

# GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS

*a place at the*  
**TABLE**

A VEGETARIAN HARVEST DINNER



**JUST LIKE MOM'S:  
COCINA DE LEON'S  
AUTHENTIC ENCHILADAS**

PAGE 8

**THE JOY  
OF TURKEY:  
EVERYTHING YOU  
NEED TO KNOW**

PAGE 28

PLU 3010  
**FALL 2014 • 99¢**  
FREE WITH \$20 PURCHASE



FIRST WORD.



## 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 WILL BE PUBLISHED QUARTERLY, WITH NEW ISSUES EACH SEASON.

DEAR READERS,

I'M STANDING IN THE BASEMENT LAUNDRY ROOM. THE HEAT POURS FROM THE WHITE LINEN TABLECLOTHS AS I FOLD THEM IN PREPARATION FOR OUR FALL DINNER PHOTO SHOOT. THE SMELL OF SAGE AND CELERY WAFTS DOWN THE STAIRS. IT COULD BE THANKSGIVING IF NOT FOR THE FACT THAT IT'S A SULTRY 85 DEGREES OUTSIDE.

Welcome to the world of make-believe. Sometimes, this is what it takes to craft a quarterly, seasonally focused publication.

What is never make-believe is the stuff you find in the pages of Graze — from the food we cook to the vendors we feature. Each recipe in this magazine was made by someone on our team, in his or her home kitchen, using fresh ingredients from our co-op. The “models” are the real deal. We ask our friends, our shoppers, our staff or our friends in the community to play dinner party or picnic with us using the promise of a free meal and the opportunity to be the first to taste the foods we feature. And those items we “swoon” over and the vendors we celebrate? They really are the things and the people our team and employees tell us they love. You won't find any paid ‘advertorials’ in these pages.

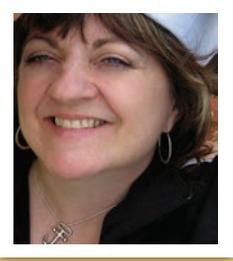
This isn't the easiest way to craft a quarterly magazine. If we wanted to press the proverbial easy button we'd buy a few stock images and rehash the recipes. But we believe that authenticity matters. From the vintage tablecloths we use to the time we take getting to know some of our best local restaurants, we want you to experience true local flavor in all its Midwestern seasonal glory.

Even if that flavor includes a little seasonal make-believe.

LISA MALMAROWSKI

*director of brand and store development (and chief tablecloth washer)*

# WHO IS GRAZE ?

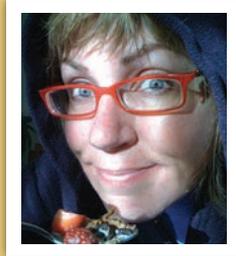


*i am* **LISA MALMAROWSKI.**

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* **PAUL SLOTH.**

I've been eating for decades. It's good to think about food, not only what we're eating, but about those who aren't eating. While some people today search the world over for the perfect truffle, others continue to go to bed hungry. That's crazy, but that's what's so awesome about food. It's a complex issue, one that is worth all the attention it gets.



*i am* **CARRIE ROWE.**

My grandmother had a glorious garden. I'd spend hours eating sunshine-warm raspberries and often just sitting, listening to the buzz and hum of all the critters hard at work making all of this magic possible. To me food is magic. And sharing it with people who make me smile is about the nicest thing a girl could ask for.



*i am* **CARA BERKEN.**

I like making things better. It could be the arrangement of images and type, finding the perfect accent piece for a room, organizing my closet by season, color and sleeve length. My passions are laughing, traveling and sampling all of Milwaukee's newest restaurants.



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



# - GRAZE.

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

## OUR PUBLISHING STAFF.

**DIRECTOR .** LISA MALMAROWSKI

**ASSISTANT EDITOR . PHOTOGRAPHY .** PAUL SLOTH

**DESIGN . PHOTOGRAPHY .** CARA BERKEN

**WRITER . PHOTOGRAPHY .** CARRIE ROWE

**WRITER .** MARGARET MITTELSTADT

## OUR STORES.

**100 EAST CAPITOL DRIVE**

MILWAUKEE, WISCONSIN 53212

PHONE . 414 961 2597

**7000 WEST STATE STREET**

WAUWATOSA, WISCONSIN 53213

PHONE . 414 778 2012

**2826 SOUTH KINNICKINNIC AVENUE**

MILWAUKEE, WISCONSIN 53207

PHONE . 414 755 3202

**7590 WEST MEQUON ROAD**

MEQUON, WISCONSIN 53092

PHONE . 262 242 0426

**OUTPOST MARKET CAFÉ**

AURORA SINAI MEDICAL CENTER

945 NORTH 12TH STREET

MILWAUKEE, WISCONSIN 53233

PHONE. 414 220 9166

WE'D LOVE TO HEAR FROM YOU!

SEND YOUR LETTERS TO -

**OUTPOST NATURAL FOODS/GRAZE**

**205 WEST HIGHLAND AVENUE, SUITE 501**

**MILWAUKEE, WISCONSIN 53203**

**GRAZE @ OUTPOST.COOP**

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NATURAL FOODS

WWW.OUTPOST.COOP



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*...features.*

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# Buy a Bag

*Outpost's Winter Food Drive*

**NOVEMBER 1 - DECEMBER 31**

Your \$20 donation helps Outpost provide \$40 worth of nutritious food for the hungry! Along with much needed nourishing food, a Milwaukee area family in need will enjoy a hand-decorated grocery bag along with their gift.



*Buy a Bag gift cards are available at registers.*



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## *(more)* ONLINE

**VIDEOS FROM OUR PHOTO SHOOTS!**



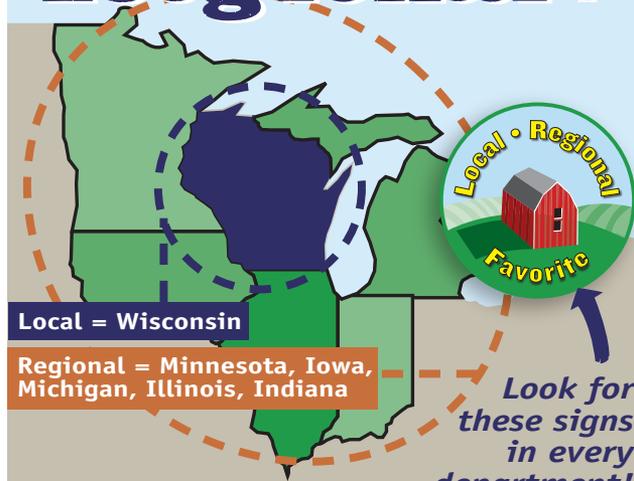
**RECIPES & MORE!**

ADDITIONAL CONTENT AVAILABLE ONLINE WHEN YOU SEE THESE ICONS  
[WWW.OUTPOST.COOP/GRAZE](http://WWW.OUTPOST.COOP/GRAZE)

**WANT MORE OUTPOST?**

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## What is Local & Regional?



*Look for these signs in every department!*



**OUTPOST**  
NATURAL FOODS

(you'll)

# SWOON!

THINGS WE LOVE.



## GREAT LAKES DOUBLE CREAM BRIE

A LITTLE OOH LA LA FROM THE MIDWEST

The Old Europe Cheese Company must have had a tête-à-tête with Paris itself to pull off this authentic French Brie cheese on the coast of Michigan. It's no surprise that it's won a World Cheese Championship award with its lush, buttery interior wrapped in a classic soft white coating. Wonderful with crisp, tart apples or grapes, or tucked inside a grilled cheese — yes that happened. This creamy classic pairs just as well with beer as it does with chilled sparkling wine. And don't be surprised if you find yourself exclaiming, 'mon Dieu' with each creamy bite.

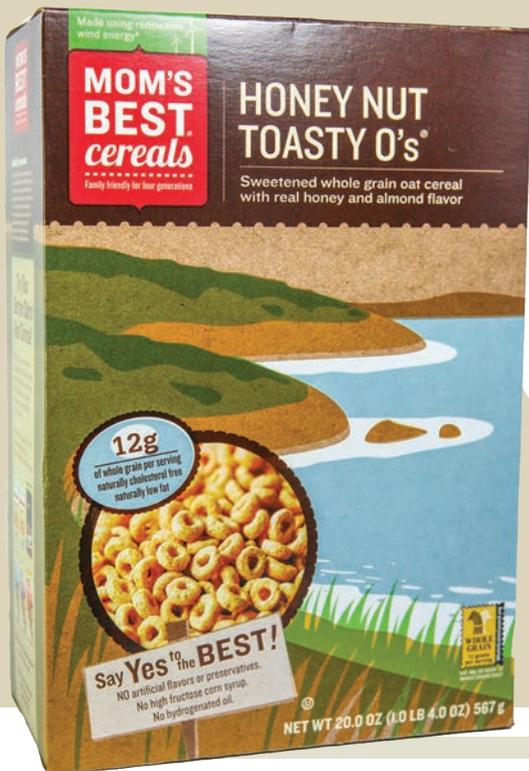
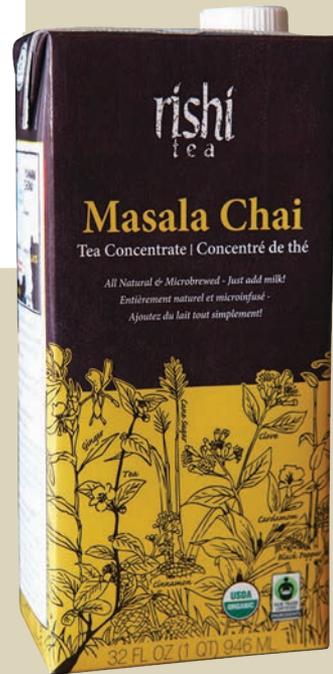
# 2



