

# GRAZZE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS CO-OP

A TOAST TO  
OUR TABLE  
OF FESTIVE  
LIBATIONS

PAGE 8

CHARCUTERIE  
SEASON IS  
HERE

PAGE 10

EVERYONE  
WELCOME

ELEGANT DISHES FOR EVERY DIET • PAGE 26

PLU 3010  
FALL 2022

FREE WITH ANY PURCHASE





DECEMBER 1-31, 2022

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For \$20 Outpost purchases \$40 worth of natural and organic foods for those in need, including fresh produce!

*Since 1999, Outpost's Buy A Bag program has provided over \$1.9 million worth of natural and organic food to Hunger Task Force.*



- Donate \$20 —or any amount— at an Outpost register or online at [www.outpost.coop](http://www.outpost.coop)
- Donate in someone else's name, customizable greeting card available



**OUTPOST**  
NATURAL FOODS



# WHO IS GRAZE ?

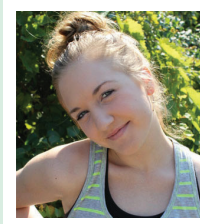


## *i am* CARA BERKEN.

*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.*

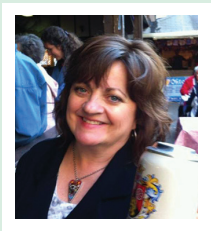
## *i am* HANNAH EVANS.

*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.*



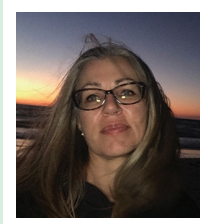
## *i am* LISA MALMAROWSKI.

*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.*



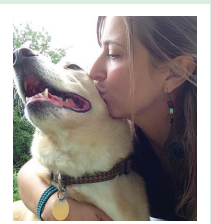
## *i am* MARGARET MITTELSTADT.

*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.*



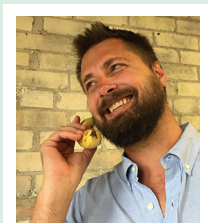
## *i am* DIANA SCHMIDT.

*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.*



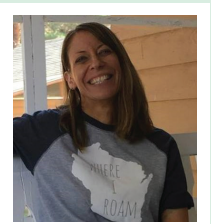
## *i am* MICHAEL SORENSEN.

*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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FALL 2022

*...features.*

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# Holiday Hours

**CLOSED THANKSGIVING DAY**

**CHRISTMAS EVE: 7:30AM-5PM**

**CLOSED CHRISTMAS DAY**

**DECEMBER 26: 8AM-6PM**

**NEW YEARS EVE: 7:30AM-6PM**

**NEW YEARS DAY: 9AM-6PM**

**OUTPOST**  
NATURAL FOODS

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



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(you'll)

# SWOON.

STOCKING STUFFERS FOR EVERYONE ON YOUR LIST...INCLUDING YOU!

THINGS WE LOVE.



Young At Heart pictured: Fair Trade Balsa Wood Crayons, Mudpuppy Coloring Rolls, Minga Fair Trade Mouse Coin Purse, Plus Plus Puzzle Tube, Sarah Angst Stickers



## YOUNG AT HEART

There's always something to do with these stocking stuffers! Move over coloring books and make way for coloring rolls! Ingenious puzzles, stickers and the coolest crayons ever are sure to keep you busy!



## COZY UP

Winter doesn't stand a chance! Bundle up with stylish accessories or stay warm inside with holiday themed candles and goat's milk soap.







## DECK THE HALLS

Everyone will be asking where you found such cool ornaments; historical figures, unique animals and more are sure to be a hit to have hanging around. Add some beautiful ringing bells to dole out some angel wings while you're at it.

*Deck The Halls pictured: Matr Boomie Fair Trade Chimes, Minga Fair Trade Ceramic Bird Whistle Ornaments, Silk Road Bazaar Fair Trade Ornaments (Polar Bear and Betty White), Lucuma Fair Trade Gourd Ornaments*

*Cozy Up pictured: Zum Goat's Milk Soap, Big Dipper Holiday Pillar Candles, Blossom Candle Co. Candles (made in Milwaukee), Blue Q Socks, Andes Gifts Fair Trade Hats, Glittens and Diamond Ear Warmers*









ETY IS THE SPICE OF LIFE VARI  
 E SPICE OF LIFE VARIETY IS TH  
 OF LIFE VARIETY IS THE SPICE



**Pa** JUNESHINE  
 MIDNIGHT  
 PAINKILLER



**SOURCE.** SANTA MONICA, CA  
**PROFILE.** TROPICAL HARD KOM-  
 BUCHA WITH COCONUT,  
 ORANGE, SPICE &  
 ACTIVATED CHARCOAL

**Pe** CEDAR CREEK  
 PEARADISE



**SOURCE.** CEDARBURG, WI  
**PROFILE.** REFRESHING, SLIGHTLY  
 SWEET WHITE GRAPE  
 WINE WITH FRESH & CRISP  
 PEAR FLAVORS

**Mo** KUL MOCKS  
 MOCKTAILS



**SOURCE.** RIVER FALLS, WI  
**PROFILE.** A VARIETY OF ALCOHOL-  
 FREE HAND-CRAFTED  
 COCKTAILS

**Sp** HOPLARK  
 SPARKLING WATERS



**SOURCE.** BOULDER, CO  
**PROFILE.** ALL OF THE HOPPY  
 FLAVOR WITHOUT THE  
 CALORIES, SUGAR OR  
 ALCOHOL

**Ro** GRUVI  
 ALCOHOL-FREE  
 ROSÉ



**SOURCE.** DENVER, CO  
**PROFILE.** FRUITY WITH HINTS OF  
 APPLE & STRAWBERRY

(a) **recipe**



**HOT CHOCOLATE WITH  
 A MEXICAN TWIST**



*You may have seen them on our shelves and wondered, "What is this cute little disc wrapped in colorful paper?" Taza Chocolate's organic and direct trade Mexican-style stone ground chocolates are sure to be your next favorite winter sipper. In Oaxaca, Mexico, and other Central and South American regions, chocolate has historically been enjoyed as a beverage and these authentic cacao discs (in a variety of flavors such as guajillo chili, cinnamon and vanilla) create a hot chocolate that is luxuriously, thick, rich and delicious.*



- 1 cup milk, soy milk, almond milk, or water
- 1 Taza Chocolate disc (2 come in a package)
- Salt to taste

1. Roughly chop or grate one Taza Chocolate disc and set aside.
2. Heat one cup of milk or water in a small saucepan over medium heat to just below a simmer.
3. Remove the milk from heat and add a pinch of salt.
4. Slowly mix in the chocolate, stirring frequently until dissolved.
5. When the chocolate is dissolved, return the mixture to the stove and re-warm over low heat.
6. While the chocolate is warming, use a whisk to froth the chocolate.
7. When the chocolate is hot and frothy, remove from heat and serve immediately.





