmesan and a squeeze of fresh lemon.

Recipe adapted from *New York Times*

(continued)





LENTIL & POTATO SOUP

SERVES 6 Vegan • Gluten-free

Nothing says rustic like a homey bowl of soup. Don't let the simple ingredients fool you – each one builds on the flavor of the next while packing a savory wallop. Like most soups, you can substitute what you have on hand, so yes, change up the mushrooms or use different broth, but don't skip the fresh parsley and spinach as these add the bright notes that will balance the other flavors. If you want even more sparkle, try squeezing in a little fresh lemon before serving.

- | | |
|---|--|
| 1 tablespoon olive oil | 3 cloves garlic, minced |
| 1 yellow onion, diced | 5 cups gluten-free vegetable or mushroom broth (we used a mix of Pacific Foods and Better Than Broth brands) |
| 1 medium waxy potato like Yukon Gold, diced – about 1½ cups | 2 tablespoons gluten-free tamari or Bragg's Liquid Aminos |
| 1 large carrot, diced | 1 cup lentils, any variety uncooked, rinsed |
| 8 ounces cremini or button mushrooms, sliced | 2 cups fresh baby spinach, roughly chopped |
| ¾ teaspoon dried thyme or 1 tablespoon fresh thyme, chopped | Salt to taste |
| 1 tablespoon fresh parsley, chopped | |

1. In a large pot over medium-high heat, add olive oil and onion and sauté until onion is softened and translucent, about 5 minutes.
2. Add potatoes, carrots, mushrooms, dried thyme and parsley. Stir and sauté until vegetables are softened, about 3–4 more minutes.
3. Add garlic. Stir and sauté until fragrant, about a minute.
4. Add broth and tamari. Increase heat and bring to a boil.
5. Once boiling, add lentils. Cover and reduce heat to a simmer. Simmer until lentils are tender, about 30 minutes but timing can vary depending on variety of lentils. Check occasionally and add a bit more stock or water if needed.
6. Stir in spinach just before serving to wilt and soften, add salt and freshly ground pepper to taste.



CURRIED SHEET PAN ROASTED ROOT VEGETABLES *with* CHICKPEAS

SERVES 4 Vegan • Gluten-free

This vegetable-forward recipe really highlights the season. Who doesn't love a sheet pan dinner?! Sweet, savory, simple and earthy, this dish is easily customizable to your taste or what you have on hand. It also works great as a side dish.

- 2 pounds assorted root vegetables, such as carrots, parsnips, sweet potatoes and beets, peeled as necessary and cut into ¾-inch pieces – about 8 cups
- ½ yellow onion, chopped
- ¼ cup olive oil
- 2 tablespoons fresh lemon juice, about ½ lemon
- 2 cloves garlic, minced
- 1 teaspoon curry powder
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- ½ teaspoon cinnamon
- ½ teaspoon salt
- 1 15-ounce can chickpeas or use 1½ cups cooked chickpeas, drained and rinsed
- ¼ – ½ cup raisins

1. Preheat the oven to 400 degrees. Put root vegetables and onions in a large bowl.
2. In a large measuring cup, whisk together oil, lemon juice, garlic, curry powder, cumin, paprika, cinnamon, and salt. Pour the marinade over the vegetables and toss to coat.
3. Spread vegetables on a large, rimmed baking sheet. Roast for 20 minutes, then remove from the oven. Add the chickpeas and raisins to the pan, and mix everything together. If the mixture looks a little dry, add a drizzle of olive oil and mix again.
4. Bake for 15–20 more minutes until vegetables are tender and starting to brown. Transfer to a serving bowl, season with salt and pepper to taste, and serve.



MUSHROOM & LEEK BREAD PUDDING

SERVES 6 *Vegetarian*

Calling this a bread pudding does it a disservice. It's as if a brunch dish married a classic stuffing – soft with savory flavors, crunchy toasty bits, bright notes of sage and sweet Gruyere cheese. Honestly, we'd eat this as a main dish, but it would be just as great for brunch or served with roasted chicken.