## RISHI MASALA CHAI TEA CONCENTRATE

YOU'VE TRIED THE REST NOW MAKE ROOM FOR THE BEST

Remember the olden days when you had to brew chai tea from scratch? Sure, the ritual is nice, but one sip of this local chai and you'll be using those tea bags as drawer sachets instead. Most chai concentrates are cloyingly sweet and lack the complex flavors of freshly steeped chai spices. But Rishi has somehow managed to make a magnificent, complex, not-too-sweet black tea brew and condense it into a convenient aseptic package. It could be the addition of vanilla and lemon, or maybe the sweet taste of Fair Trade, but we're not sure. What we do know is that when the weather starts to turn chilly, we don't care as long as we have a steamy mug of Rishi chai happiness nearby.



# 3

## MOM'S BEST HONEY NUT TOASTY-O'S

HEY CHEERIOS, BUH BYE!

We think the tastiest boxed cereals are essentially simple, wholesome and a wee bit nostalgic. That's why these Honey Nut Toasty O's have become our secret obsession. They are honey sweet, with just a hint of almond flavor and a robust oat kick. Plus, we love that they're made in the Midwest using renewable wind energy, and come packed in a large, value-sized box. So dig in — grab a bowl, slice some bananas and enjoy a Toasty O treat. Did we mention they stay crispy in milk?

## FRONTERA RED CHILE ENCHILADA SAUCE

SO AUTHENTIC YOUR ABUELITA MAY EVEN BE FOOLED!

We know, nothing beats homemade, but let's face it you don't always have the time to simmer up a sauce. Well, Rick Bayless and his Frontera Kitchen do and they've been busy creating some pretty fine, pretty convenient sauces. We're smitten with the red chile with its perfect balance of New Mexico chili peppers, tomatoes, garlic and spices. It's crazy simple to make a pan of righteous enchiladas or, we're not kidding, sassy kale tacos. A sauce like this makes us feel daring and creative. Wake up your tastebuds by swirling it in a creamy soup or tossing it in tacos. Grandma would be a little shocked, but we won't tell if you won't!



## TRIBECA CHEESE BREADS

CHEESY GOODNESS ROLLED INTO A RUSTIC LOAF

We know you're looking for a quick appetizer so let's make this easy. Pick up a loaf of this bread, slice it thinly, but evenly, then slice each piece into strips. Drizzle with good olive oil and a sprinkling of minced garlic. Pop it under the broiler until it just starts to toast and serve with simple tomato sauce for dipping. Not feeling the garlic? Then enjoy it as a wrapper to the most righteous roast beef sandwich you'll ever have. Or do what we do — enjoy it along with a zesty tomato soup. It's crusty and cheesy and comforting, like a walk in the park through leaves or cuddling in front of a cozy fire on a chilly day. It will make your life better. Yeah, we admit it, we made up that last one, but you get the idea!

## R.W. KNUDSEN SIMPLY NUTRITIOUS MEGA ANTIOXIDANT JUICE

THIS IS WHAT HAPPENS WHEN CARROTS HEAD TO THE CARIBBEAN

When is a juice more than a juice? When it's a luscious blend of apple, carrot, peach and lemon juice jacked up with 100% of the RDA of selenium and vitamins A, C and E. Oh, and let's not forget the added antioxidants. We find ourselves swigging this when we're feeling run down. But that's not the only time we drink this juice. Its sweet, tropical punch-like flavors are perfectly balanced and highlighted with floral peach notes. It makes the perfect brunch mixer — just add equal parts juice and sparkling wine for a party drink that puts any mimosa to shame.



## OUTPOST'S OWN BALSAMIC BEETS

EARTHY GOODNESS WITHOUT THE MESS

Beets are magical. They stain your hands and cutting boards for days. You love them, but oh, the mess! If you've banished beets from your kitchen, it's time you discovered our Balsamic Beets. First we perfectly roast organic beets to a slightly firm consistency, cube them into perfectly sized bites and drizzle them with just the right amount of balsamic vinegar dressing. They're positively crave-worthy on a green salad, but they're also divine warmed and served next to your favorite roasted meat. Simple, rustic, sweet, tangy and all without the vegetable massacre in your kitchen!



enchiladas

story & photos by PAUL SLOTH

# LIKE MOM USED TO MAKE.

LINDA MULHOLLAND TAPPED INTO HER MEXICAN HERITAGE TO TURN A DINNER PARTY FAVORITE INTO A SUCCESSFUL BUSINESS.



Brookfield, Wisconsin  
**14**  
Miles to Market



**I**T STARTED WITH A DINNER PARTY. GROWING UP, LINDA MULHOLLAND KNEW HOW POPULAR HER MOTHER'S ENCHILADAS WERE. BORN IN MONTERREY, MEXICO, LINDA'S MOTHER LAURINDA SETTLED IN SOUTH SUBURBAN CHICAGO WITH HER HUSBAND. ENCHILADAS WERE HER DINNER PARTY STAPLE. IF SHE SENT OUT AN INVITATION, NEIGHBORS WOULD INEVITABLY RING UP LAURINDA AND ASK THE SAME QUESTION, "ARE YOU MAKING THE ENCHILADAS?"

At that time, she only made two kinds — ground beef, and cheese and onion. Linda used to roll the enchiladas right alongside her mother. "I was her helper. She showed me how to fry the tortillas, she showed me how to make the filling and the sauce was very specific," Linda said.

Well, Linda learned some things along the way and started making enchiladas for her friends in college. It was perfect college food. Her mom would send enchiladas, too. So Linda's freezer was always stocked with them. They were famous.



When she started hosting dinner parties of her own as an adult, Linda became entranced with the sauce her mother made. But she'd learned techniques from some of her aunts, techniques that her mother didn't use.

"Roasting the guajillo and the ancho chiles, this is a huge part of that sauce. It adds so much depth. You roast all of these vegetables the tomato, the onion, the whole garlic," Linda said. "It's a huge process and you end up with this paste. It's our own homemade chili paste. So we use that in our sauce."

Linda's mother will now say, "Oh no, your sauce is way better than mine."

But Laurinda Rodriguez-DeLeon Hanschmann was without a doubt the inspiration for the business that would eventually bear her name. In 2008, Linda's husband Jan was looking for a job and she was working as a freelance writer for the Milwaukee Journal Sentinel.

Linda decided she needed to do something "to bring home more bacon." At the same time, Linda had been searching for a good enchilada, but couldn't find one that didn't taste frozen. So she started making and selling her enchiladas to friends

and family. It wasn't long before she realized she needed a commercial kitchen. From there she started selling at farmers markets. Then she called Outpost.

"It was a process. You have to clarify all of the ingredients," Linda said. "So Outpost has taught me a lot."

From the beginning, Linda wanted to make a clean product. She'd already been conscientious about ingredients because of her son's food sensitivities. Linda is happy with the product she's created and she's excited about the possibilities for the future.

"It's a really good product, because we've always made it so whole and natural. People can taste that," Linda said. "My whole goal when I started was that those ingredients be as clean as possible, as if my mother made it in her kitchen. I wanted that same taste."

We can only imagine how proud Laurinda must be.

COCINA DELEON  
18900 W. BLUE MOUND ROAD, SUITE 103  
BROOKFIELD, WI 53045  
WWW.COCINADELEONGOURMET.COM

# (our) TABLE OF DRIED FRUIT.

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

## At TURKISH APRICOTS



**FLAVOR** . SWEET WITH TROPICAL PEACHINESS.  
**ORIGIN** . TURKEY.  
**NOTES** . POTASSIUM, VITAMIN A & VITAMIN E.

## Bl BLUEBERRIES



**FLAVOR** . CONCENTRATED BLUEBERRY FLAVOR.  
**ORIGIN** . CANADA.  
**NOTES** . ANTIOXIDANTS, FIBER & VITAMIN C.

**O**K, WE ADMIT, DRIED FRUITS AREN'T ALWAYS THE PRETTIEST THINGS TO LOOK AT. IT TAKES A KEEN EYE TO FINE THEIR CHARM. IT'S THERE. TRUST US. BUT IT'S BEEN A LONG HARD ROAD FOR THESE WORKHORSES OF THE BULK AISLE. FOR YEARS, DRIED FRUITS HAVE STRUGGLED TO OVERCOME A LESS THAN STELLAR REPUTATION.