by MARGARET MITTELSTADT  
photos MICHAEL SORENSEN

## CHOCOLATE & CREAM CHEESE TRUFFLES

MAKES 20, 1-INCH TRUFFLES

*These little no-bake vegan nuggets are naturally sweet and the perfect accompaniment for a charcuterie spread. Make them ahead of time and store in an airtight container in the refrigerator for up to 3 days. A food processor is needed to combine the ingredients into a workable dough. Dusting with cocoa powder is optional, but we think it adds an extra bittersweet element to counter the sweetness of the dates.*

- 3 tablespoons vegan cream cheese (or substitute regular cream cheese)
- 1 cup rolled oats, blended
- ½ cup oats, whole
- 10–12 soft Medjool dates, pitted
- 2–3 tablespoons vegan chocolate chips
- ½ teaspoon vanilla extract
- 1 tablespoon maple syrup
- Pinch of salt
- 2-3 tablespoons cocoa powder (optional)

1. In a food processor, add 1 cup rolled oats, pulsing to blend into small pieces. Add dates, vanilla and salt. Pulse until a dough begins to form and ingredients begin to break down and become uniform in size, sticking together. Add cream cheese and maple syrup and pulse until combined.
2. Using a rubber scraper, transfer dough mixture to a mixing bowl. Add whole oats and chocolate chips and, using your hands, mix until combined.
3. Add cocoa powder to a small bowl. With clean hands, scoop about a tablespoon of the dough and form a ball. Roll the ball in the cocoa powder to cover. Repeat until all the dough is used. Store in an airtight container in the refrigerator for at least 2 hours before serving.



## PLANT-BASED CHARCUTERIE BOARD

### Cheeses:

- Chocolate & Cheese Truffles (*see recipe*)
- Field Roast Chao Creamy Original Slices
- Violife Parmesan Wedge
- Miyoko's Garlic Herb Nut
- Nuts for Cheese Super Blue

### Brined:

- Mediterranean Brand Organic Green Olives with Pimentos

### Savory Proteins:

- Hodo Soy Thai Tofu Nuggets

### Sweet and Fresh:

- Australian dried candied ginger
- Honeycrisp apples
- Grapes
- Pineapple

### Other:

- Potter's Winter Wheat Crackers

# charcuterie

## three ways

**F**ROM GAME DAY TAILGATERS TO TINSEL MERRYMAKING, A CHARCUTERIE SPREAD IS JUST WHAT YOUR CELEBRATION NEEDS. THERE IS NO SPECIAL MAGIC TO CREATING A FESTIVE CHEESE BOARD. CHEESES CAN RANGE FROM DELICIOUS CLASSICS LIKE CHEDDARS AND JACKS, BLUES AND BRIES, AND A WIDE VARIETY OF FLAVORED CHEESES, HARD AND SOFT CHEESES, RIPENED AND FRESH. LOOK TO FOLD IN GOAT AND SHEEPS MILK CHEESE, TOO, FOR ADDED FLAVORS AND FLAIR. AND WITH AN EXPLOSION OF QUALITY PLANT-BASED CHEESES ON THE MARKET, EVERYONE CAN FEEL WELCOME.

Just remember, offering something from a few cheese categories gives your guests a flavor palette to choose from. Sprinkle in meats and proteins, fresh or dried fruits, nuts, veggies, pickles, breads and crackers, jams, chocolates or sweets. Any little bits of nosh that help to elevate the flavors of the cheese. And voila! You'll have a crackin' good charcuterie tray worthy of a party.





2.

## TRADITIONAL CHARCUTERIE BOARD

### Cheeses:

- Ham & Swiss Cheese Ball (see recipe)
- Pasture Pride Mild Cheddar
- Great Midwest Morel Leek
- Lake Forest Red Wine Cheddar

### Pickled or Brined:

- Divina Olives Buffalo Blue Cheese
- Amish Wedding Pickled Okra

### Meats:

- Applegate Genoa Salami

### Sweet and Fresh:

- Starkrimson Pears
- Raspberries

### Other:

- Brazil nuts
- Crostini



3.

## CHARCUTERIE IN A CUP

Super handy for casual entertainment and easy noshing. We made our own parchment paper origami cups, however, paper or silicone baking cups, or reusable cups or jars will do! Arrange them on a decorative tray, stack them in a basket or shallow box, makes for easy pickup. Personalize them for special events. Infinite possibilities. No trays to clean up afterward.

### Cheeses:

- Pasture Pride Mild Cheddar
- Lake Forest Red Wine Cheddar

### Pickled or Brined:

- Divina Olives Buffalo Blue Cheese
- Amish Wedding Pickled Okra

### Meats:

- Applegate Genoa Salami

### Sweet and Fresh::

- Dried Turkish apricots

### Other:

- Brazil nuts
- Breadsticks
- Sprig of fresh rosemary

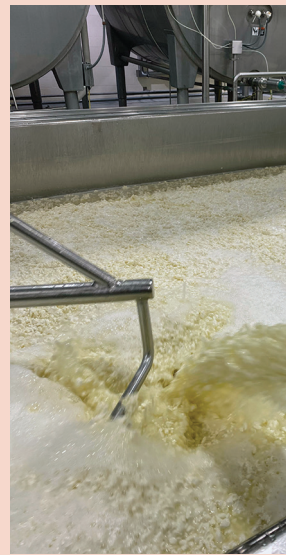
## HAM & SWISS CHEESE BALL MAKES 2, 3-INCH CHEESE BALLS

*It's good that this recipe makes two balls, because your guests will go through the first one in short order. For the meat, any ham would be delicious. Try smoked ham or bacon. In a pinch, we used Beeler's Ham Steak. A food processor makes for light work; however, you don't need one for this recipe.*

- 1 cup (8 ounces) cream cheese, room temperature
- 2 tablespoons chopped fresh thyme, divided
- ½ teaspoon fresh ground pepper
- ¼ teaspoon salt
- 2 tablespoons gin OR vodka
- 2½ cups grated Swiss cheese
- ⅔ cup ham, finely chopped
- ½ cup fresh chives, finely chopped

1. In a food processor, combine the cream cheese, 1 tablespoon of fresh thyme, pepper, salt and gin. Blend together until smooth. Add the Swiss cheese and blend just until combined.
2. Transfer cheese mixture to a mixing bowl. Add the ham and using your hands combine until evenly mixed. Divide the mixture and form into two balls. Set aside in the refrigerator.
3. Combine the remaining 1 tablespoon fresh thyme with the chives. Spread on a large plate or cutting board. Dampen your hands with water to keep the cheese mixture from sticking to them. Roll each ball in the fresh herbs and evenly cover.
4. Refrigerate for at least two hours before serving.









story & photos by MICHAEL SORENSEN

**R**EMEMBER THAT CLASSIC COMMERCIAL WITH THE MUSTACHIOED BAKER GETTING UP AT DAWN BECAUSE IT WAS "TIME TO MAKE THE DONUTS?" TURNS OUT THAT AT HENNING'S CHEESE IN KIEL, WISCONSIN, MAKING AWARD-WINNING CHEDDARS AND COLBYS DOESN'T ALLOW MUCH TIME FOR SLEEPING EITHER.