- 3 cups cubed ciabatta or sourdough bread
- Olive oil for drizzling
- 2 teaspoons unsalted butter
- 1 large leek, white tender parts cut into half-moon shapes, ½-inch wide
- 2 garlic cloves, minced
- 8 ounces cremini or button mushrooms, sliced in half
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon fresh sage, chopped + extra for garnish
- 4–5 sprigs of fresh thyme, leaves removed and chopped
- Salt and pepper
- 1½ cups grated fontina and/or Gruyere
- 2 eggs
- ½ cup whole milk
- 1 cup vegetable stock

1. Preheat oven to 400 degrees and arrange bread on a baking sheet. Toast for 5 minutes to dry out the cubes.
2. Meanwhile, butter the inside of a medium-sized casserole dish (about 2–3 quart size) and set aside.
3. Drizzle a sauté pan with olive oil and add butter. Sauté leeks over medium heat for about 6–8 minutes until softened. Add garlic and sauté for another minute.
4. Add mushrooms and chopped herbs and sauté for 3–5 minutes, or until mushrooms just start to soften. Season with salt and pepper and set aside.
5. In a large bowl, whisk together eggs, milk and stock. Add cubed bread, mushroom mixture and grated cheese and mix well.
6. Transfer mixture to prepared casserole dish, top with a sprinkle of chopped sage.
7. Bake for 30–40 minutes or until the top is golden brown.
8. Allow to cool for 5–10 minutes before serving. This also reheats very well.

(continued)

CHICKEN MARABELLA

SERVES 3 to 4 *Gluten-free*

Since the early 1980s, thanks to the Silver Palate Cookbook, a version of this recipe has fed many a dinner party guest. It's no surprise, much like 80's fashion, that it's enjoying a comeback. You may even find it as a ready to "heat & eat" dish in our cafés. The combination of sweet, briny and savory flavors is hard to describe, but once you've tasted it, you'll crave it again. Yes, it seems like a lot of fresh oregano, but it mellows out as it cooks. We love this served with rice and roasted squash, but it's equally delish with mashed potatoes and steamed green beans. There is one caveat, for best results, plan on marinating the chicken the night before.

- ¼ cup olive oil
- ¼ cup red wine vinegar
- ½ cup pitted prunes or dried apricots – we like a mix
- ½ cup pitted Spanish green olives
- 1½ tablespoons capers, with a bit of juice
- 3 bay leaves
- ½ head of garlic, peeled and puréed
- ¼ cup fresh oregano, chopped, or 1½ tablespoons dried oregano
- 1 teaspoon salt
- ⅛ teaspoon freshly ground pepper
- 3½ to 4 pounds skin on, bone-in chicken thighs
- ½ cup dry white wine
- ¼ cup brown sugar
- 1 tablespoon flat-leaf parsley, finely chopped

1. In a large bowl, combine the olive oil, vinegar, prunes or apricots, olives, capers and a splash of juice, bay leaves, garlic, oregano, salt and pepper. Add the chicken pieces and turn to coat. Refrigerate overnight.
2. Preheat the oven to 400 degrees. Arrange the chicken in a single layer in a shallow roasting pan and spoon the marinade, including all the fruit and other ingredients, over it evenly. Pour in the wine and lightly dust the chicken with the brown sugar – you may not need the whole amount of sugar, but you need some to brown it.
3. Bake until the thigh pieces yield clear yellow juice when pricked with a fork, 50–60 minutes, basting two or three times with the pan juices once the chicken begins to brown. Note – When basting, do not brush off the sugar. If the chicken starts to brown quickly, cover lightly with foil.
4. Transfer the chicken pieces to a warm serving platter and top with the prunes or apricots, olives and capers and keep warm.
5. Place roasting pan over medium heat and bring the pan juices to a boil. Reduce to about ½ cup. Strain into a heatproof bowl, add the parsley and pour over the chicken.