C'mon, we know how you feel about prunes. How about raisins? Don't get us wrong. Both of these have their rightful place in the culinary pantheon. But there's a whole world of dried fruits out there, some familiar, some not so. We're here to introduce you to 10 dried fruits that we think you should try. Some might be old favorites. Some might become new ones.

## Ch TART CHERRIES



**FLAVOR** . TART & SWEET, CHEWY.  
**ORIGIN** . MICHIGAN & UZBEKISTAN.  
**NOTES** . ANTIOXIDANTS, MELATONIN & ANTI-INFLAMMATORY.

## Da DEGLET NOOR DATES



**FLAVOR** . SOFT, HONEY-LIKE FLAVOR.  
**ORIGIN** . CALIFORNIA.  
**NOTES** . B VITAMINS, POTASSIUM & MAGNESIUM.

## Fm BLACK MISSION FIGS



**FLAVOR** . SWEETER THAN TURKISH FIGS, CHEWY WITH CRUNCHY SEEDS.  
**ORIGIN** . CALIFORNIA.  
**NOTES** . CALCIUM, IRON, POTASSIUM.

## Ft TURKISH FIGS



**FLAVOR** . LESS SWEET THAN MISSION FIGS, CHEWY WITH CRUNCHY SEEDS.  
**ORIGIN** . TURKEY.  
**NOTES** . CALCIUM, IRON & FIBER.

## Go GOJI BERRIES



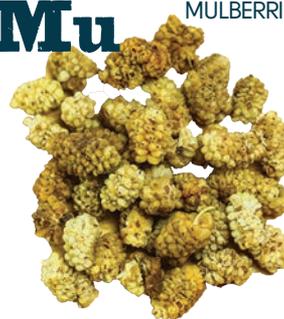
**FLAVOR** . UNIQUE FLAVOR, TART & TANGY.  
**ORIGIN** . CHINA.  
**NOTES** . ANTIOXIDANTS, VITAMINS A & C.

## Ma MANGO



**FLAVOR** . LUSCIOUSLY TROPICAL, SWEET & NUTTY.  
**ORIGIN** . MEXICO.  
**NOTES** . ANTIOXIDANTS, FIBER & VITAMIN A.

## Mu MULBERRIES



**FLAVOR** . CHEWY, MILD & SLIGHTLY SWEET.  
**ORIGIN** . TURKEY.  
**NOTES** . VITAMIN C, CALCIUM, IRON & ANTIOXIDANTS.

## Pr PRUNES



**FLAVOR** . EARTHY & SWEET.  
**ORIGIN** . CALIFORNIA.  
**NOTES** . FIBER, ANTIOXIDANTS & POTASSIUM.

\* Origin is subject to change based on availability, season and crop conditions.

## (a) RECIPE.

### GAME CHANGING ALL NATURAL FRUITCAKE

Forget those fake colored candied fruit things you've come to think of as fruitcake, this is the real deal. We're not going to pretend that we invented this recipe, it's inspired by Alton Brown and has racked up many 5-star reviews. But we had to bake one just to be sure. Feel free to use any combination of dried fruit, just keep the total quantity the same. We know the co-op doesn't stock brandy or rum, but we bet you have some hanging around your cupboard. Allow time for the fruit to macerate in the liquor – it's worth it and plan ahead as you'll need to baste it in brandy for at least 2 weeks for the fullest flavor. If you want an alcohol-free version, you can substitute apple cider for rum in the recipe and skip the basting with brandy. The cake won't keep as long without spirits, but we're sure you'll have no trouble eating it up.

1 cup golden raisins  
1 cup dried currants  
½ cup dried cranberries  
½ cup dried blueberries  
½ cup dried cherries  
½ cup dried apricots, chopped  
Zest of one lemon, chopped coarsely  
Zest of one orange, chopped coarsely  
¼ cup crystallized (candied) ginger, chopped  
1 cup gold rum  
1 cup sugar  
5 ounces unsalted butter (1¼ sticks)  
1 cup unfiltered apple juice or cider

¼ teaspoon ground cloves  
1 teaspoon ground allspice  
1 teaspoon ground cinnamon  
1 teaspoon ground ginger  
1¾ cups all purpose flour  
1½ teaspoons salt  
1 teaspoon baking soda  
1 teaspoon baking powder  
2 eggs  
¼-½ cup toasted pecans, broken  
Brandy for basting and/or spritzing

1. Combine dried fruits, candied ginger and lemon and orange zests. Add rum and macerate overnight – 24 hours is better. If using apple cider in place of rum, microwave cider and fruit for about 5 minutes.
2. Place fruit and soaking liquid in a non-reactive pot with the sugar, butter, apple juice and spices. Bring mixture to a boil stirring often, then reduce heat and simmer for 5 to 10 minutes. Remove from heat and cool for 15 minutes or longer.
3. Heat oven to 325°.
4. Combine dry ingredients and sift into cooled fruit mixture. Quickly bring batter together with a large wooden spoon, then stir in eggs one at a time until completely integrated, then fold in nuts. Spoon into a 10-inch non-stick loaf pan and bake for 1 hour. Check for doneness by inserting toothpick into the middle of the cake. If it comes out clean, it's done. If not, bake another 10 minutes and check again.
5. Remove cake from oven and place on cooling rack or trivet. Baste or spritz top with brandy and allow to cool completely before turning out from pan.
6. When cake is completely cooled, seal in a tight sealing, food safe container. Every 2 to 3 days, feel the cake and if dry, spritz with brandy. The cake's flavor will enhance considerably over the next two weeks.

2014 Television Food Network, Alton Brown



# FALL.

(two ways)

## COCONUT MILK

**W**E'RE HERE TO TELL YOU, COCONUT MILK SHOULD BE A STAPLE IN YOUR PANTRY. ITS CREAMY LUSHNESS AND VERSATILITY MAKE IT PERFECT IN EVERYTHING FROM SLOW COOKER OATMEAL TO SPICY INDIAN SOUPS. THE ONLY DIFFERENCE BETWEEN REGULAR AND LIGHT COCONUT MILK IS THE ADDED WATER. SO IF YOU WANT A LIGHTER VERSION, GO AHEAD AND THIN REGULAR COCONUT MILK WITH A BIT OF WATER. CAN'T USE THE WHOLE CAN? WELL, FREEZING IT IS A BREEZE AND THEN YOU'LL ALWAYS HAVE A BIT ON HAND FOR A STIR-FRY OR A SMOOTHIE!

## COCONUT TRES LECHES CRÈME BRÛLÉE

MAKES ABOUT 6 SERVINGS

*Creamy, decadent, rich, and lovely to behold, but crazy simple to make ... What more could you ask for in a dessert? Crème Brûlée seems like one of those things you order out at a nice restaurant, not something you pull out of the fridge for a casual dinner party. But that's what makes this recipe all the more exciting. With a few simple ingredients and a little patience you'll be the talk of the town. Here's a tip – make this the night before and torch the sugar topping just before serving.*

13.5-ounce can coconut milk (don't use the lite variety)	1 vanilla bean, scraped
½ cup sweetened condensed milk	Pinch of salt
½ cup evaporated milk	5 egg yolks
½ cup brown sugar, divided	White sugar for sprinkling
	Mint leaves and fresh berries

1. In a medium saucepan, heat coconut milk, condensed milk, evaporated milk, ¼ cup brown sugar and vanilla bean. Bring to a simmer, stirring occasionally and remove from heat.
2. In a large mixing bowl, whisk together remaining brown sugar, salt and egg yolks until smooth. While whisking vigorously, very gradually pour hot milk mixture into bowl with eggs and sugar; begin with just a few drops and then slowly increase the flow of hot milk until it's incorporated. It's very important to start slowly to keep the eggs from cooking at this point. Be sure to keep whisking while pouring the milk mixture.
3. Pour into individual serving-sized ramekins. Place the ramekins in a baking dish and then fill the dish with water halfway up the sides of the ramekins. Cover loosely with foil and bake in a 350° oven for 45 to 60 minutes, or just until the mixture has set. Once set, refrigerate until cool.
4. Just prior to serving, sprinkle a teaspoon of sugar evenly over the top of each ramekin. Burn the sugar with a blowtorch until the sugar has melted and turned light brown. Serve chilled and topped with a few fresh berries and mint leaves for garnish.