"Sam here gets in at about midnight," Rebekah Henschel, Henning's Cheese Sales and Marketing Director (and a Henning's family member), says while pointing at a worker clad head-to-toe in a white jumpsuit spraying down an intricate maze of stainless steel pipes. "I myself usually start a little before five in the morning."

It's this passion and devotion to cheese making that has been central to this family-run cheese plant since Otto and Norma Henning purchased a local cheese factory back in 1914. Their son, Everett, and his wife, Jellane, took over in 1963. In the 1980s Everett's children, Kay, Kerry and Kert, joined in to help grow the business. Today it continues with Everett's grandchildren, Mindy, Rebekah, Joshua and Zachary, who carry on the cheese making tradition.

It's 6 a.m. on a humid summer Wednesday and the entire Henning's cheese plant is abuzz with jovial laughing and humming machines as 10,000 pounds of curds and whey are pumped over to finishing tables as a cadre of workers start hand turning the liquid gold. "We fill around three to five of these tables a day," Rebekah explains. "That translates into making about 12,000 to 20,000 pounds of cheese a day. We could do more, but we like to have a work/life balance and that means locking the doors to go home to our families at the end of the day."

Family is key here, but just being born a Henning doesn't necessarily mean you want to devote your life to chasing that cheddar high.

"I started here when I was fifteen and I couldn't wait to leave," Joshua Henning smiles as he stacks milk crate-sized blocks of twenty pound curds on top of each other. "After I graduated high school I knew I didn't want to keep working here so I decided to enlist in the Marine Corps. I think it was week two of boot camp when I realized that making cheese wasn't that bad. "

After his four years of active duty, Joshua returned to Wisconsin and went to college at UW-River Falls taking classes in agribusiness, accounting and economics all while working at the campus' cheese factory. He knew that he needed to put in the hours if he wanted to follow in the family's footsteps to get his Master Cheesemaker's license—a license they don't hand out at any four year colleges, and they don't hand them out just because you come from a cheese dynasty.

"You become a master based on your knowledge, your care, your passion for cheese rather than just because you came from a long line of cheese makers. Right now, I'm getting the hours and the knowledge of every part of the process. In 2024 I'll go before a board of review to determine if I'm eligible, and then it's three years in the program. At the end of three years, it's the written exam that takes roughly forty hours to complete, and then they decide if I'm ready to be a Master Cheesemaker. It's about a 15 year process."

Wisconsin is the only state in the U.S. with this level of certification, which is fitting if you're going to call yourself the Dairy State.

Henning's resident Master Cheesemaker, Kerry Henning, went through the process himself earning his master's degree in Cheddar in 1999, then Colby and Monterey Jack in 2002.

"Milk is constantly changing. It's different in the spring, in the summer, in the fall. It's all about observation. You learn to adjust your procedures accordingly and always keep an eye on how the flavors change. Working with cultures is so important. It's the driving point behind the flavors. Our customers expect high-quality cheeses and flavors and it's more fun to create something and experiment and not know what's going to happen until six or twelve months later when that cheese reveals itself. Cheese is a living thing, and finding the right balance in flavors is what keeps it interesting."

HENNING'S CHEESE  
WWW.HENNINGSCHEESE.COM





# THANKSGIVING

## FROM OUTPOST NATURAL FOODS



## ONLINE ORDERING FOR THANKSGIVING

Place  
orders by  
Nov. 16!



Thanksgiving menu orders  
must be placed online.  
Visit: [outpost.coop/shop](https://outpost.coop/shop)

### PRE-ORDER DEADLINE

All pre-orders must be placed by  
**Wednesday, November 16**  
and be paid for at time of order.

### PICK-UP TIMES

Orders may be picked up  
**Monday, November 21 —**  
**Wednesday, November 23**  
during store hours

Orders may be picked up during store hours by  
coming into the store or using our curbside pick-  
up service. See website order portal for details and  
to schedule your pick-up time and place. **Please  
note – our stores are closed on Thanksgiving –  
Thursday, November 24. All Thanksgiving menu  
items are available while supplies last.**

- Our foods are crafted from scratch and chock-full of quality organic and local ingredients
- We never use any artificial flavors, colors or preservatives
- Our bakery is handmade from scratch by our in-house bakers using delicious ingredients like organic butter, apples and pumpkin
- For our vegan bakery, we use only non-hydrogenated fats

## Dinners

Each large dinner includes turkey or plant-based roast, side dishes and a whole pie. Just reheat and serve!

### Vegan Celebration Roast Dinner for Two.....\$36

Field Roast Celebration Roast with Outpost's Own Vegan Gravy, Vegan Mashed Potatoes, Autumn Roasted Vegetables, choice of Leek Stuffing or Brown & Wild Rice Pilaf.

### Turkey Dinner for Two.....\$46

Outpost roasted boneless turkey breast, thickly sliced, with choice of sides and gravy.

### Turkey Dinner for Four.....\$89

Outpost roasted boneless turkey breast, thickly sliced, with choice of sides and gravy.

### Smoked Whole Turkey Dinner (10-12 lbs.).....\$179

Serves 6-8. Ferndale Market fresh uncured smoked whole turkey with choice of sides, gravy and pie. Allow 1-2 hours to reheat.

### Classic Whole Turkey Dinner (14-16 lbs.).....\$199

Serves 8-10. Plainville Farms traditionally cooked whole turkey with choice of sides, gravy and pie. Allow 1-2 hours to reheat.

### Side dish choices for Turkey Dinners include:

Sorry, no substitutions

#### Potato:

(choose 1)

- Berry Yam Bake
- Classic Mashed Potatoes
- Smashed Asiago Red Potatoes
- Vegan Mashed Potatoes

#### Vegetable:

(choose 1)

- Autumn Roasted Vegetables
- Green Bean Mushroom Bake
- Whipped Carrots & Parsnips

#### Grain or Stuffing:

(choose 1)

- Brown & Wild Rice Pilaf
- Leek Stuffing
- Mushroom Stuffing

#### Pie:

(choose 1)

**Included with  
whole turkey  
dinners only!**

- Classic Pumpkin
- Vegan Pumpkin
- Wheat-free Pumpkin
- Classic Apple Double Crust
- Vegan Apple Cranberry Crumble
- Wheat-free Apple Crumble

(Thanksgiving Sides and Desserts menu continues on page 16)





## Sides

When ordering sides for your holiday meal, plan about ¼ pound per adult.

### Potato Sides (minimum 2 lb. order)

#### Classic Mashed Potatoes (WF).....\$5.99/lb.

Satiny mashed organic russet potatoes with organic milk and organic butter.

#### Vegan Mashed Potatoes (V, WF).....\$5.99/lb.

Velvety mashed organic russet potatoes with organic soy milk and vegan buttery sticks.