CHOCOLATE BERRY CRUMBLE BARS

MAKES 24

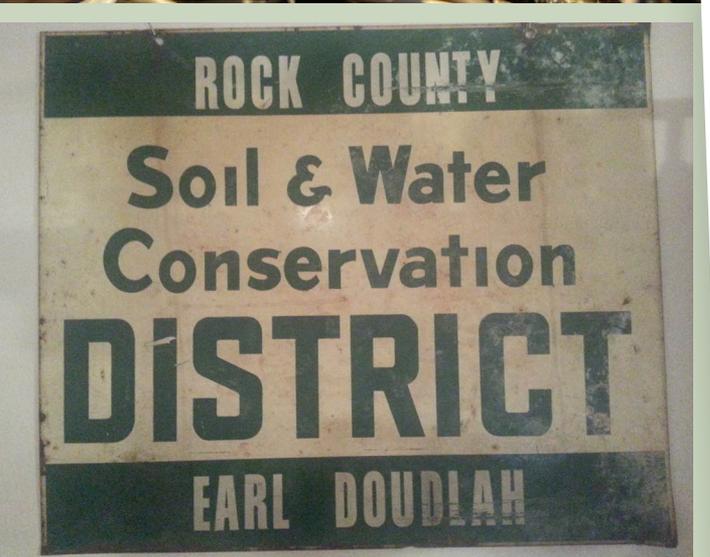
Vegetarian • Vegan with substitutions

We're a sucker for dessert bars because nothing says rustic more than brown, crumbly bakery oozing sweet jammy fruit. Plus, they're a snap to make. These bars are basically a crumbly shortbread fancied up with lush jam and chocolate. We used chopped cherry jam, but lingonberry jam would be wonderful too. Really any fruit you'd pair with chocolate would work. These are rich, so you may want to cut them small. Or not —no judgement here!

2½ cups all-purpose flour
1 cup sugar
¾ cup pecans, finely chopped
1 egg, beaten
Dash of kosher salt
2 sticks (1 cup) unsalted butter, cold and cut into small cubes
10–12 ounces lingonberry, cherry or raspberry jam
10 ounces (one standard bag) semi-sweet chocolate chips

1. Preheat oven to 350 degrees. Grease a 13x9x2-inch baking pan.
2. Stir together flour, sugar, pecans, egg and salt in large bowl. Add butter by cutting it in with a pastry blender or fork until mixture resembles coarse crumbs. Set aside 1½ cups crumb mixture.
3. Firmly press remaining crumb mixture on bottom of prepared pan. Stir jam to soften, and drop by spoonfuls over the crumb mixture, then carefully spread to the edges. Sprinkle with chocolate chips and layer on the crumb mixture evenly over the top.
4. Bake 40–45 minutes or until lightly browned. Cool completely in pan on wire rack; cut into bars.

FAMILY ROOTS



Earl Doudlah, photo courtesy of Doudlah Farms



story & photos by MICHAEL SORENSEN

"THAT'S ENOUGH BEANS FOR ABOUT A MILLION BURRITOS RIGHT THERE," FARMER MARK DOUDLAH MUSES AS HE WATCHES A STEADY STREAM OF BLACK BEANS CASCADE THROUGH THE AIR FROM HIS STATE-OF-THE-ART COMBINE INTO THE BACK OF AN OPEN TRAILER AS BIG AS A SEMI. IT'S HARVEST TIME AT DOUDLAH FARMS AND MARK HAS BEEN WORKING SINCE THE SUN CAME UP. "SOMETIMES IT ENDS AT TWO IN THE MORNING," HE TELLS ME. "YOU'VE GOT TO MAKE HAY WHEN THE SUN IS SHINING."