**1**ST  
way.



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

## CURRIED COCONUT SQUASH SOUP

SERVES 8

*This soup is like a warm autumn day in a bowl. That's not the only reason to love it! How about not having to peel the squash? That's one tedious task we were happy to skip. Coconut milk makes this soup creamy and velvety. The curry and sweet bits of apple add interest and texture. Makes a meal on its own with a good, crusty bread or pair with grilled pork chops, coconut shrimp or Thai tofu stir-fry.*

2 medium or 1 large butternut squash, seeded and cut into chunks  
13.5-ounce can or 11-ounce aseptic container coconut milk  
2-3 tablespoons olive oil  
3 apples of your choice, cut into chunks  
1 medium onion, diced  
2 cloves garlic, minced  
1 cinnamon stick  
2 tablespoons curry powder, or to taste  
1 tablespoon ground cumin  
½ teaspoon freshly ground nutmeg  
4 cups chicken or vegetable stock  
Pinch of salt  
Pepper

1. Thoroughly wash your squash and cut into equally sized chunks, leaving the skin on but removing seeds and stringy bits. Steam squash chunks until soft when pierced with a fork.
2. While squash is steaming, heat olive oil in a sauté pan and add apple pieces, onion and garlic. Sauté 5 minutes, stirring occasionally. Add cinnamon stick, curry powder, cumin, nutmeg and a pinch of salt. Sauté until garlic and apples are very soft and broken down. Add more oil if spices begin to stick. Remove from heat and set aside.
3. When squash is done steaming, add about ¼ of the pieces to a blender along with about ¼ of the coconut milk and one cup stock. Blend squash and coconut milk until smooth. The squash skin will be very soft and will blend right into the soup. Continue puréeing squash with coconut milk and stock in batches until all squash is blended.
4. Return squash/coconut mixture to pot, add in apple/onion mixture and stir well to combine; bring back to a simmer. Taste to adjust your seasonings and add salt and pepper as desired.



CLEMENTINE RELISH OR  
HERBED GOAT CHEESE TOASTS  
CELERY ROOT SOUP  
WILD RICE & MUSHROOM  
CROQUETTES OVER MIXED  
STEAMED GREENS  
MISO BUTTER GLAZED TURNIPS  
PEAR UPSIDE DOWN CAKE  
WITH FRESH WHIPPED CREAM

**(our) MENU**

# a place at the **TABLE**

**E**VER SINCE OUR DISTANT ANCESTORS TAMED THE LAND AND STARTED GROWING CROPS, THERE HAVE BEEN CELEBRATIONS AROUND THE HARVEST. IT'S A TIME OF THANKS AND COMMUNITY AND A DELICIOUS WAY TO WRING OUT THE LAST GOLDEN DROPS OF SUMMER SUNLIGHT, AS THE AUTUMN DAYS GET SHORTER. WE CRAFTED THIS RUSTIC BUT ELEGANT VEGETARIAN MEAL TO PAY HOMAGE TO THE HARD WORK OF FARMERS WHILE HIGHLIGHTING A MYRIAD OF VEGETABLE FLAVORS. EACH DISH IS SIMPLE TO PREPARE SO YOU'LL HAVE MORE TIME TO SPEND WITH THOSE YOU LOVE.

by LISA MALMAROWSKI • photos by PAUL SLOTH



## HERBED GOAT CHEESE SPREAD

SERVES 8

*You can use any mix of herbs you like keeping in mind that some, like rosemary or tarragon, can overpower the delicate flavor of the cheese if you use too much. This makes a great appetizer but it's also a lovely sandwich spread.*

- 4 ounces goat cheese
- 1 garlic clove, finely minced or pressed
- 2 tablespoons minced fresh herbs such as chives, basil, rosemary and/or parsley
- 1 tablespoon extra virgin olive oil

1. Set out cheese to soften for for 10 to 30 minutes.
2. In a small bowl, combine the cheese, garlic, herbs and oil. Mix well. Chill to allow flavors to meld. Can be made up to a day in advance.
3. Serve with baguette toasts, crackers or fresh vegetables.

## CLEMENTINE RELISH

SERVES 8

*This quick, chutney like marmalade is a great compliment to the celery root soup. The combination of orange and tarragon is interesting and just a little magical. If you want a sweeter version, be careful to remove all the pith from the clementine segments. Leaving some will make the relish a little bitter, which some folks actually prefer.*

- 4 clementines
- 2 medium shallots, finely minced
- 1 teaspoon white wine vinegar
- 1 teaspoon yellow mustard seeds
- 1 teaspoon minced tarragon
- Drizzle of maple syrup

1. Remove the peel and white pith from the clementines.
2. Working over a skillet, cut between the membranes to release the sections making sure to catch the juice in the pan.
3. Add the shallot, vinegar and mustard seeds. Cook over moderately high heat, stirring, until most of the juice has evaporated and the fruit has started to break down (about 2 minutes). Add a drizzle of maple syrup and let the relish cool to room temperature.
4. Stir in the tarragon and season with salt.
5. Serve with baguette toasts.

*(continued)*



## CELERY ROOT SOUP

SERVES 8

*This soup is creamy without the cream and embodies the earthy soul of autumn. You won't taste the apple per se, but don't skip it as it adds just the right amount of sweet brightness to the soup.*

- 3 tablespoons extra-virgin olive oil, plus more for garnish
- 1 medium leek (1 cup), white and light green parts only
- 3 medium celery roots (2½ pounds), peeled and cut into 1-inch chunks
- 2 large Yukon Gold potatoes (12 ounces), peeled and cut into 1-inch chunks
- 1 medium tart apple, such as Granny Smith, peeled, cored, and cut into 1-inch chunks
- 2 medium garlic cloves, peeled and smashed
- 2 teaspoons kosher salt, plus more as needed
- Freshly ground black pepper
- 3 cups water
- 2 cups low-sodium vegetable broth
- 2-3 tablespoons fresh herbs (like chives or parsley), chopped

1. Heat oil in a large saucepan with a lid over medium-high heat until shimmering. Add leek and cook, stirring occasionally, until softened and translucent, about 3 minutes. Add celery root, potatoes, apple, garlic, salt, and a pinch of pepper. Stir well and add water and broth. Bring to a boil. Cover, reduce heat to low, and simmer until vegetables are soft enough to pierce with a knife, about 20 to 25 minutes.
2. Remove 1 cup of liquid from the saucepan and set aside. Using a blender, purée the soup in batches until smooth. After mixture is smooth, transfer the soup back to the saucepan and keep warm over low heat. Thin the soup to desired consistency by adding the reserved liquid a little at a time until the soup. Season to taste with additional salt and pepper as needed. To serve, drizzle with olive oil and sprinkle with chopped, fresh herbs.



## WILD RICE & MUSHROOM CROQUETTES

SERVES 10

*These are surprisingly simple, savory and elegant. The trick to making these is patience. Chopping all the vegetables finely makes for easy to shape croquettes and lovely presentation. We used a flax mixture to keep the croquettes together but you can substitute one lightly beaten egg.*

- 2 cups short grain brown rice
- ½ cup wild rice
- 5 cups vegetable stock
- 2 tablespoons olive or vegetable oil, divided
- 4-5 button or crimini mushrooms (1 cup), finely minced
- 1 small onion (½ cup), peeled and finely minced
- 1 small carrot (½ cup), finely grated
- ½ stalk celery (¼ cup), finely diced
- ¼ cup minced fresh flat leaf parsley
- 1 tablespoon ground flax meal
- 3 tablespoons warm water
- 2 tablespoons Bragg Liquid Aminos or low-sodium tamari
- 2 teaspoons mixed dried herbs like sage, thyme and rosemary
- Salt and freshly ground pepper to taste
- Olive oil for cooking

1. Wash rice and place in heavy pot with vegetable stock. Cover, bring to a boil, then reduce to a simmer and cook about one hour or until rice is very tender and slightly sticky.
2. In a small bowl whisk together ground flax and 3 tablespoons warm water. Set aside and allow to gel.
3. Over medium heat in a sauté pan, sauté the mushrooms, onions, carrots and celery with Bragg's, about 10 minutes, until softened. Add the parsley and dried herbs and set aside to cool.
4. When rice is cooked, add the sautéed vegetables and flax mixture to the pot, season to taste and stir very well until completely combined.
5. When cool enough to handle, form into 10 burger-sized croquettes.
6. Heat olive oil in a large sauté pan and cook croquette patties on medium heat about 5 to 10 minutes per side, until nicely browned and crisp.
7. Serve hot over steamed greens and topped with gravy or sauce.



## MIXED STEAMED GREENS

SERVES 8

*Chiffonade is a fancy term to describe, in this case, greens sliced very thinly. First you wash and prep the leaves, then you stack them, then roll them like rags into cigars and slice into thin strips. This method of chopping along with layering the greens in the steamer will deliver consistently cooked greens that are still full of life and fresh flavors.*

1 large bunch collard greens  
1 large bunch lacinato kale  
1 large bunch Swiss or red chard  
Bragg Liquid Aminos  
Extra virgin olive oil

1. Wash each type of green and remove woody center stems. Keep each kind of green separate.
2. Stack and roll each green and slice very thinly into ¼- to ½-inch strips.
3. Place a steamer basket into a large pot with a tight fitting lid. Add water to the pot so it comes just to the bottom of the steamer.
4. Stack greens in this order – collards on the bottom, lacinato kale in the middle and chard on the top.
5. Cover and heat until boiling. Steam greens for about 5 to 10 minutes but check often so they don't over steam.
6. Place steamed greens into a large bowl and toss with Bragg's and olive oil to taste.