#### Smashed Asiago Red Potatoes (WF).....\$6.49/lb.

Smashed organic red potatoes with aged asiago cheese, organic milk and organic butter.

#### Berry Yam Bake (WF).....\$7.99/lb.

An Outpost classic! Organic sweet potatoes with cranberries, honey, cinnamon and gluten-free rolled oats.

#### Maple Pecan Sweet Potatoes (V, WF).....\$8.99/lb.

Organic sweet potatoes, with toasted pecans, organic raisins and organic scallions dressed with maple syrup dressing.

### Stuffing (minimum 2 lb. order)

#### Leek Stuffing (V).....\$8.49/lb.

An Outpost Classic! Savory combination of cubed bread, organic leeks, organic onions and organic celery seasoned with fresh thyme, sage and parsley.

#### Portobello Mushroom Stuffing (WF).....\$11.99/lb.

A combination of cubed gluten-free bread, roasted organic portobello mushrooms, organic onions and organic celery seasoned with fresh thyme, sage and parsley.

### Vegetables (minimum 2 lb. order)

#### Green Bean Mushroom Bake (WF).....\$7.99/lb.

Organic green beans in a creamy sauce with organic mushrooms and organic onions.

#### Creamed Corn (WF).....\$7.99/lb.

Organic corn highlighted with onion in a cornmeal thickened cream sauce seasoned with turmeric and a hint of rosemary.

#### Whipped Parsnips & Carrots (WF).....\$9.59/lb.

A delicious combination of whipped organic parsnips and organic carrots with organic butter and a pinch of nutmeg.

#### Autumn Roasted Vegetables (V, WF).....\$9.59/lb.

A medley of organic sweet potatoes, organic golden beets, organic carrots, organic parsnips, organic turnips, organic red potatoes and organic red onions, roasted in a cider brown sugar vinaigrette.





*Other Sides* (minimum 2 lb. order)

**Cranberry Chutney (WF).....\$7.99/lb.**

Our classic combination of organic raw cranberries, organic Granny Smith apples, mandarin oranges, pineapple and walnuts tossed with honey and a hint of cinnamon.

**Brown & Wild Rice Pilaf (V, WF).....\$5.49/lb.**

Organic wild and brown basmati rice seasoned with organic tamari, organic scallions and organic garlic.

*Gravy* (minimum 1.5 lb. order)

**Mushroom Gravy (WF).....\$6.99/lb.**

This savory gravy features cremini mushroom stock and creamy oat milk.

**Turkey Gravy (WF).....\$7.99/lb.**

Made from rich turkey stock and simmered with fresh herbs and spices.

(V) – Vegan      (WF) – Wheat-free

## Desserts



*Pies serve 6-8.*

**Apple Double Crust Pie.....\$15.99**

A double crust of our handmade flaky pie dough filled with tart organic apples dusted with cinnamon and sugar.

**Apple Cranberry Crumble Pie (V).....\$14.99**

Our handmade flaky vegan dough filled with tart organic apples and cranberries, topped with old fashioned vegan crumble.

**Wheat-free Apple Crumble Pie (WF).....\$16.99**

Our handmade wheat-free dough filled with tart organic apples and topped with wheat-free crumble.

**Classic Pumpkin Pie.....\$17.99**

A classic made with organic pumpkin and topped with whipped cream.

**Vegan Pumpkin Pie (V).....\$14.99**

A traditional pumpkin pie made with organic pumpkin, organic soy milk, sugar and spices.

**Wheat-free Pumpkin Pie (WF).....\$18.99**

Our traditional pumpkin pie made with wheat-free pie dough.

**Pumpkin Praline Cheesecake.....\$34.99**

Our delicious homemade pumpkin cheesecake topped with caramel sauce and pecans for a dreamy praline finish. (serves 12)





# FRIEDENS FOOD PANTRIES STEPS UP TO FILL MILWAUKEE'S EMPTY BOWLS

by MARI WOOD

**D**ISH, BASIN, POT, VESSEL...NO MATTER HOW YOU CHOOSE TO DESCRIBE A BOWL, THE FACT REMAINS THAT IT IS AN OBJECT THAT NEEDS FILLING. AND FILLING THE BOWLS OF LOCAL FOLKS IN OUR COMMUNITY IS EXACTLY THE GOAL THAT FRIEDENS FOOD PANTRIES HAD IN MIND WHEN THEY DECIDED TO HOST THE 2022 EMPTY BOWLS EVENT.

Scheduled to take place on Sunday, October 9, from noon to 3:00 p.m. at the Beer Garden in Milwaukee's downtown Deer District,

this is the first time that Friedens Food Pantries is hosting this 20+ year Milwaukee tradition as a fundraiser for their non-profit. Having been a former recipient of the Milwaukee Empty Bowls fundraiser events, Sophia Torrijos, Executive Director of Friedens Food Pantries says, "Friedens is thrilled by this opportunity to host this meaningful event. We invite the greater Milwaukee community to join us in making a difference for families who are food insecure. If we reach our goal of raising \$50,000, we can help alleviate hunger for more than 10,000 of our neighbors."

Attendees can expect a similar format for this event as in previous years when it was organized by local non-profit, Milwaukee Empty Bowls. Guests will sample soups from local restaurants and choose a one-of-a-kind bowl created and donated by local woodworkers and potters, including artists from the ceramic studio



and long-time supporter of Empty Bowls, Cream City Clay in West Allis, Wisconsin. Keeping with their annual tradition, Outpost Natural Foods will also be in attendance, serving up one of our signature soups to guests.

"Friedens is thrilled to partner with Outpost to host this year's Empty Bowls event," says Torrijos. "Together our focus has been on making sure families have access to healthy food in a dignified environment. Support from Outpost makes this important effort possible and their dedication to this mission ensures community members have equitable access to affordable groceries."

Amid grocery prices increasing and government pandemic-related assistance drying up, Valerie MacMillan, Program Manager at Friedens, says that Friedens has seen an increase in need at their four pantry locations in the past six months. "When food costs rise, Friedens' costs also rise. Our pantries were receiving generous government subsidies during the COVID-19 pandemic, but some of that support is no longer available to us," MacMillan says. That's why it only made sense when Milwaukee Empty Bowls retired from hosting their annual event in 2021, Friedens was enthusiastic to take over and make it a fundraiser of their own.

Emily Runbeck, Friedens Food Pantries' Board President says, "Anyone can get behind a piece of art and delicious food...there's no downside to this event. And it's NOT a Packer Sunday!"

Alongside fundraising, Friedens also sources food for their pantries through the practice of gleaning. "Gleaning" is the rescue of food from local grocers, such as Outpost Natural Foods, that extends the life of perishable food that is high in nutritional quality but may not be suitable for retail sales due to damaged packaging, imperfections in produce or is nearing its expiration date. Of the 1.3 million pounds of food that Friedens gleans from local grocers every year, Outpost's Bay View store donates food to Friedens' Hope House location in Walker's Point twice per week, typically from their café, wholesale, dairy and grocery departments. Valerie MacMillan says, "Gleaning diverts food waste from landfills and it provides our clients with an interesting and diverse selection of products."

