

GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS CO-OP

**STRAIGHT
FROM GREECE**
MAVRA'S OLIVE
OILS & VINEGARS

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**GROWING
THE FUTURE OF
OUR FOOD**

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KITCHEN COZY

COMFORT FOODS
STRAIGHT OUT OF
GRANDMA'S HOUSE

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PLU 3010
WINTER 2023
FREE WITH ANY PURCHASE



FIRST WORD.

NEW YEAR – NEW YOU? THERE’S SOMETHING ABOUT THE TURNING OF A CALENDAR PAGE AND IMAGINING A FRESH START. IT FEELS HOPEFUL AND WELL, NEW. SO, THIS IS THE YEAR WE’RE GOING TO STICK TO THOSE RESOLUTIONS, ISN’T IT? IN FACT, THE NUMBER ONE RESOLUTION ACROSS OUR COUNTRY, OR SOME VERSION OF IT, IS TO “GET IN SHAPE” OR LOSE WEIGHT. GUESS WHAT? ONLY ABOUT 16% OF FOLKS MANAGE TO FOLLOW THROUGH ON ANY RESOLUTION.

I’ve worked in the natural food and products industry for decades and I’ve watched food fads come and go and then circle back again. I know more about THE diet that will “keep those pounds off for good” than most. Spoiler alert, it changes.

I confess I’ve fallen for more than one “diet” in my lifetime. Like most folks I like to believe I’m above average, but instead I am resoundingly average – meaning that I’m in the 80% - 90% (depending on the study) of people that have found that losing weight is the easy part, it’s the keeping it off that doesn’t work so very well. So, us average folks try again much to the delight of the multi-billion-dollar diet machine. And again.

I get it, both deeply and personally, that it’s a letdown to contemplate the emptiness of resolutions and feel defeated. But there is an easier more fulfilling route to try - making peace with your body and making peace with the food you eat.

You may notice that in this magazine you’ll seldom find information on the latest diets. Or while shopping in our stores you won’t see big displays of weight loss foods or supplements. That’s because we believe in meeting people where they are in their food journey, and that there are many paths to “wellness.” The choice of that path is unique to you and it’s not our place to tell you how to walk it.

Wishing you a healthy, happy new year filled with delicious food, laughter, and your loved ones close by!

LISA MALMAROWSKI
Director of brand & store development



Haggling at Pike Place Market, Seattle



WHAT IS GRAZE?

AUTHENTICALLY LOCAL

We’re local and proud – happy to live in a city that values its unique identity. We’ll celebrate the real flavors of our community and the surrounding area in every issue.

FRESH

It’s simple – we believe that the tastiest flavors are tied to what’s in season. Natural and honest food is our favorite food.

SMART

Sure we know our stuff, but we’re right along side you on this food journey. We’ll share what we know in a positive, expert way without a know-it-all attitude.

FUN

Roll up your sleeves, put your elbows on the table and slop the sauce on the tablecloth. Good food is messy and best shared with laughter and good friends.

GRAZE IS PUBLISHED
QUARTERLY, WITH NEW
ISSUES EACH SEASON.

GRAZE@OUTPOST.COOP



GRAZE is printed by J.B. Kenehan located in Beaver Dam, Wisconsin on Nature Web Matte paper with recycled content certified by the Forest Stewardship Council.

WHO IS GRAZE ?

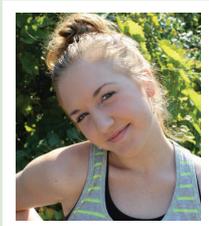


i am CARA BERKEN.

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

i am HANNAH EVANS.

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



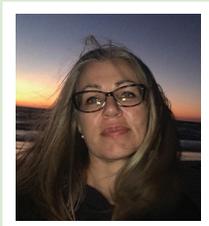
i am LISA MALMAROWSKI.

Marketing isn't a dirty word, it's my megaphone to talk about things that really matter, like preserving local food security and the best way to roast a beet. I've made it my mission to turn natural food doubters into evangelists. When I'm not busy turning people on to turnips, you'll find me creating mixed-media art, shopping for shoes, or traveling.



i am MARGARET MITTELSTADT.

My childhood was filled with simple, honest meals, and it's with great humility that I approach cooking. Great Grandma's apron hangs in my kitchen like a sentry from the Old Country. Of course, like life, not everything I cook turns out as I expected, so I've learned to let go of outcomes and smile with the surprises.



i am DIANA SCHMIDT.

I'm a recovering food snob, eating anything from watercress to tater tot casserole. My love of tasty vittles started as a child in my parents' garden and remains steadfast with the help of food-loving friends and a bit of butter. Of all the food I love to make, nothing makes me happier than canning pickles and squirreling away jars of jam.



i am MICHAEL SORENSEN.