## MISO BUTTER GLAZED TURNIPS

SERVES 8

*Maybe you've never liked turnips because you've never had them like this. Adding miso to butter makes some sort of magic happen. Miso is savory and 'meaty' and matches the rustic flavor of turnips like nothing else.*

6 medium turnips (2½ pounds)  
3 tablespoons butter, divided  
¼ teaspoon salt  
1 cup reduced-sodium vegetable broth, plus more if needed  
1 teaspoon sugar  
4 teaspoons white miso

1. Peel turnips and cut into 1-inch wedges.
2. Melt 1 tablespoon butter in a large skillet over medium-high heat. Add the turnips and salt and cook, stirring occasionally, until browned in spots and beginning to soften about 7 to 9 minutes.
3. Add 1 cup broth and sugar and reduce heat to simmer.
4. Cook, stirring frequently, until the turnips are tender and the liquid is almost completely evaporated about 15 to 20 minutes. You can add more broth if the pan starts to dry out.
5. Meanwhile, in a small bowl mash miso with the remaining butter until mixed well.
6. When the turnips are tender, remove the pan from the heat, add miso-butter and gently stir until the turnips are well coated.



*(continued)*



## ON LOCATION AT BLUE LOTUS FARM & RETREAT CENTER

This gorgeous place is a nonprofit outdoor facility that serves children, adults and seniors who are at risk, physically disadvantaged, mentally challenged, or facing a particular life challenge by providing recreational programs and curative workshops in a caring, accepting and inspiring 64-acre day camp setting. Located in Newburg, Wis. the center is open March 1 through December 1. For more information about events, programs and volunteer opportunities visit [www.bluelotusfarm.org](http://www.bluelotusfarm.org).

**SPECIAL THANKS** to our models – Susan and Fred Bliffert, Kaita Bliffert, David and Kathie Lemke and Becca Stringer.



## PEAR UPSIDE DOWN CAKE SERVES 8-10

*We love a show stopper of a dessert, but don't enjoy baking one that takes hours to make. This is that showstopper but surprisingly simple, not too sweet, lush and beautiful. The only special equipment you'll need is a springform pan and pretty cake plate. Trust us, no one will miss the pumpkin pie with all this dreamy, caramel pear goodness.*

4 tablespoons (½ stick) unsalted butter, plus extra for greasing  
½ cup firmly packed light brown sugar  
¼ teaspoon cinnamon  
Dash nutmeg  
3 ripe but still firm pears, thinly sliced  
6 tablespoons unsalted butter, softened  
1 cup sugar

2 eggs, at room temperature  
1 teaspoon vanilla  
1 cup flour  
3 tablespoons cornmeal  
1 teaspoon baking powder  
½ teaspoon salt  
½ cup milk

1. Preheat the oven to 350°. Lightly butter the sides of an 8.5 inch tight fitting, springform pan then cover the bottom and up the sides of the pan with aluminum foil to prevent leaks.
2. Combine the butter, sugar, cinnamon and nutmeg in a small saucepan and heat to boiling. Remove from heat. Scrape the caramel mixture into the prepared pan and spread evenly. Carefully arrange the pears in a symmetrical, overlapped pattern, over the caramel and press down.
3. Beat the butter and sugar with an electric mixer until creamy, about 1 minute. Add eggs and vanilla and beat until very smooth and fluffy, about 2 minutes.
4. Sprinkle in the flour, cornmeal, baking powder, and salt and beat 10 seconds. Pour in the milk and beat just until the batter is evenly moistened, about 1 minute. Pour the batter over the pears, then carefully lift the pan and gently bang down on a smooth surface to release any air bubbles.
5. Bake for 60 minutes then start checking for doneness. Gently insert a sharp knife and if it comes out clean, it's ready. It may take up to 75 minutes depending on your oven. The cake will be quite golden brown when done.
6. To loosen from pan, glide a knife along the outer edge of the cake and place a plate over the cake, then flip it over to invert it onto the plate and unclip the spring. The cake should easily come out.
7. Let the cake cool completely before serving so the caramel sets up. Serve with fresh whipped cream.

# OUTPOST'S

photos by CARA BERKEN ..... (secret recipe)

## CURRIED LENTIL & SWEET POTATO SOUP

vegan and gluten-free

SERVES 10

**T**HE WORD CURRY CAN BE MISLEADING. MOST OFTEN ASSOCIATED WITH INDIAN COOKING, IN REALITY, THE SEASONING HAS TRAVELED FAR AND WIDE, FROM AFRICA TO THE CARIBBEAN. OUR CURRIED LENTIL & SWEET POTATO SOUP IS PROOF. MIXED WITH GINGER, GARLIC AND CILANTRO, THIS SOUP DEFINITELY HAS AN AFRO-CARIBBEAN VIBE. IT ALSO HAS JUST ENOUGH JALAPEÑO KICK TO HEAT THINGS UP. NOW THAT THE DAYS ARE GETTING COLDER, YOU'RE DEFINITELY GOING TO WANT TO WHIP UP A BATCH OF THIS SIMPLE, BUT HEARTY SOUP.!

- 1 tablespoon canola oil (or coconut oil)
- 1 cup yellow onions, chopped
- 1 tablespoon minced garlic
- 1 tablespoon minced ginger
- 1 tablespoon curry powder
- 1 tablespoon jalapeño pepper, seeded and minced
- 1 cup carrots, chopped (about 4 medium carrots)
- 1 cup roasted red peppers, roughly chopped
- 1½ cups sweet potatoes, peeled and chopped
- 15-ounce can lite coconut milk
- 1 cup dried green lentils, sorted and rinsed
- 4 cups low-sodium vegetable stock
- Juice of 1 lime
- ½ teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- Cilantro (optional)

1. Heat oil in a stock pot or Dutch oven over medium heat. Sauté onions, carrots, garlic and ginger until onions are translucent.
2. Add curry powder, minced jalapeño pepper, roasted red peppers and sweet potatoes. Then add coconut milk, lentils and vegetable stock and simmer, covered, until lentils and sweet potatoes are tender, about 1 hour.
3. Stir in lime juice, salt and pepper. With an immersion blender, purée ¼ of the soup. Add salt and freshly ground black pepper to taste. Garnish with freshly chopped cilantro, if desired.

Per serving: 173 calories, 5g fat, 2g sat fat, 23g carbohydrates, 11g protein, 333mg sodium, 10g fiber



# TALKING TURKEY.

EVERYTHING YOU NEED TO KNOW ABOUT TURKEY RIGHT NOW.

**T**HANKSGIVING IS NO TIME TO WING IT, ESPECIALLY WHEN IT COMES TO ROASTING A TURKEY. EVEN THOUGH YOU'VE COOKED A BIRD DOZENS OF TIMES, YOU FIND YOURSELF CHECKING AND DOUBLE-CHECKING THE CHARTS TO CHECK YOUR MATH. FROM DETERMINING THE SIZE YOU'LL NEED TO HOW LONG THAWING WILL TAKE, AND HOW LONG TO KEEP IT IN THE OVEN, THESE CHARTS AND GUIDELINES WILL TAKE THE PANIC OUT OF COOKING YOUR TURKEY FOR THANKSGIVING.

## COOKING RATIOS & TIMES.

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

## THAWING YOUR TURKEY

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

### INTIMIDATED BY GIBLETS?

WE'VE GOT AN EASY & DELICIOUS RECIPE FOR TRADITIONAL GIBLET GRAVY. IT'S OUR MOM'S ... YOU CAN TRUST HER.

[WWW.OUTPOST.COOP/GRAZE](http://WWW.OUTPOST.COOP/GRAZE)

## COOKING YOUR TURKEY

To test for doneness, use a meat thermometer. Perfectly cooked breast temperature is 170°, thigh meat should register at 180°. Let the turkey rest for 20 to 30 minutes before carving for tender, moist meat and easy carving.

1. Unwrap the turkey and remove the giblets and neck from the body (and/or neck cavity). Refrigerate giblets and reserve for making gravy, optional.
2. Pull out and discard any excess fat from interior.
3. Prep turkey by applying an herb rub or soaking in a brine (Note: Recipes follow. Brining takes 12 to 24 additional hours).

4. Place turkey breast side up on a rack in a roasting pan. (Note: You can roast the bird with the breast side down until the last hour. This makes the white meat juicier, but less golden in color.)
5. Cover the breast tightly with aluminum foil before roasting. The foil slows the cooking process so the white and dark meat will cook at the same rate.
6. Baste the turkey every half hour, adding more hot water to the pan if the drippings evaporate. For the last 45 minutes, increase heat to 400°, remove foil from the turkey and baste every 10 to 15 minutes.
7. Tent the turkey with foil and let rest 20 to 30 minutes before carving. Reserve pan drippings for gravy, optional.





OUTPOST'S REGIONAL FAVORITES:

**FERNDALE MARKET TURKEY**

- Fresh
- All natural, no additives or antibiotics



**LARRY SCHULTZ TURKEY**

- Frozen
- Certified organic

**FRESH HERB RUB**

More than the typical salt rub for your Thanksgiving bird, a fresh herb rub introduces more flavors to your holiday table, flavors that lend beautifully to giblet gravy made from the drippings leftover from roasting (recipe follows). If using dried herbs instead of fresh, use one third the amount the recipe calls for.