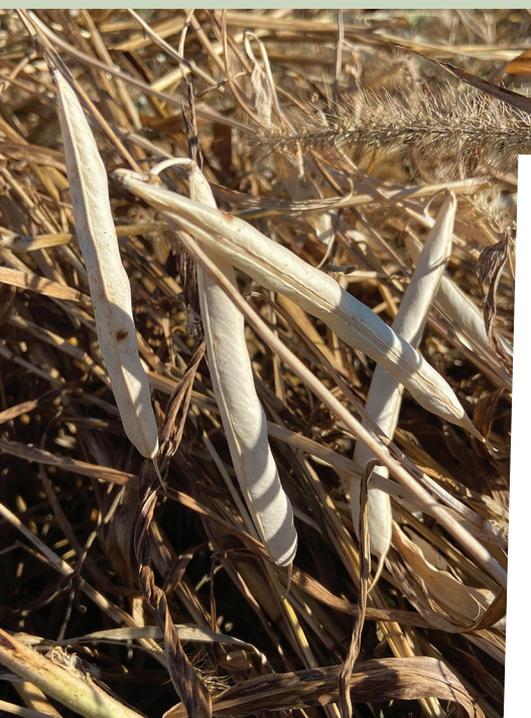
For six generations the Doudlah family has been waking up before the birds and, during harvest season, often calling it quits under moonlight. But it wasn't until 2008 that Mark made the tough call to transition from conventional farming, which relies on chemicals, to becoming a certified organic operation. It was a decision that didn't come about lightly. "My dad is what woke me up," Mark confesses.

Mark's father, Earl, the man who taught him everything he knew about farming since he was a child, passed away in 2011 after battling a form of cancer known as Mantle Cell Lymphoma. It also goes by a more ominous name: Midwest Farmers Cancer.

After his father's death Mark took a long, hard look at the conventional farming practices he and his father had been using for

(continued)

Learn more at:
WWW.DOUDLAHFARMS.COM



A young Earl Doudlah, photo courtesy of Doudlah Farms

decades. Practices that relied heavily on the chemical glyphosate. In 2015, the World Health Organization classified glyphosate as “probably carcinogenic to humans,” based on their review of publicly available research. It’s also shown up in everything from meats and produce to breakfast cereals. It’s a health hazard that Mark has become passionate about.

“My father started farming with horses—if you can believe that. He saw a lot of changes in his short lifetime, but we have different things coming at us now. People don’t really understand that this soil that we’re trying to tread lightly on is identical to what is in your gut. The processes, the microbes. What we don’t realize is that glyphosate is an antibiotic, so it’s stripping away your guts. We seem to be headed in the opposite direction of what is actually good for us as human beings.”

Mark’s switch to organic farming took years and, along the way, Mark had to learn how to farm in an entirely different way; ditching the harmful chemicals and, instead, relying on regenerative and biodynamic farming practices—fancy names for growing nutrient-rich safe food. “It’s a lot more work to farm organically, but we think it’s worth it for the land and for the consumer. Healthy soil, healthy crops, healthy you.”

Mark’s passion to put whole, healthy food into people’s hands has even made him a bit of a pariah among other local farmers as his decision to go organic goes against the way farming is usually done in this country.

“When I walk into a coffee shop it goes quiet. Now I’m the strange guy...’Oh, he’s a little different...he’s organic.’ I think it’s



ridiculous. How many farmers do we have to bury until we realize we're killing people with the chemistry we're using daily?"

Mark's valuable lesson he learned from his father is now reflected in what he teaches his son, Jason, who is following his dad into the organic farming business.

"After seeing what conventional farming can do, seeing what happened to my grandpa and knowing where his sickness came from, there is no going back for me. I don't know how we've gotten away from organic farming in the last fifty to sixty years, but I know now that if we can do right by the land it will do right by us," says Jason.

Look for Doudlah Farms organic beans and flours on our shelves and in our bulk department today and help support a small farm that puts health above profits.





YOUR GAME DAY
SNACKING JUST
GOT LUXE



by LISA MALMAROWSKI
photos CARA BERKEN



**GO
TEAM
GO!**



Here's our shopping list -

Cheese

- Cesar's Garlic & Dill Cheese Curds
- Castello Blue Cheese
- Tomato Basil Cheese

Meats/Non-meats

- Outpost's Own Cooked Shrimp with Lemon Pepper
- Organic Prairie Landjaeger Sticks
- Outpost's Own Kung Pao Tofu, skewered

Pickled Delights

- Blue Cheese Stuffed Olives
- Pickled Okra
- Dill Pickle Spears
- Red Pepper "Peppadew" Drops

Crunchy

- Everything Bagel Seasoned Cashews
- Bombay Spiced Roasted Chickpeas
- Spicy Cajun Oat Sticks
- Potter's Rye Crackers
- Sliced Baguette