Born and raised Milwaukeean with two decades of Brooklynian (fuggedaboutit) thrown in for kicks. I love our city by the lake and it's called a "bubbler". When I'm not cooking I love to travel and eat what the locals eat and drink what the locals drink. I'll try any food once, as long as the person offering this mystery food up takes a bite with me, so let's do this together.



i am MARI WOOD.

Our community is filled with millions of stories. I love to hear the tales that intertwine and connect our gloriously messy and unpredictable lives. If I can capture a little of what makes us laugh, cry, love and hate in my writing, then I'd say I've done my job.



- GRAZE.

A QUARTERLY PUBLICATION OF
OUTPOST NATURAL FOODS COOPERATIVE

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NATURAL FOODS

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Outpost Owners: Watch for your opportunity to vote for your newest co-op board directors! March 20 – April 3

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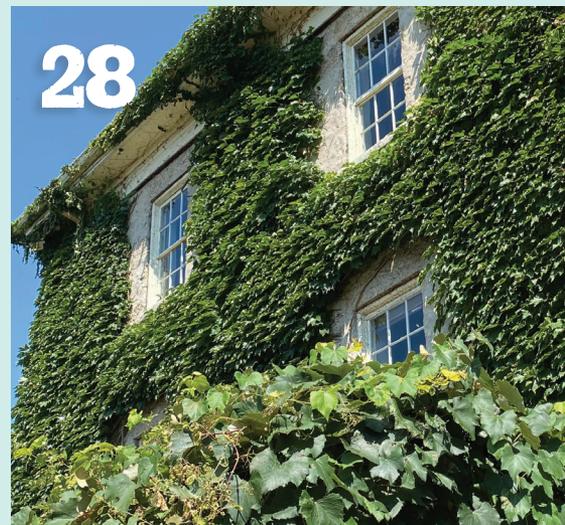
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**OUTPOST
OWNER**
*savings
add up!*

JOIN OUR CO-OP

All brand-new owners in January receive:

- A **FREE** Outpost bank for your owner savings, filled with valuable product coupons!*
- PLUS A \$5 Outpost gift card

January 1 - 31

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Stop in at Customer Service or
Visit: outpost.coop/join/ TODAY!



Owner Rewards: Collect points, earn in-store rewards

Get Fresh: Owner-only weekly sales

Bulk Order: Save 10% on bulk or case pre-orders

Get Local: Special savings on local products

And more!

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



WANT MORE OUTPOST?

WWW.OUTPOST.COOP



(you'll)

SWOON!



ALQUIMIA HOLISTICA PERFECT POTIONS SANS PACKAGING

While you were busy baking bread and shopping for sweatpants during the pandemic, Yaneth Cerda-Rios was turning her passion for plants into a new line of holistic body care products. Each of Yaneth's products are humble and entirely handmade with a focus on all-natural products that come directly from the earth.

Besides her line of expertly crafted soaps – we've been busy hoarding our faves like the Horchata and Lavender – she also created a line of shampoo bars that ditch the plastic packaging in exchange for embracing the environment. Her biodegradable Oatmeal Shampoo Bar hydrates, soothes and softens with essential oils like organic jojoba and castor along with vitamin E and organic oatmeal leaving your hair lustrous and strong. Now that we're all getting out and about, turns out these bars are great for the gym, camping trips or for traveling when you don't want to cart around a beauty shop's worth of haircare products just to get fresh.

STAR ANISE FOODS NOODLES

CAN HAZ WINTER - SEND NOODS

It's cold. It's winter. It's Wisconsin. Serve up some cozy comfort with a bowl of hot, homemade noodly soup but this time, dare to be different and reach for the extraordinary—brown rice noodles from Star Anise Foods—a woman-owned, woman-created company with a serious love for Pho; a Vietnamese soup dish consisting of broth, herbs, and rice noodles. Star Anise's brown rice noodles have a glassier look than your usual Italian pasta and come complete with a pleasing, chewy and toothsome texture. They can stand up to a hot bowl of soup as well as whatever sauces you want to toss. Try them with Momofuku Chili Crisp and fresh cilantro or add them to a stir fry instead of rice. These gluten-free, clean-ingredient, ethically sourced, plant-based noodles are sure to become a pantry favorite for beating back the wintery chills.



MIYOKO'S CREAMERY CREAM CHEESE

CHEESE LIKE NEVER BEFORE

There's nothing quite like a crunchy, chewy bagel with a nice schmear of cream cheese to start the day, but if you're vegan or lactose intolerant, grab a glass of water because we guess it's a plain, dry bagel for you. Fear not, Miyoko Creamery's cream cheese to the rescue! Made from cashews and coconut milk Miyoko's cream cheese is creamy, thick and delicious. Superbly spreadable, it's the perfect accompaniment to your morning bagel, your afternoon sandwich wrap or even your after dinner dessert since it makes a killer cream cheese frosting for cupcakes. Better yet, use as a substitute in making an out-of-this world vegan, rich and decadent New York style cheesecake that rivals the "real" deal. Available in Plain, Everything Bagel and Scallion, Miyoko's plant-based "cheese" revolution marches on.