- |   |   |
|---|---|
| Kosher salt                                 | 2 teaspoons fresh rosemary, minced finely |
| Ground black pepper                         | 1 tablespoon fresh sage, minced           |
| 1 medium onion, quartered                   | 4 garlic cloves, crushed and minced       |
| 2 medium carrots, quartered                 | Zest of one lemon, minced finely          |
| ½ cup flat leaf parsley, chopped and packed | 2 tablespoons olive oil                   |

1. Thaw and prep turkey through step two of "Cooking Your Turkey."
2. Generously salt and pepper the inside of the turkey.
3. Add onion and carrot quarters to the cavity.
4. Combine the herbs, garlic, lemon zest and olive oil into a paste.
5. Gently separate the skin from the breast meat and drum sticks with your fingers, being careful not to tear the skin.
6. With your hands, pack the herb paste between the skin and the meat on both drumsticks and breast areas, using the entire batch of herb paste.
7. Rub any herbs from your hands on the outside of the skin and generously salt and pepper the outside of the bird.
8. Truss the legs together and follow the "Cooking Your Turkey" roasting instructions.

**AROMATIC BRINE**

Brining yields flavorful and moist turkey. We've added allspice, ginger and cinnamon to compliment the traditional flavors of Thanksgiving turkey. There is a bit of a space commitment to brining your turkey, plan on hosting a 5-gallon bucket in your refrigerator for 12 to 24 hours (less for a smaller bird, more for a larger bird). For the best flavor, this is a two-step process. Aromatics are added just before roasting.

For the brine:

- 1 cup kosher salt
- ½ cup light brown sugar
- 1 gallon vegetable stock
- 1 tablespoon black peppercorns
- 1½ teaspoons allspice berries
- 1½ teaspoons candied ginger, chopped
- 1 gallon water, heavily iced

For the aromatics

- 1 red apple, sliced
- ½ onion, sliced
- 1 cinnamon stick
- 1 cup water
- 4 sprigs rosemary
- 6 sage leaves
- Canola oil, olive oil or butter

1. To prepare the brine, combine vegetable stock, salt, brown sugar, peppercorns, allspice berries and candied ginger in a large stockpot over medium-high heat. Bring to a boil, stirring occasionally. Remove from heat and cool to room temperature. Refrigerate for one hour.
2. Combine brine, water and ice in a 5-gallon bucket.
3. Thaw and prep turkey through step two of "Cooking Your Turkey." Place the thawed turkey breast side down in the brine. If necessary, weigh bird down with a plate to ensure it is fully immersed. Cover and refrigerate 12 hours for turkeys weighing 8 to 12 pounds, up to 24 hours for birds up to 24 pounds. Turn the turkey halfway through the brining process.
4. After the allotted brine time, remove the turkey and rinse inside and out with cold water (this step removes excess salt.) Place on a roasting rack and pat dry with paper towels.
5. Combine apple slices, onion, cinnamon stick and water, microwave on high for 5 minutes. Add to the turkey cavity, along with rosemary and sage. Tuck the wings underneath the turkey and coat skin liberally with canola oil.
6. Continue to step 4 of "Cooking Your Turkey."

# GOURMET'S DELIGHT.

MILLIONS OF MUSHROOMS,  
MUSHROOMS FOR ME.

Story & photos by PAUL SLOTH



**L**OOK AT A PACKAGE OF GOURMET'S DELIGHT MUSHROOMS AND ONE THING'S CLEAR... WHOEVER GREW THEM KNOWS WHAT THEY'RE DOING. WHEN YOU STOP TO THINK ABOUT IT, BEAUTY MIGHT NOT BE THE FIRST THING THAT COMES TO MIND WHEN YOU LOOK AT A MUSHROOM. BUT THESE MUSHROOMS, THEIR BEAUTY BORDERS ON PERFECTION, WELL AS PERFECT AS CULTIVATED FUNGUS COULD BE. THE TWO GUYS RESPONSIBLE, RICH AND JOHN FLOYD, HAVE BEEN AT IT FOR A LONG TIME, BUT THEY'RE STILL MASTERING THE ART OF GROWING THE PERFECT MUSHROOM.

The Floyd brothers have farming in their blood. It all started with their father, Joe. He'd grown up in Fond du Lac, but he always knew he wanted to be a farmer. In 1946, right out of the service, Joe Floyd found his way to Eden and started farming with his wife, Lois.

Rich, John and their brother Greg, grew up on that farm in Eden, which is just outside of Fond du Lac, where their folks raised cattle and hogs. It was a fairly typical Wisconsin farm upbringing. The boys learned to cultivate and respect the land while developing a solid work ethic.

But when it came time to decide what they were going to do with their lives, including whether to stay in farming, the three brothers decided to forego the kind of farming their parents did. They decided to grow mushrooms instead.



The inspiration to grow mushrooms came, not from the rich, fertile soil of Eden, but from rural Thailand.

“Greg had the vision. He saw mushroom cultivation in Thailand and it sparked his interest,” Rich said.

When Greg returned from Thailand, after his stint with the Peace Corps, he started working at an established mushroom farm that was being run out of the old Ziegler Brewery in Beaver Dam. When the original owner decided to sell the business, Greg bought it. Around the same time, Rich and John started their own business making the compost that Greg used to grow the mushrooms.

It was the early 1980s and growing local produce seemed a safer risk than raising livestock.

So, in 1982, the Floyd brothers went all in and, with their parents’ blessing and support, they built their own growing facility on the home farm. They’ve been harvesting mushrooms there ever since.

“It was amazing that they would even have entertained the idea,” Rich said. “They stood behind us. They believed in us.”

At this point in their history, it’s just Rich and John running the show. Greg went on to start his own business down the road, Forest Floor Foods, which specializes in pickled products.

Rich and John aren’t just growing mushrooms. They’re also mastering the art of making the perfect growing medium, which is as important to their crop as sun and water is to most others.

“The biggest influence on a successful mushroom crop is the compost,” Rich said. “It took us years to tweak and refine the compost. We’re still learning.”

Gourmet’s Delight has been working with Outpost for 15 years, at least, Rich said. Twice a week, they load up a van and deliver to all of our stores. Joe Floyd used to make the deliveries to Outpost, where he’d been shopping for years.

In 2000, Gourmet’s Delight became certified organic. Rich says it was initially his parents that had inspired him and his brothers to go organic.

Nowadays, the crew at Gourmet’s Delight harvests about 2,000 pounds of button mushrooms — white and crimini — every day. Most of the mushrooms end up in restaurants, but a few retail locations, like Outpost, are lucky enough to stock them in their produce departments.

It takes about a month from the time the soil is seeded with mushroom spawns to the time the harvest begins. The harvest usually lasts about three weeks. The lifespan of a mushroom depends on how they’re handled, so there are some limitations on how far they can be shipped, which means one thing.

“The more local we can stay the better it is, for a lot of reasons,” Rich said.



GOURMET'S DELIGHT  
EDEN, WI  
(920) 477-5664

# (almost) HOMEMADE

## DO-IT-YOURSELF TAKEOUT.

by CARRIE ROWE

**W**HEN LIFE GETS BUSY AND YOU'RE RUNNING ON EMPTY, GRABBING A TAKEOUT MENU IS SOMETIMES YOUR BEST BET FOR GETTING DINNER TO THE TABLE IN THE FASTEST, SIMPLEST WAY POSSIBLE. FAST AND SIMPLE, YES, BUT WHAT ABOUT COST AND NUTRITION?

Typical takeout fare is usually high in the bad stuff (fat and sodium) and low in the good stuff (fresh, nutritious, healthy ingredients) not to mention the high price you pay for what are generally pretty inexpensive dishes if you made them at home. With just a quick stop at the co-op and some help from a few thoughtfully chosen pre-made components, we'd wager that you could whip up some (mostly) homemade meals that will give your favorite takeout choices a run for their money.



## TOFU FRIED RICE MAKES 6 SERVINGS

*Savory, versatile and satisfying, fried rice is the epitome of takeout satisfaction. It can also be quite high in unhealthy fats and sodium and can leave you feeling hungry again if basically all you're eating is rice and soy sauce. In this version we use nutrient-rich Volcano rice, Bragg Liquid Aminos (which is much lower in sodium than traditional soy sauce), and we add a variety of veggies and tofu, increasing the protein and overall healthiness of the dish. Using frozen vegetables is not only fast and convenient, but the nutrient content of frozen veggies versus fresh is usually about the same, especially during winter months when fresh vegetables have to travel farther to get to our neck of the woods.*

- 1 cup Volcano rice (find it in the bulk aisle)
- 16-ounce block plain tofu, cubed
- 3 tablespoons olive oil, divided
- Bragg Liquid Aminos – how much you use will vary depending on your taste preference
- 1 cup nutritional yeast
- 1 tablespoon toasted sesame oil
- 1 tablespoon adobo seasoning (from the bulk herbs section)
- 10-ounce bag frozen veggies of your choice
- 1 cup frozen collard greens

1. Place rice in a medium pot, add a little less than 2 cups water and simmer until rice is tender and has absorbed all the water. When rice is cooked through, remove from pot and spread out on a large plate or cookie sheet and set aside.
2. Meanwhile, cut tofu into cubes, spread on a plate or large cutting board and cover with a clean kitchen towel or paper towel to remove some moisture.
3. Heat one tablespoon olive oil over medium-high heat in a large sauté pan and add cubed tofu. Sauté tofu, turning with tongs, until each side of the cubes are light golden brown.
4. Reduce heat to medium and add a few splashes of Bragg's to the tofu pan, stirring to coat. Sprinkle tofu with nutritional yeast and repeat the process until the tofu is completely covered in a coating of Braggs and nutritional yeast, much like a breading. You'll use quite a bit of nutritional yeast in this step so don't be shy when adding it.
5. Remove tofu from pan and set aside. To that pan, add remaining two tablespoons olive oil, toasted sesame oil and cooked rice. Sprinkle adobo seasoning over rice, stirring constantly so the oil and seasonings are evenly distributed. Add a few splashes of Braggs at a time, adding more to taste.
6. Add frozen veggies and broccoli slaw to the rice and sauté until veggies are thawed and heated through.
7. Serve by scooping rice into a bowl and placing tofu on top.