Fresh

- Baby Carrots
- Cherry Tomatoes
- Celery
- Lemon



DECONSTRUCTED BLOODY MARY SPREAD

We are firmly in the camp that believes the best part of any Bloody Mary is all the goodies that are stacked on top. So, why not just run with that idea and lay out a party-worthy platter of savory goodness?! You can customize this to your liking. Go plant-based and switch up the cheese, shrimp and meat with nut-based vegan cheeses, plant-based bacon or snack sticks and more olives. Really, is there such a thing as too many olives? Just be sure to mix up the textures and flavors – crisp, crunchy, fresh, creamy, savory, rich, salty – but pretty much anything goes. Don't forget the pickles and celery (because we'll have to kick you out of the club if you do). Then serve it all up with a chaser of your favorite brew!

BLOODY MARY COCKTAIL SAUCE

This is your basic sauce kicked up with a celery seed zip and extra lemon sass.

- 1 cup ketchup
- 2 tablespoons drained prepared horseradish
- 2 tablespoons freshly squeezed lemon juice
- 1½ tablespoons Worcestershire sauce
- ½ teaspoon hot sauce
- ¼ teaspoon celery seed
- Salt and freshly ground black pepper to taste

Combine all ingredients and mix well. Refrigerate until serving.

CARAMELIZED ONION DIP

SERVES 8

Vegetarian • Gluten-free

This dip is so simple to make, you'll wonder why you ever bothered with packaged dip mixes before. All you need is a little time – caramelizing the onions is simple, but takes a while for the onions to soften and brown. Of course, this creamy dip is excellent with potato chips, but raw veggies work great too. The hardest thing about this recipe is not eating it all before your guests arrive!

- 2 tablespoons unsalted butter
- 2 medium onions, thinly sliced
- ¾ teaspoon kosher salt, divided
- ½ cup (4 ounces) Neufchâtel cheese or low-fat cream cheese, at room temperature
- 16 ounces light sour cream
- Freshly ground black pepper to taste
- 2 tablespoons fresh chives, chopped
- Sturdy potato or vegetable chips, like kettle-cooked chips and fresh veggies for serving

1. Melt butter in a large skillet over medium-low heat. Add onions and ½ teaspoon salt and cook, stirring occasionally, until deep golden brown, 30 to 35 minutes. Remove from heat and let cool. Pro tip – To speed up the chilling process pop the cooked onions in the freezer for 10 minutes.
2. In the bowl of a food processor add onions, cream cheese, sour cream, ¼ teaspoon salt, and freshly ground pepper to taste. Process until mostly smooth then stir in chopped chives. You can also chop the cooked onions and stir all ingredients together, but the dip will be chunkier. Refrigerate until serving.

Snowball Effect

Chronic inflammation is like a snowball rolling downhill. The body's inflammatory response starts out with good intentions, but as the hill becomes steeper the rolling snowball becomes larger and larger as it gathers more snow and picks up speed, causing undesired actions along the way until it becomes an avalanche of health problems – unless we put the brakes on early.

Inflammation isn't a bad thing. Our bodies have naturally developed an inflammatory response as a first line of defense against toxins, infection and injuries. It's a call for help from our immune system. Fever, bruising, swelling are all examples of this. As the body heals, the inflammation subsides. Left unchecked, however, chronic inflammation can cause all kinds of trouble. The body's natural response remains on high alert and the cumulative effects over time can lead to cancer, heart disease, Alzheimer's disease, depression and even auto-immune diseases.

There's a mountain of information available on inflammation, what causes it and what we can do about it. Your best ally or coach is your health care provider, so check in with them first before embarking on any changes to your health regimen.

Check out some of our favorite inflammation fixes that are tasty, relaxing and simple to try!

(Sources: Cleveland Clinic, Health Line, WebMD, Nat'l Institutes of Health, Mount Sinai, Medical News Today, EatingWell)



RECIPE: Creamy Turmeric Latte

Bright yellow and super creamy, this turmeric latte is just the nourishing ticket to jumpstart your day!