If you would like to support the work of Friedens Food Pantries by attending a fun community event, tickets for bowls may be purchased in advance or at the door. A \$30 donation will get you a handcrafted bowl of your choice with two soup samples. A \$15 donation is good for a kids-crafted bowl of your choice with two soup samples or an engraved spoon (see the event ad on this page for event details). And if you can't make it on October 9, you can still support this worthwhile cause by purchasing a bowl at Outpost Natural Foods or Cream City Clay (bowls will be available for purchase by late October).



# EMPTY BOWLS

**SUNDAY, OCT 9 | 12-3PM**

**The Beer Garden in Deer District**

**1134 Vel R. Phillips Ave, Milwaukee**

- Handmade bowls for sale with free soup samples
- Your favorite local restaurants, raffles, music, and more to support Milwaukee's largest food pantry network

## Can't Make the Event? Buy More Bowls!

From mid October through December, purchase handmade bowls (\$30 each) from Outpost Natural Food Stores or Cream City Clay.



**LEARN MORE  
OR PURCHASE  
TICKETS AT  
FriedensPantry.org**

## GIVE THE GIFT OF YOUR TIME

Friedens Food Pantries is actively seeking volunteers at all of their pantry locations. There are a variety of ways you can help!

- Intake: Gathering information from clients
- Home Delivery: Packaging groceries and delivering them to clients (*Car is required*)
- Serving/Restocking: Personal shopping with clients and restocking shelves
- Gardening: Planning gardens, tending to plants, etc.
- Food Rescue Drivers: Pick up gleaned food from grocery stores
- Food Delivery Sorting: Sorting groceries for quality

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





# AN ORGANIC LEGACY CONTINUES WITH Meadowlark's Community Mill



story & photos by  
MICHAEL SORENSEN



## THE NEWEST CHAPTER IN JOHN AND HALEE WEPKING'S LIFE WAS A CRAIGSLIST AD FOR FARM HELP.

The first chapter of their life together began back at Chef Gabrielle Hamilton's exceptional New York restaurant, Prune, but in 2014, they decided they were both at a point in their careers where they had to either get serious about the unforgiving New York restaurant biz or leave the big city behind. "It turned out we were much more interested in food itself than in restaurants *per se*," John confesses.

Coming from a farming background himself, John was eager to get his hands in the dirt once again back in his home state of Wisconsin. He then saw a Craigslist ad from Paul Bickford, an organic farmer in the state's breathtakingly bucolic Driftless area. Bickford was looking to pass on decades of farming know-how, and eventually his land, to the right people.

"Paul's kind of the unsung hero here," Halee explains. "When we came and interviewed, he was like, 'if you have any ideas about how we can do better, let me know', and I was thinking, 'is this guy for real?' That's not how most farmers are. It's usually, you're going to do it my way or you're out."





The initial plan was to raise cattle, but John’s background in baking prompted him to plant forty acres of organic winter wheat to help with the bills (Outpost was their first customer). Then, serendipity smiled again, when Gilbert Williams (of Outpost-favorite Lonesome Stone Milling) retired and sold his mill to Meadowlark, thus creating Meadowlark Community Mill. [Editor’s note: adding another local angle to this story—the former building of Lonesome Stone Milling is now the home to Tortilleria Zepeda, another fantastic vendor you can find at Outpost. Small world indeed.]

After purchasing Lonesome Stone (and moving all that equipment 20 miles to their farm in Ridgeway), production expanded and more farmers were coming to them with their organic and heirloom grains to be milled. Halee sees it all as being interconnected.

“The farm feels very connected to the mill even though it’s really like two different worlds. When you’re rebuilding the regional grain economy, mills are like the levers. It doesn’t matter if you have a bunch of farmers growing small grains, it doesn’t matter if you have people who want flour, you must have a processor to bring it all together and that is this mill.”

Is working on a Wisconsin farm harder than working in a New York restaurant? It’s a horse apiece (to use an “up north” expression) according to John.

“Organic farming is very complicated. You’re dealing with ecology and weather and all these different things that come together every single day. You get up in the morning with one plan and by

9:30 a.m. that’s changed to Plan B and by 11 o’clock it’s Plan C because the tractor’s not working or it’s raining. Navigating every single day is very important on a farm as diverse and complex as ours.”

The key to it all, according to mill manager Rink DeVee, is consistency. “What we’re doing here today is blending about four different varieties from different farms to create a consistent product that’s got the right protein and falling numbers so that things don’t vary when we send it out to home and commercial bakers.” John adds, “We’ll never be able to compete with the King Arthur Flour’s of the world, but we can differentiate ourselves with nutrition, freshness and flavor.”

Look for Meadowlark Community Mill’s organic pastry, all-purpose, unbleached and pastry flours in our bulk bins along with their beans, bran, polenta, wheat berries, black popcorn and more. And say “Hi” to John when you see him, since he not only farms and mills, he’s also doing the delivery route dropping off his hard work at Outpost.

“It’s important for us to meet our buyers face-to-face and get any feedback they might have,” Halee says. “We surprise a lot of people when we drop our flours off and they realize we’re the owners and not just someone looking to get an invoice signed. It also helps John get off the farm for a little bit.”

MEADOWLARK  
COMMUNITY MILL  
WWW.MEADOWLARKMILL.COM





# COOKIE TRADITIONS

## GREAT GRANDMA'S NORWEGIAN SANDBAKKELS MAKES 3 DOZEN COOKIES

*Sandbakkels are a traditional Norwegian holiday cookie made with a crumbly dough in traditional sandbakkel molds (that you can easily find through any internet search). Every year we make these delightfully simple sugar cookies and every year it's worth the burnt fingers. My Great Grandma Mabel's family brought this recipe over on the boat from Norway. Her fun and risky technique, to release these cookies from their tins, is what we all look forward to the most. Well, that and dunking them into a perfectly brewed cup of coffee. The finished cookies can be eaten "as-is" or they can be filled with sprinkles, fresh fruit, whipped cream, or lemon curd. – Hannah*

- |                                 |                           |
|---------------------------------|---------------------------|
| 1 cup butter (room temperature) | 2½ cups flour             |
| 1 cup sugar                     | 1 teaspoon almond extract |
| 1 egg                           | (add more for taste)      |

1. Preheat oven to 350 degrees.
2. Cream the butter and sugar by hand or with a mixer.
3. Add the egg and almond extract; mix until well blended. Mix in the flour slowly (add ¼ cup more if needed).
4. Remove dough from bowl, flatten into a disk and cover with plastic wrap. Chill for 15 minutes.
5. Lightly grease the sandbakkel molds and wipe away any excess. Pinch off about 1½ teaspoons of dough – rotating the tin as you go, press the dough evenly, working from the center up the sides.
6. Bake on a cookie sheet for 12-15 minutes, or until golden brown then allow to slightly cool.
7. To remove, invert the tin and tap with a spoon to release the cookie. Or in my family: quickly pinch one side, flip it over and slap it down!