OUR SPOTLIGHT ON WOMEN-OWNED BUSINESSES!

SIETE FOODS

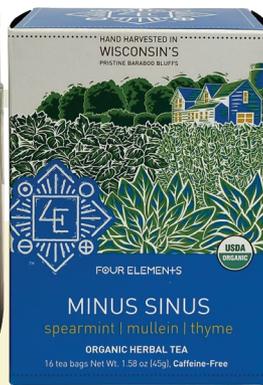
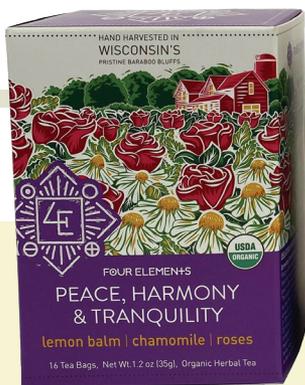
GOODNESS GRACIOUS GRAIN-FREE MEXICAN-AMERICAN FLAVORS

Let's face it, being a teenager is rough, but Veronica Garza had an even tougher time because her autoimmune disorders left her feeling depressed and debilitated. Luckily, she discovered the cause of many of her symptoms was grain-based flour, the cornerstone of her family's beloved flour and corn tortillas. She knew that if she wanted to enjoy the flavors of her culture, she'd need to come up with a solution, so Veronica created her own recipe for a grain-free tortilla that was so good it was abuela approved! Now Siete (Seven—for the number of family members who joined her on her journey to better health) Foods' chips and tortillas deliver that same home-grown flavor sans gluten by replacing it with nutty-tasting cassava flours and all-natural, vegan ingredients. Their chips, taco shells, tortillas and incredible Mexican cookies aren't only better for you, they're so tasty that even her Grandma Campos declared her tortillas tasted better than the homemade flour tortillas she's been making for decades!

SLIDE POTATO CHIPS

FOOD TRUCK SIDE HITS THE BIG TIME

What would Mad City be without a savory slate of food trucks? And what goes with sandwiches better than chips? Um, nothing. Enter Christine Ameigh who didn't think she'd be in the potato chip business. She was just looking for a nice side to go with the sandwiches she was slinging as the owner of her Madison food cart. And voila, handmade, truck-made chips were born! They quickly became such a hit that she started making batches of them in the food cart's winter off-season to fill the demand. Each thick, crispy, salty chip comes from Badger-state grown potatoes from Heartland Farms in Hancock, Wisconsin and every chip is cut by hand. Sure, it's more work, but a mandolin just wouldn't cut it. The flavor and texture demand a careful slice. Plus keeping these oh-so-very handmade ensures local folks stay employed and busy, ensuring each crispy, salty treat is crunch ready and a damn fine side for any sandwich you toss next to them.



FOUR ELEMENTS HERBAL TEAS

BOUNTIFUL BODACIOUS BOTANICAL BREWS

Just outside Baraboo, Wisconsin, Jane Hawley Stevens tends to her 130-acre "garden." Seriously, it's actually a bona fide & certified organic farm dedicated to growing all the native Wisconsin herbs that go into each of Four Elements handcrafted teas. The fresh herbs and botanical flavors shine in their carefully blended teas so you can discern each leaf, petal, and flower. These truly special teas are full of the traditional herbs that have been used for centuries to promote well-being and health with sophisticated, nuanced flavors. Sinus' feeling a bit blocked? Try the Minus Sinus Tea with potent nettles blended with elderflower and calendula. Run down? Brew up a batch of "To Your Health" fortified with echinacea and red clover blossoms. Or chill out after a stressful day with a soothing, steaming mug of "Peace, Harmony & Tranquility," a combo of six classic herbs that have been used for centuries to relax the body and mind. Like catching lightning in a bottle, each of these bodacious blends are summer sunshine in a cup.

INDULGENCE HOT COCOA

COCOA CRAVINGS COVERED

So, here we are...winter in Wisconsin. The holiday lights are back in the basement, you've spent a small fortune on sidewalk salt, and you start shaking every time you hear a forecast. The only thing getting you through the next subzero day is the thought of a warm, cozy cup of hot chocolate. Milwaukee's very own Indulgence Chocolatiers is here for you. We've fallen in love with Julie Waterman's Mayan Spice Hot Cocoa. Each sip is like a warm hug thanks to the rich cocoa, cinnamon and just the right amount of cayenne to give you a little extra heat on a cold day. Indulgence's all-natural, quality ingredients speak for themselves in every comforting sip. Sometimes it's the little things that keep us going until spring...when that arrives sometime in June.



bananas

(two ways)