OF INFLAMMATION

Diet

- Green leafy veggies, like kale, collards & spinach
- Fruits like cherries, blueberries, oranges & tomatoes (yes, tomatoes are a fruit)
- Nuts & seeds – think almonds & hemp seeds for healthy, unsaturated fats & essential fatty acids
- Whole, unprocessed grains – oatmeal is your friend
- Fatty cold water fish like salmon, tuna & sardines which are high in omega-3 fatty acids
- Healthy oils like olive oil
- And remember to read food labels!

Lifestyle

- Get 7 to 8 hours of shut-eye every night – turn off monitors & put away the phone at least one hour before you hit the hay
- Take time to slow down & smell the roses – get a massage, try yoga, meditation, or rhythmic breathing
- Reduce stress pinch points wherever you can
- And remember to stay active – walk the dog a few extra blocks!

Herbs & Supplements

- Certain culinary herbs have shown to be potent inflammation allies – ginger, garlic, turmeric, cardamom, black pepper, ginseng, green tea, rosemary & cinnamon
- Probiotics & prebiotics can help tame inflammation in your gut
- Fish oil or vegan algae oil provide omega-3 fatty acids
- Resveratrol – a compound found in blue & purple skinned fruits as well as dark chocolate
- Vitamin D – the sunshine vitamin, especially during winter months
- Always check with your health care provider!



Committed to Change

EMBRACING THE BENEFITS OF DIVERSITY, EQUITY & INCLUSION FOR ALL

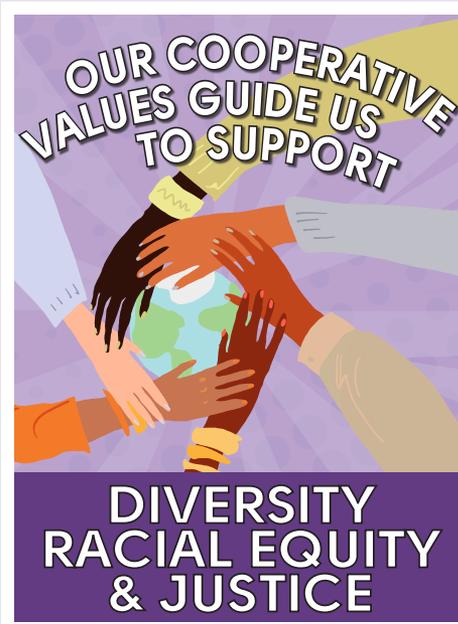
by MARI WOOD

2020 WAS A YEAR LIKE NO OTHER. FROM ONE PERSPECTIVE IT WAS TWELVE MONTHS OF HEARTBREAK, SECLUSION, FRUSTRATION AND DIVISION; YET AT THE SAME TIME IT PROVIDED PEOPLE WITH THE OPPORTUNITIES TO TRANSFORM, CONNECT AND GROW. IN THE SUMMER OF 2020, OUTPOST NATURAL FOODS WAS IN THE MIDST OF GRAPPLING WITH THE IMPACTS OF THE COVID-19 PANDEMIC ON STAFF AND STORE OPERATIONS, WHEN NEWS OF THE MURDER OF GEORGE FLOYD IN MINNEAPOLIS SHOOK OUR NATION AND THE WORLD. WITNESSING THE PAIN THAT THIS INJUSTICE BROUGHT TO OWNERS AND EMPLOYEES OF THE CO-OP AND THE COMMUNITY AT LARGE MOVED OUTPOST'S LEADERS TO BEGIN THE IMPORTANT WORK OF LEARNING HOW DIVERSITY, EQUITY AND INCLUSION (DEI) COULD HELP THE CO-OP BECOME A MORE WELCOMING GATHERING PLACE FOR ALL.

"Any initiative or work at Outpost always starts with the mission set by the board of directors," says Outpost's General Manager, Pam Mehnert. "In this case, my objective is to create a healthy, diverse, and sustainable community. Last year, the community outcry for equity and justice for the lives of People of Color in our community, was a catalyst that moved me to dig into the work and include our top leadership staff as a beginning to this effort."