## GRANDMA GG'S CREAM COOKIES MAKES ABOUT 5 DOZEN

*If my mom doesn't make these cookies every holiday she's going to catch side-eye from her mom. We're not sure where the recipe came from, but we just call them GG's Cookies. They're great to make in a team: One person rolls the dough, another dips them in the egg-whites, another makes the indentation, and everyone sneaks some of the addictively sweet frosting when grandma isn't looking. – Mike*

- 1 cup butter
- 1 cup sugar
- 2 egg yolks
- 1 teaspoon vanilla
- 2 cups sifted all-purpose flour
- ¼ teaspoon salt
- 2 egg whites, slightly beaten
- 1½ cups pecans, chopped







## HELLO DOLLY BARS MAKES 9 BARS

1. Preheat oven to 375 degrees.
2. Cream butter; add sugar gradually; beat in egg yolks and vanilla.
3. Slowly blend in flour and salt. Chill dough in refrigerator for about 30 minutes.
4. Shape dough into balls about the size of two level teaspoons by rolling them in your hands. Dip in egg whites and then roll the ball in a shallow bowl of crushed pecans.
5. Place on greased cookie sheet and bake for five minutes.
6. Remove from oven and make a shallow depression in the center of each cookie (this is where the frosting will eventually go). We like to use the tip of a spatula handle.
7. Return to oven and bake for an additional 10 minutes. Cool.
8. Fill centers with Tinted Butter Frosting.

### Tinted Butter Frosting

3 tablespoons soft butter  
1½ cups powdered sugar  
3 tablespoons heavy cream  
1 teaspoon vanilla

Food coloring of choice (Grandma used red and green)

Blend butter, sugar, cream and vanilla. Beat until smooth. Mix in food coloring by hand.

*We knew we were being good kids when these treats hit the table. This super simple dessert bar recipe belies the decadent confection that it is. Feel free to swap for other ingredients, like white or milk chocolate chips, different nuts, or another cookie base like shortbreads. I dare you not to conjure up Carol Channing singing those Broadway show tunes. I know my mom did!*  
– Margaret

2 cups crushed graham crackers  
10 tablespoon butter, melted  
1¼ cups semi-sweet chocolate chips

1 cup pecans, chopped  
1 cup sweetened shredded coconut  
14-ounce can sweetened condensed milk

1. Preheat oven to 325 degrees.
2. Line a 9x9-inch baking dish with aluminum foil. Spray the tin foil with non-stick spray.
3. Carefully crush the graham crackers in a bag, rolling over the bag with a rolling pin. Add 2 cups to a bowl. Add the melted butter and mix well.
4. Pour the graham cracker mixture into the baking dish and with your hands press to cover the bottom of the dish. It's not necessary that you go up the sides.
5. In succession, first evenly sprinkle the chocolate chips on top. Next, sprinkle the pecans. And finally, sprinkle on the coconut.
6. Now for the fun part – slowly pour the can of sweetened condensed milk evenly over all the ingredients.
7. Bake for 25-30 minutes, or until the edges are golden.
8. Allow to cool in the pan before serving. If they are too chewy to cut, put them in the fridge for an hour to firm up. These bars can be kept unrefrigerated on the counter for a few days – if they last that long!



# Eyes on the Pies

"I SPY WITH MY LITTLE EYE, A DELICIOUS PIE!" ANY WAY YOU SLICE IT, OUTPOST PIES STAND OUT IN A CROWD. UNLIKE OTHER AREA GROCERS, ALL OUR PIES ARE MADE BY HAND BY OUR TALENTED CULINARY TEAM IN OUR CENTRAL PROCESSING KITCHEN, USING ONLY THE BEST LOCAL, NATURAL AND ORGANIC INGREDIENTS. YOU WON'T FIND ANY BAGS OF PREMIXES IN OUR KITCHEN, NOR PRE-MADE CRUSTS. EVEN THE ORGANIC APPLES ARE PEELED ONE AT A TIME FOR A FINISHED DESSERT CHOCK FULL OF AUTHENTIC HOMEMADE FLAVORS AND WORTHY OF YOUR HOLIDAY CELEBRATION! SEE FOR YOURSELF AND READ THE LABEL. YOU CAN PRONOUNCE THE INGREDIENTS USED IN OUR PIES BECAUSE THEY ARE WHOLESOME AND UNCOMPLICATED, AND MOSTLY ORGANIC! PERT NEAR RIGHT FROM THE PANTRY, JUST LIKE GRANDMA'S BAKING.

## OUR PIES ARE CHOCK FULL OF:



- **Organic Flour and Oats**



- **Organic Pumpkin**

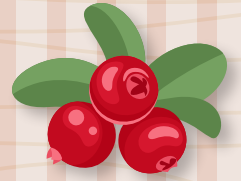


- **Handmade Pie Crusts**





# DURING A TYPICAL PIE-MAKING YEAR WE USE:



**170+** Pounds  
Organic Cranberries



**5,000+**  
Local Eggs



**4,700+**  
Pounds Organic Apples



**5,000+**  
Pounds Local Butter



- Organic Fair-Trade Sugar



# EVERYONE

## IS WELCOME AT THE TABLE

LET'S FACE IT, THE HOLIDAY SEASON CAN BE A MINEFIELD IF YOU FOLLOW A DIET THAT'S DIFFERENT FROM THE USUAL "TRADITIONAL" FOODS YOU'LL FIND ON THE TABLE. THESE SIMPLE, TASTY AND YET ELEGANT RECIPES ARE PERFECT TO TAKE ALONG TO ANY PARTY AND EASY TO MAKE IF YOU'RE THE ONE DOING THE COOKING.

### MUSHROOM & WALNUT PATÉ

**MAKES ABOUT 3 CUPS** Vegan • Gluten free

*This intriguing vegan paté is different from, but similar (and frankly better for many reasons) to, its meaty cousin. It's deep, rich, savory, sweet and lighter than the traditional dish would be, and just as elegant. Don't be put off by its fancy look either, it's easy to make and layer up in the jar. It also makes a lovely host gift. This recipe will make enough for two large jars. If you don't have jars, you mold it like a classic paté by lining a loaf pan with plastic, layering it, chilling, then un-molding on a fancy plate. Oh, and we hear you – why the beet? It adds a nice, classic color and a subtle sweetness.*

1 small, red beet, washed well and trimmed  
2 tablespoons olive oil  
1 large shallot, roughly chopped  
2 cloves garlic, sliced  
1, 8 ounce package of button mushrooms, cleaned and chopped  
2 teaspoons fresh rosemary, chopped  
2 teaspoons fresh thyme, chopped  
2 teaspoons fresh sage, chopped  
2 tablespoons brandy + extra to taste  
2 cups cooked, green lentils\*  
2/3 cups walnuts, toasted  
2 tablespoons gluten-free tamari  
Salt  
Dairy-free butter for topping  
Special equipment – small, clear jars with lids like canning jars