*(mostly)* **HOMEMADE CHICKEN ENCHILADAS**  
**MAKES 8 TO 10 ENCHILADAS**

Using rotisserie chicken instead of roasting one at home cuts a huge amount of prep time off this recipe. Enchilada sauce packets from Frontera (regionally made in Chicago) make homemade Mexican dishes taste like authentic restaurant meals and are made using fresh, all-natural ingredients. This recipe makes a lot of enchiladas. Bake, cool and then wrap any leftovers in plastic and foil and freeze. You'll be happy to find these in the freezers on one of those nights you don't feel like cooking.

- 1 rotisserie chicken
- 12-ounce container cream of chicken soup
- 1 package 6-inch corn tortillas
- 2 Frontera red or green enchilada sauce packets  
 (use one of each for half and half)
- 1 cup Andrew & Everett shredded Mexican Mix cheese

1. Pre-heat oven to 375°.
2. Pick all the meat from your rotisserie chicken and place in a large mixing bowl, shredding into smaller pieces if necessary.
3. Add cream of chicken soup to shredded chicken and mix well to combine.
4. Place one tortilla in 9 x 13 glass baking dish. Add a few tablespoons of chicken mixture to middle of tortilla (don't overfill), carefully roll in sides of tortilla and arrange seam-side down in the pan. Repeat until you have a single layer of rolled tortillas filling the pan.
5. Pour enchilada sauce on top of rolled tortillas then top with shredded cheese.
6. Bake uncovered until cheese is melted and bubbling, about 20 to 25 minutes. Remember, the chicken is already cooked so you're just heating through.
7. Serve with chopped cilantro, avocado, tomato or whatever you have in your fridge.



# 6 SIMPLE QUICK MEAL PANTRY STAPLES

Even though we love to cook from scratch, let's face it, we're often too pressed for time. That's why we rely on basics like these to keep us well fed in a hurry.

## CANNED BEANS

Here's an obvious budget-minded and delicious choice to top a salad or to use in a batch of veggie tacos.

## DRIED LENTILS

No soaking, quick cooking and a long shelf life make lentils one of our favorite legumes. Make a quick Dal (Indian stew), use as a base for veggie burgers or add to rice.

## CANNED TUNA OR SALMON

Chock-full of heart-healthy omega oils, these protein powerhouses make salads sassier and add a delicious twist to pasta dishes.

## BROWN RICE

It takes a little longer to cook, but offers up more fiber and flavor. It also makes a great breakfast cereal!

## COUSCOUS OR QUINOA

While quinoa is a high-protein grain and couscous a pasta, both are quick cooking and mostly interchangeable in recipes. Try them tossed with your favorite prepared salad dressing, chopped nuts and steamed veggies.

## SIMMER SAUCE

These complex sauces offer a snappier alternative to the obvious pantry staple, pasta sauce. Toss with veggies, meat or cubed tofu and simmer. Or add canned beans, veggies and serve over rice. Dinner is done!

# What do you know about GMOs?



**G**ENETICALLY MODIFIED CROPS CURRENTLY IN PRODUCTION IN THE U.S. INCLUDE CORN, SOY, COTTON, CANOLA, SUGAR BEETS, ALFALFA, HAWAIIAN PAPAYA AND SQUASH. WE THINK YOU DESERVE TO KNOW HOW YOUR FOOD WAS GROWN AND WHAT IT CONTAINS. THAT'S WHY OUTPOST NATURAL FOODS IS A SUSTAINING MEMBER OF THE TRUTH IN LABELING COALITION, A NON-PROFIT ORGANIZATION THAT IS FIGHTING TO MAKE IT MANDATORY FOR MANUFACTURERS TO DISCLOSE GMO FOODSTUFFS ON LABELS.

## CONCERNS:

The **long-term safety** of GMOs for humans, animals and the environment has still not been determined

GMOs make it possible for **allergens** in one food type to emerge in a completely different food

**Gene transfer** from GMO crops could contaminate non-GMO crops (including those being grown organically) and wildlife



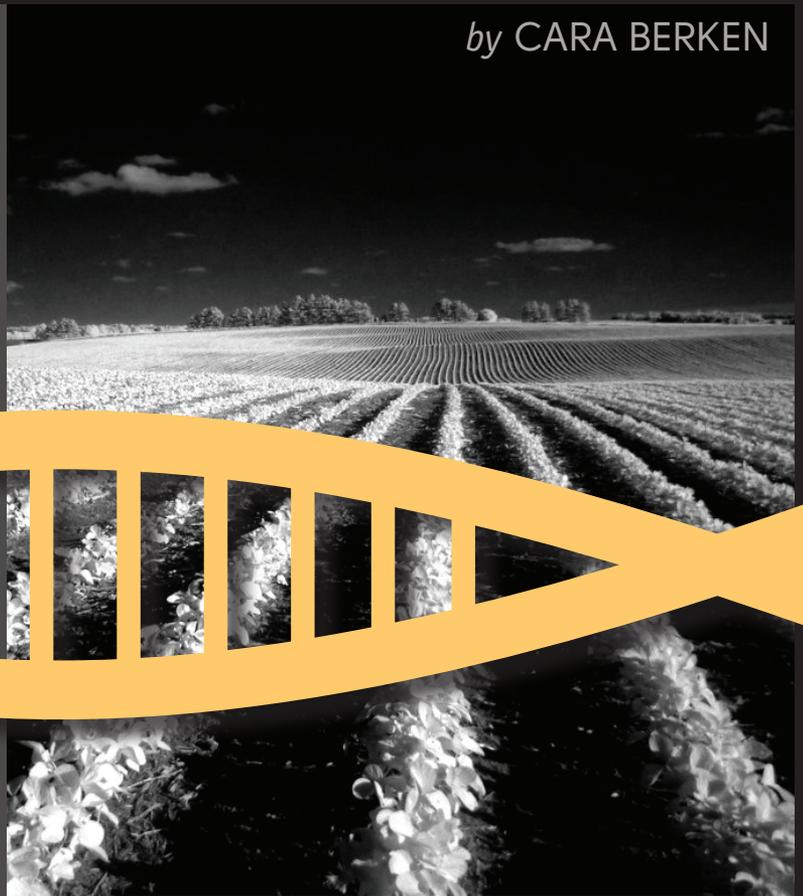
As much as **80%** of **processed foods** in U.S. supermarkets now contain some form of GM ingredient



# A GMO IS:

A genetically modified organism (GMO) is a plant or animal that's DNA has been manipulated by the insertion of genetic material from a different species of plant, animal, bacteria or virus, in an attempt to obtain a desired trait or characteristic.

by CARA BERKEN



1.  
MAKES PLANTS  
PRODUCE  
THEIR OWN  
PESTICIDES

2.  
MAKES PLANTS HERBICIDE  
TOLERANT, PARTICULARLY TO  
GLYPHOSATE (ROUND UP)

Glyphosate builds up in the soil, **contaminating** it for years to come

Herbicide-resistant crops can cross-pollinate to create herbicide-resistant **superweeds** and spawn pesticide-resistant **superbugs**

GMO producers can actually sue farmers whose crops are contaminated by GMOs from neighboring farms for **intellectual property** theft

## WHAT CAN YOU DO?

1. BUY USDA CERTIFIED ORGANIC FOODS, WHICH CANNOT CONTAIN GMOS
2. AVOID AT-RISK INGREDIENTS LIKE CORN, SOY, CANOLA AND SUGAR BEETS OR PURCHASE THE ORGANIC VERSION.
3. CHOOSE NON-GMO PROJECT VERIFIED PRODUCTS WHICH UNDERGO INDEPENDENT TESTING
4. SUPPORT ORGANIZATIONS AND LEGISLATION THAT PROMOTE MANDATORY LABELING OF GMOS



# FROM SCRATCH *always* |

OUTPOST'S CENTRAL KITCHEN HAS GROWN,  
BUT ONE THING REMAINS THE SAME ...

story and photos by PAUL SLOTH



**I**T'S 6:30 IN THE MORNING AND THE CENTRAL KITCHEN IS HUMMING. IT'S BEEN HUMMING SINCE 4 A.M. WELL THE TRUTH IS OUTPOST'S CENTRAL KITCHEN NEVER REALLY STOPS HUMMING. IN THE PAST SEVERAL YEARS, THE GROWTH OF THE KITCHEN, WHICH IS LOCATED IN THE BACK OF OUR BAY VIEW STORE, HAS EXPLODED. WE'VE EXPANDED AND REMODELED THE SPACE, ADDED EMPLOYEES AND SHIFTS.