Outpost's Board President, Jenny Keefe, agreed that focusing a DEI lens on the work of the co-op's board was integral. "As a board, we were stuck in revising our Global Ends Statement (which the co-op's mission statement is based on)," says Keefe. "We wanted to come up with a statement that was true to and represented all of the co-op's diverse stakeholders, including staff, vendors, owners and public shoppers. We felt the only way we could do this was by embracing a whole new perspective on DEI."

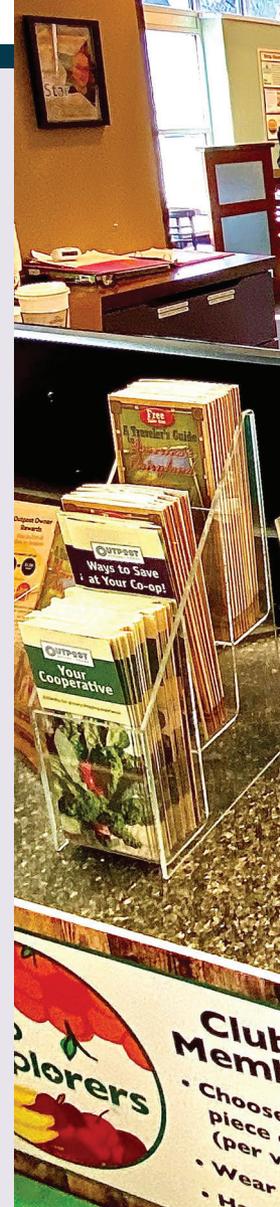
As a result, 21 Outpost managers and nine board directors began working with Minneapolis-based DEI trainer and coach,



LaDonna Sanders Redmond, through the consulting cooperative, Columinate. Participants took on the responsibilities of self-learning (by reading many books and articles), self-assessment (by taking an Intercultural Development Assessment) and group discussions where they talked about how they could apply what they were learning to their personal lives, their work at Outpost and their engagement with the community.

"Overall, DEI training has helped our board to realize that representation matters," says Keefe. "No matter your color, your sexual orientation, your religion or your gender, everyone should feel that they're in a safe and inclusive environment when they walk through the doors of our stores."

Pam Mehnert says, "My hope is that all of our customers and co-op owners feel welcome and included when they shop. I know at times this isn't the case for People of Color or members of the LGBTQIA community, so our collective goal is to find the right adaptations in policy and training methods for our staff, so the ultimate goal of inclusion becomes evident."





After finishing eight months of training with LaDonna Sanders Redmond, Outpost management has come to realize that DEI is a topic that you're never done mastering, but rather is a life-long process of unlearning most of what white culture has taught us from birth. Yet this shouldn't discourage leaders from taking action in their organizations.

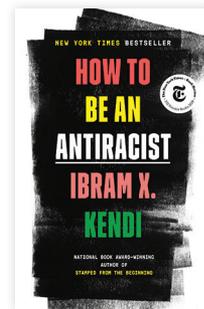
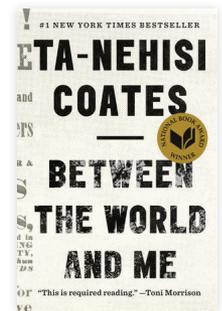
"Probably the most important thing that I'm taking away from our DEI training was something LaDonna said during one of our group discussions," Mehnert says. "She said the work we are about to undertake is great and necessary, and it might take another generation or so to really have folks experience the result of that work. I think she meant that because while we can operate in our own small co-op world, we are part of the larger community and it takes the work of the community to dismantle the system that has discriminated against and has been excluding People of Color for hundreds of years. It took a number of generations for us to influence organic and local food, so I think we have a chance to make a difference!"



DEI Reading List

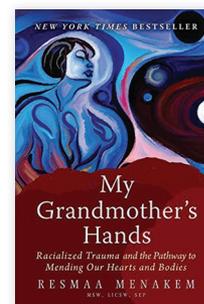
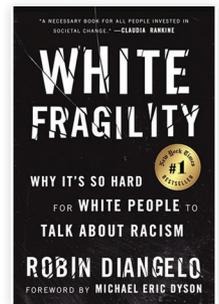
Want to kick off your own DEI learning journey? Here are a few book recommendations to get you started.