1. Add water to a small saucepan, add a dash of salt and washed beet. Cover and bring to a boil. Cook beet until softened – about 20 minutes. Drain, slip off skin, and mash beet. Reserve one tablespoon of mashed beet to use later to both color and add a touch of light sweetness.
2. Heat olive oil in a medium sauté pan. Then add shallot and a pinch of salt. Sauté until translucent then add garlic and cook until fragrant, then add mushrooms and continue to sauté until well cooked.
3. Stir in herbs and brandy. Mix well and sauté for a minute or two more.
4. Add the contents of the pan to a food processor along with the cooked, drained lentils, walnuts and tamari. Pulse the mixture until combined well, then add in the 1 tablespoon of mashed beet. Process until almost smooth, taste and adjust seasoning - add an extra splash of brandy if needed.
5. Carefully layer pate into a clean jar, smooth out, then add a thin layer of dairy free butter to the top. Refrigerate for 2 – 4 hours before serving to firm and allow flavors to combine. Serve with crusty bread.

\* To cook lentils, rinse 1 cup of French green lentils in a colander and sort, removing any shriveled beans or small stones. Add lentils to a medium saucepan along with 2 cups of water. Bring to a rapid simmer then reduce heat and simmer gently, uncovered, for 20 – 30 minutes. Add more water if necessary. When soft, drain water and salt to taste. Do not salt while cooking or lentils may stay hard.





by LISA MALMAROWSKI  
photos CARA BERKEN

## EASY PLEAS-Y STUFFING

Gluten free • Dairy free • Nut free •  
Vegetarian with substitutions

*We believe that stuffing is the glue that holds the holidays together. This recipe features classic flavors and can be customized to your taste or tradition plus it's fast and easy to make and a snap to double. Sausage, mushrooms or even artichoke hearts would be at home here, as would dried cranberries or apples, and if you like a moister stuffing, add a bit more broth before baking. You can make the whole pan ahead of time, just cover and refrigerate until its ready for the oven.*

14-16 ounces of dairy-free & gluten-free sandwich bread, cut into medium-sized cubes (We used Canyon Bakehouse Country White Bread)  
2 large eggs, whisked  
1 tablespoon olive oil  
1½ cups celery, diced  
2 cloves garlic, minced  
2¾ cups gluten-free chicken or vegetable broth  
1 teaspoon salt  
Freshly ground black pepper  
1 tablespoon onion powder  
1 tablespoon dried thyme  
1 tablespoon ground sage  
1 teaspoon dried rosemary

1. Preheat oven to 350 degrees and grease a 2.5-quart casserole dish with cooking spray or dairy-free butter.
2. Tear bread into medium-sized pieces and place in a large mixing bowl.
3. Add olive oil, celery, and minced garlic to a medium skillet and sauté over medium-high heat until soft, about 6-8 minutes.
4. Add salt, pepper, onion powder, thyme, sage and rosemary to whisked eggs and mix well.
5. Pour seasoned whisked eggs over the bread and stir well so all bread is coated. Mix in cooked celery and garlic.
6. Add broth to the bread mixture and gently fold and stir until the bread is evenly moistened.
7. Pour the stuffing mixture into the greased casserole dish and bake on the middle rack for 40-50 minutes or until the top of the stuffing is golden brown and lightly crisp.

Keep any leftovers in an air-tight container and refrigerate. The stuffing can be easily reheated in the oven or microwave. Enjoy!

*(continued)*





## LENTIL, POTATO & PARSNIP COTTAGE PIES

**SERVES 6** Vegan • Gluten free • Nut free

*This classic pie is actually a masterful mix of layered flavors and textures. The creamy-sweet, mashed potatoes and earthy parsnip atop the savory filling is elegant and humble at the same time, and perfect as the star of any holiday table. To save time, precook the lentils and topping ahead so you can finish the recipe later. We used ramekins to make individual servings, but this works great as one large pie too. Note – we recommend a dry red wine because sweeter varieties will make the dish overly sweet.*

2½ pounds (about 4 large) russet potatoes, peeled and quartered  
6 small parsnips, peeled and roughly chopped  
1 cup unsweetened, non-dairy milk  
4 tablespoons non-dairy butter plus more for garnish  
Salt & black pepper to taste  
2 tablespoons olive oil  
1 large onion, diced  
3 cloves garlic, minced  
2 large carrots, diced evenly  
2 ribs celery, diced evenly  
8 ounces cremini or button mushrooms, sliced  
1 tablespoon tomato paste  
¼ cup dry red wine  
1½ cups brown or green lentils, dry  
1 cup vegetable broth  
1 tablespoon red wine vinegar  
1 teaspoon dried rosemary  
¼ teaspoon dried thyme  
Braggs Liquid Aminos or gluten-free tamari to taste  
Salt and freshly ground pepper to taste  
Chopped parsley for garnish

1. Place potatoes and parsnips in a large pot and fill with cold water – about 1 inch over the vegetables and add about 2 teaspoons salt. Bring to a boil and then reduce to a simmer. Cook potatoes and parsnips until very fork tender, about 25-35 minutes. Drain, return the vegetables to the pot, and add about ⅔ cup milk, 4 tablespoons dairy-free butter, and salt and pepper to taste. Mash with a potato masher or electric mixer, until silky. You want the mixture to be spreadable, so add more milk, a little at a time, until desired consistency. Set aside.
2. While potatoes are cooking, bring 1½ cups lentils and 3 cups water to a boil. Reduce heat and simmer until lentils have absorbed all liquid and are soft – this will take about 30 minutes. Set aside.

*Note – If you're cooking the potato and parsnip mixture and lentil ahead, be sure to refrigerate both until use.*

3. Heat 2 tablespoons olive oil in a large sauté pan over medium heat. Add onions and garlic and cook until onions are trans-

lucent and golden – about 10 minutes. Add the carrots and celery and cook until tender – about 8 minutes. Add tomato paste and cook until incorporated then deglaze pan with red wine. Add mushrooms and cook for another 3 minutes.

4. Add lentils, rosemary, thyme, and ½ cup vegetable broth. Simmer, stirring well to incorporate flavors. You're looking for a moist stew-like texture, not a soupy one, so you'll need to add more of the reserved broth but may not need all of it. When everything is warmed through, season to taste with Bragg's Aminos or tamari, and salt and freshly ground black pepper.
5. Preheat oven to 350 degrees. In a large casserole dish or individual ramekins, layer the lentil and mushroom mixture, then top with mashed potatoes and parsnip mixture, but be sure to spread carefully and evenly over the top to ensure the filling is completely covered to the edge of the baking dish. Place casserole or ramekins on a sheet pan in case it bubbles over and bake for 20 minutes, or until potatoes are browning. To serve, top with a pat of dairy-free butter and chopped parsley.