The kitchen now runs around the clock most of the week (there's no 3rd shift on Sundays), in order to keep our four stores, Market Café and various wholesale accounts stocked with our prepared foods, which includes soups, salads and bakery, among other things.

Summer Holsten's been working back here for much of that time. On this particular morning, Summer – who works as a hotline cook – is chopping veggies and making dressing for one of Outpost's signature salads.

"Everything is made from scratch, every day, and we get it out to the stores. I think it's amazing what we do," Summer

said. "I'm happy I was here in the beginning. I've enjoyed watching it grow."

From scratch.

You've heard those two words, right? Even if you don't spend a lot of time in the kitchen, you've heard them.

It's one of those phrases the origin of which is lost to time. With so much convenience, making things from scratch can seem like a major commitment. We don't think so. That's why the cooks and bakers in our Central Kitchen make everything from scratch, seriously.

Sure, we could cut corners to save time. It isn't easy to peel hundreds of apples or crack thousands of eggs. If you're surprised, you're not the only one. Summer still gets a kick out of explaining to people that nothing comes out of a bag in Outpost's Central Kitchen.

"Even when we get a new employee, it changes their mind about cooking at home," Summer said. They think, 'I should be cooking from scratch at home.'"

# HUNGER DURING THE HOLIDAYS.

by MARGARET MITTELSTADT

*Hunger Task Force believes that every person has a right to adequate food obtained with dignity. Hunger Task Force works to prevent hunger and malnutrition by providing food to people in need today and by promoting social policies to achieve a hunger free community tomorrow.*

**F**OOD. IT BRINGS US TOGETHER. WE GATHER DURING THE HOLIDAYS TO CELEBRATE RICH TRADITIONS, MANY OF WHICH CENTER AROUND HOME AND HEARTH. AS MANY OF US GATHER IN AND AROUND THE KITCHEN IN THE COMING MONTHS, IT'S IMPORTANT TO REMEMBER THE FAMILIES WHO WILL STRUGGLE TO PUT A WARM MEAL ON THE TABLE.

Outpost is privileged to have long-term partnerships with local organizations like Hunger Task Force, because of their efforts to address the pressing issues that affect our local communities and urban neighborhoods. The organization is a locally based emergency food bank that provides food to a network of 80 local food pantries, soup kitchens and homeless shelters, free of charge. That means they rely entirely on outside support to help them operate and provide food for the thousands of people who face hunger every day in Milwaukee. We're able to enhance our vision of a healthy, diverse and sustainable community with the help of organizations like Hunger Task Force.

Outpost and Hunger Task Force have been active community partners since the late 1990s. We share their goal of ending hunger in our city and have created a number of programs to help them achieve that goal. Outpost rolls out its biggest efforts to help combat hunger in our communities during the holiday season. We work with our friends at Hunger Task Force to help get the job done.

**HOLIDAY MEAL BASKETS** In November and December, Hunger Task Force prepares 800 meal bins for eligible families. Each bin is filled with food to create a festive Thanksgiving or holiday dinner for an average family of four, including a ham or turkey, packaged and canned items, fresh produce, bakery and sweet treats. Outpost provides organic canned yams, fresh apples or oranges, and onions for both meal baskets. This is a direct donation from your co-op equaling \$12,000.

**BUY A BAG** From November 1 through December 31, we run our Buy A Bag program. For a \$20 customer donation, Outpost buys \$40 worth of natural and organic food – enough to fill an average grocery bag. Outpost works with food distributor Kehe International to get the best prices for the program. Kehe doesn't deliver actual bags of food – instead, they ship cases of food to Hunger Task Force in January, when the need is great. Typical foods included in the delivery are canned beans, dried pasta and jarred sauce, fruit juice, jam, peanut butter, rice, oatmeal, soups, and fresh organic carrots, onions and apples. Since 1999, when the program started, Outpost has turned customer donations into nearly \$638,000 worth of food.

Whether we are giving or receiving, food connects us all. This holiday season, consider contributing to Outpost's Buy A Bag program or volunteer your time with Hunger Task Force.



## KITCHEN STATS:

### CENTRAL KITCHEN IS COOKING!

- 8,000 pounds of Vegemise/year
- 9,000 pounds of mayonnaise/year
- 1,200 gallons of olive oil/year
- 3,000 pounds of tahini/year
- 4,000 pounds of garbanzo beans/year
- 1,000 cans of chili beans/year
- 228 pounds of apples, peeled weekly
- 5,400 eggs, cracked weekly
- 170 pounds of Banana Flax Bread, baked daily
- 300 pounds of soup, made daily

# IN AN IDEAL WORLD...

by MARGARET MITTELSTADT

... ORGANIC, LOCAL FOOD AND THE ENVIRONMENT GET AN A+.



**A** FARM STAND AT A SCHOOL? THAT MAY SOUND ODD TO SOME, BUT AT MILWAUKEE ENVIRONMENTAL SCIENCES, IT'S ALL IN A DAY'S CURRICULUM. THE CHARTER SCHOOL'S MISSION IS TO IMMERSE STUDENTS IN BOTH CLASSROOM AND HANDS-ON LEARNING, WHILE ENRICHING THEIR CREATIVE SIDE IN THE HUMANITIES. OFTEN, STUDENTS ARE OUT IN THE FIELD WITH LOCAL EXPERTS, SCIENTISTS AND LEADERS.

The goal? To foster environmental learning and wellness at a young age – a combination that grows curiosity, passion and compassion for our natural world and service to the community.

School gardens, cooking demonstrations, and the youth farm stand, are all integrated into daily learning at the school. Practical applications in the sciences build eco-literacy and connect students to nature. Growing, harvesting and cooking food teaches students about the interconnectedness of biology and chemistry. Students also learn entrepreneurial skills while connecting to their community by selling the produce they grow at the farm stand.

Milwaukee Environmental Sciences, which opened in 2013, is a free public charter school of the Milwaukee

Teacher Education Center. It currently enrolls an estimated 200 students in Pre-K through fifth grade, though the goal is to grow the school through 12th grade.

The school offers an accelerated year-round curriculum and longer learning days with an academic focus on the environmental sciences. Though open for a relatively short time, their master plan is to build a micro-farm and community farmers market on school grounds. The farm will include rainwater harvesting and native landscaping, key components of the experiential learning models.

Many of the students attending the school come from low-income urban neighborhoods where they may have fewer opportunities to connect with the natural world, or may be faced with food security issues and related health disparities. For them, the school is an open door to a new world rooted in environmental sciences and humanities. Kids learn science by solving real world problems, critical thinking skills by understanding how complex natural systems work, and leadership through conservation of natural resources for years to come.

In an ideal world, not only will teachers, students and families have access to organic and locally produced food, but they will also be leaders in making a positive impact on the local food system and our environmental future, together. At Outpost, we think that plan deserves an A+.

*Photos courtesy of Milwaukee Environmental Sciences.*



MILWAUKEE ENVIRONMENTAL SCIENCES  
6600 W. MELVINA ST.  
MILWAUKEE, WI 53216  
WWW.THEENVIRONMENTALSCHOOL.ORG

## CHECKOUT



Bam



Hope



Soju



Nueske



Dolores



Milkbreath



Nancie Drew



Cupcake



Meg



Henri



Ursa



Fogo



Tux



Riley & Rumor



Daisy



Dash



Levin

## CUTE OVERLOAD

WE CHALLENGED OUR FACEBOOK FANS TO SNAP A PHOTO OF THEIR FURRY FRIENDS IN AN OUTPOST REUSEABLE BAG. YOU HAVE SOME CUTE PETS, PEOPLE! EVERYONE'S A WINNER, BUT NUESKE, THE BULLDOG, REALLY CAPTURED OUR HEARTS.

save  
these  
dates

*Upcoming Samplers*  
**CAN YOU SAY  
DELICIOUS?**

**Flavors of Fall** *Saturday*  
**OCT. 11**  
11am to 2pm

Stop by and try our homemade squash  
& apple soup, savory cheeses plus delicious foods  
& beverages from a bevy of local vendors!

*Saturday*  
**NOV. 15** *The Flavors of  
Thanksgiving*  
11am to 2pm

Don't miss our one of our best and biggest tasting events  
featuring appetizers, side dishes, wine, desserts & more!

**Sweet &  
Savory Holidays** *Saturday*  
**DEC. 13**  
11am to 2pm

Taste holiday magic with simple, soul-satisfying  
appetizers, sweet treats, snacks & festive beverages.

**OUTPOST**  
NATURAL FOODS

7000 W. STATE STREET WAUWATOSA • 2826 S. KINNICKINNIC AVENUE BAY VIEW

7590 W. MEQUON ROAD MEQUON • 100 E. CAPITOL DRIVE MILWAUKEE

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