Between the World and Me
Ta-Nehisi Coates
(Spiegel & Grau, 2015)



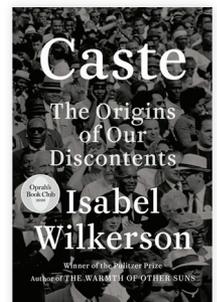
How to Be an Antiracist
Ibram X. Kendi
(Random House, 2019)

White Fragility: Why It's So Hard for White People to Talk About Racism
Robin DiAngelo
(Beacon Press, 2018)



My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies
Resmaa Menakem
(Central Recovery Press, 2017)

Caste – The Origins of Our Discontents
Isabel Wilkerson
(Random House, 2020)



OUTPOST'S

(secret recipe)

WE GET IT. ONE OF THE MOST MISSED SERVICES IN OUR AISLES IS THE SALAD BAR. SO, WE THOUGHT WE'D OFFER UP THREE OF OUR FAVORITE CO-OP MADE SALAD DRESSINGS AS A SIGN OF OUR FRIENDSHIP. MAKE SURE TO REFRIGERATE LEFTOVERS AND USE WITHIN 3 TO 4 DAYS.



FRENCH DRESSING

MAKES ABOUT ½ CUP

- 1½ tablespoons apple cider vinegar
- 2 tablespoons ketchup
- 3 tablespoons water
- 1 teaspoon arrowroot
- 2 tablespoons sugar
- 1 tablespoon yellow onion, minced
- ⅓ teaspoon sea salt
- ⅛ teaspoon paprika
- ¼ teaspoon garlic powder

Combine all ingredients in a small saucepan and whisk well. Bring to just a boil, then reduce heat and stir until mixture thickens, about 1 minute. Remove from heat and cool.

VEGAN RANCH DRESSING

MAKES ABOUT ¾ CUP

- ¼ cup vegan sour cream (like Tofutti Better Than Sour Cream)
- ¼ cup Veganaise
- ¼ teaspoon garlic, minced
- 2 tablespoons red wine vinegar
- 1 tablespoon red onion, finely diced
- ¼–½ cup plain soy milk
- 1½ teaspoons chives, chopped
- Sea salt and freshly ground pepper

Combine first five ingredients and whisk well. Whisk in soy milk until dressing is at your desired consistency. Add chives, then salt and pepper to taste.

TAHINI LEMON DRESSING

MAKES ABOUT 1 CUP

- ½ cup tahini butter
- 1½ tablespoons apple cider vinegar
- 1½ tablespoons gluten-free lower sodium tamari
- 1½ tablespoons lemon juice
- 3 tablespoons water
- 1 clove garlic, finely minced
- 1½ tablespoons parsley, chopped
- 1½ tablespoons canola oil

Combine all ingredients and whisk well.

These recipes have been scaled with the home cook in mind. Adjust ingredients to suit your tastes!

GRAZE.

CHECKOUT



WHO . Farmer Peter Seely from Springdale Farm in Plymouth, WI
WHAT . Look for their organic spinach, onions, potatoes, cucumbers, watermelon & more at Outpost when in season

It Pays To Become an Outpost Owner!

When you become an owner of your community co-op you will -

- Collect loyalty points on every purchase & earn in-store rewards
- Save every day on exclusive local and fresh products through Owner Only sales
- Save an extra 10% on fresh items during our Fill It With Fresh sales
- Receive 10% off on pre-ordered bulk and case purchases
- Help your local community to thrive by supporting an independent business

With just a \$30 investment, you're on your way to enjoying all that co-op ownership has to offer!
For all the details stop by customer service or visit our website.

SAVE THE DATE

It's our Owner
Fill it With Fresh Sale!

February 11, 12 & 13, 2022

Save 10% on all Fresh Items

See our website for details & exclusions



OUTPOST
NATURAL FOODS

4 stores in Metro Milwaukee
24 hour online shopping
www.outpost.coop