# COOKING TURKEY FAST

**W**E BLAME NORMAN ROCKWELL FOR THE EXPECTATION THAT EVERY THANKSGIVING DINNER WILL FEATURE A WHOLE, PERFECTLY ROASTED TURKEY PRESENTED TABLESIDE, ON A GIANT PLATTER, AND CARVED EXPERTLY WITH NO MESS. IF THIS IS YOU, WE'RE SLOW-CLAPPING IN AWE BECAUSE WE ARE IMPRESSED! IF IT'S NOT YOU, THEN WHY NOT SKIP SPENDING THE WHOLE DAY IN THE KITCHEN AND AVOID DRIED OUT BREAST MEAT BY COOKING YOUR TURKEY IN PIECES! YOU'LL BE ABLE TO PRESENT A PERFECTLY COOKED AND CARVED PLATTER OF TURKEY WITH PERFECT GARNISHING, JUST LIKE THE COVER OF A MAGAZINE!

- 1 whole cut turkey – wings, legs and breast split – or just buy the cuts you like!
- 2 large onions, cut into 6 wedges
- 4 cloves garlic, halved
- 2 tablespoons kosher salt
- 1 tablespoon fresh sage, minced
- 1 tablespoon fresh thyme leaves, minced
- 1 teaspoon finely ground black pepper
- 1 teaspoon sweet smoked paprika
- ½ cup extra-virgin olive oil

1. Preheat the oven to 450 degrees. In a large roasting pan, arrange the turkey pieces, leaving space between them. Tuck the onions and garlic in between the turkey pieces, then sprinkle everything with the salt, sage, thyme, black pepper and smoked paprika. Drizzle olive oil all over and rub turkey pieces to thoroughly coat. Place uncovered in oven and cook until browned, 25-30 minutes. Lower the heat to 400 degrees and continue cooking until an instant-read thermometer inserted

- into the thickest point in each piece registers 165 degree which takes about 20-30 minutes.
2. Remove the pan from the oven, top with loosely fitted aluminum foil (to help keep it warm) and let the turkey rest for 15 minutes.
3. Transfer turkey to a cutting board, then slice the breast meat against the grain. Slice some dark meat if you like as well. Transfer all of the pieces to a large platter, garnish like a boss, and serve immediately.

LOOK FOR CUT TURKEY IN OUR  
FRESH MEAT DEPARTMENTS



# coop deals

NOV 2 – NOV 29, 2022



**\$1.99/LB.**



## Ferndale Farms Frozen Turkey

while supplies last • no pre-orders

**NOVEMBER 2-29**

### COOKING RATIOS & TIMES

NUMBER OF GUESTS	SIZE OF TURKEY	THAWING TIME	COOKING TIME
	1-1½ lb. per person, plus leftovers	always thaw turkey in a refrigerator	cooking times are 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.	3-4 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

# Outpost Turkeys

YOU'LL GOBBLE 'EM UP!

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

## LARRY SCHULTZ FARM

OWATONNA, MINNESOTA

- USDA Certified Organic
- Frozen



## FERNDAL FARM TURKEY

CANNON FALLS, MINNESOTA

- Naturally raised
- Frozen



## HERITAGE BREED TURKEYS

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

## KELLNER BACK ACRE GARDEN

DENMARK, WI

- Narragansett & Red Bourbon breeds (mix)
- Organically raised
- Frozen

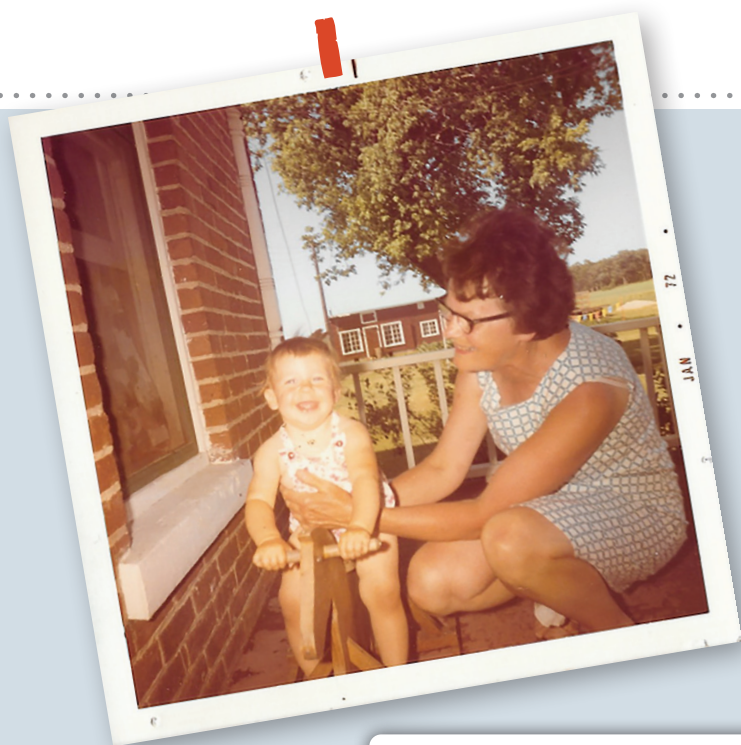


### PLEASE NOTE:

MOST OF OUR TURKEYS WILL BE AVAILABLE BY NOVEMBER 2ND. HERITAGE TURKEYS ARRIVE MID MONTH.



## CHECKOUT



*I'm not sure which I look forward to more every year... Our family's Thanksgiving feast or the annual turkey leftover casserole made the weekend after. Originally this was a recipe made by my grandmother, however it has found its way into my mother's, and now my husband's collection of family recipes. Nothing says "comfort food" like turkey and cream of mushroom soup... Enjoy!*

– Mari Wood

### GRANDMA'S QUINTESSENTIAL TURKEY CASSEROLE

1 package (6 cups) bread stuffing cubes  
1 stick butter, melted  
1 cup water or chicken broth  
2½ cups cubed cooked turkey  
½ cup onion, chopped  
½ cup celery, finely chopped  
½ cup mayonnaise  
½ teaspoon salt  
2 eggs  
½ cup milk  
1 can cream of mushroom condensed soup

1. Mix together the stuffing, butter and water or broth, then spread half of the mixture on the bottom of a greased 9x13-inch pan.
2. Mix turkey, onion, celery, mayonnaise, and salt, then spread on top of dressing.
3. Top with the remaining half of the dressing.
4. Beat the eggs and milk together and pour evenly over the top of the dressing.
5. Cover and set in refrigerator overnight.
6. Next day, pour one can of Cream of Mushroom soup over the top of the casserole.
7. Bake in a 350 degree oven for one hour. Cover with foil for the first 45 minutes, then uncover until the casserole browns.



**CHANGE  
THE WORLD  
ONE BANANA  
AT A TIME**

**CHOOSE  
FAIRTRADE**



**OUTPOST**  
NATURAL FOODS

**SUSTAINABILITY • EQUALITY • ECONOMIC SECURITY • QUALITY  
CLIMATE RESILIENCY • STRONG COMMUNITIES • LIFE-CHANGING**