HERE IN THE MIDWEST, WE ARE ABOUT AS FAR AWAY AS ONE CAN GET FROM THE TROPICAL EQUATORIAL REGIONS WHERE BANANAS ORIGINATED AND GROW TODAY. BUT, FUN FACT: BANANAS RANK #1 AS THE MOST OFTEN PURCHASED ITEM AT THE GROCERY STORE. WE ARE HERE TO INSPIRE YOU TO TAKE A SECOND LOOK AT BANANAS AS A COOKING AND BAKING INGREDIENT. BREAK OUT OF THAT SLICED-BANANAS-ON-CEREAL RUT AND GET CREATIVE IN THE KITCHEN. THERE ARE MYRIAD SWEET AND SAVORY RECIPES FOR USING BANANAS. WE GUARANTEE YOU'LL NEVER FROWN AT A BROWN BANANA AGAIN.

SLOW COOKER CHICKEN CURRY

SERVES 6

This chicken curry dish is simply delicious and so ridiculously easy to make. It draws its inspiration from Middle East and Southeast Asian cuisines. Coconut milk draws out the natural sweetness of the banana and the two meld together to create a velvety sauce that carries forward the aromatic spices and rich flavors of the chicken. You can't be anything but happy when you set this on the table.

- | | |
|--|--|
| 2 pounds boneless, skinless chicken thighs, chopped into bite-sized pieces | 1 large onion, diced |
| 1 jalapeño pepper, seeds removed and diced | 3-4 cloves garlic, crushed |
| 1 ripe banana, sliced | 2½ tablespoons curry powder |
| 1 apple, sliced but not peeled (we used Granny Smith) | 1 teaspoon cumin |
| ½ pound Roma tomatoes, diced (about 2 large tomatoes) | 1 teaspoon salt |
| | 2-3 bay leaves |
| | ½, 13-ounce can of coconut milk |
| | 2 tablespoons flour |
| | Cooked basmati rice and naan/flatbread (for serving) |

1. Spray your slow cooker with vegetable oil. Add all ingredients except the flour into a large mixing bowl. Stir together and transfer to the slow cooker.
2. Sprinkle the flour evenly on top and stir to incorporate. Cover and place on high for about 3 hours or on low for 6 hours. The curry will loosen up and become bubbly and fragrant as it cooks down.
3. Serve with rice and a hank of naan to sop up the sauce.

BUYING BETTER BANANAS

Outpost offers delicious certified organic, or certified organic Fairtrade bananas. Organic means they are grown sustainably, with attention to environmentally responsible farm inputs and agricultural practices. This is good for farmers, farm workers, and the planet. Fair-Trade means there is transparency and traceability up and down the supply chain that ensures not only environmental sustainability, but fair and equitable wages for workers and a fair price on the global market for farmers operating small scale farms. This builds sustainable working and living conditions in places where labor and land can be easily exploited. Now that's living your values!





STICKY CARAMEL BANANA CAKE

MAKES 1 CAKE

Bananas were made for baking. Not only do they add sweetness, but the heat of the baking process transforms their simple sugars into little moisture absorbing sponges, which helps to reduce the amount of gluten formed in the flour, yielding a more tender crumb with the finished cake. All geekiness aside, this special cake is a banana dessert knockout! Any extra of the buttery caramel sauce, well, hello ice-cream sundaes!

1¾ cups all-purpose flour	2 tablespoons fresh squeezed lemon juice
1 teaspoon baking powder	1½ teaspoons vanilla extract
1 teaspoon baking soda	1¼ cups heavy whipping cream
¼ teaspoon salt	½ cup dark brown sugar
½ cup (1 stick) unsalted butter, melted and slightly cooled	½ cup light corn syrup
¾ cup sugar	4 tablespoons unsalted butter
1 cup very ripe mashed bananas, from 2-3 spotty bananas	Pinch salt
2 large eggs	Chopped pecans and sliced bananas for serving

1. Preheat the oven to 350 degrees. Butter and flour an 8 x 8-inch baking dish. Set aside.
2. Add flour, baking soda, baking powder and salt to a medium-sized bowl. Whisk together to incorporate.
3. In a separate mixing bowl, mix the melted butter and sugar until blended. A handheld mixer will do the job. Add the mashed bananas, eggs, lemon juice, and vanilla and mix well.
4. Gradually stir in the flour mixture until just incorporated, hand mixing with a spoon so as not to over mix. Pour the cake batter into the prepared pan. Bake until golden brown on top and a knife inserted into the center comes out clean, about 35 minutes.
5. While the cake is baking, make the caramel sauce. In a heavy saucepan combine the heavy cream, brown sugar, corn syrup, butter, and salt. Over high heat, bring the sauce to a boil, whisking until the sugar dissolves. Reduce the heat to medium-low and cook for 15 minutes at a slow boil, whisking occasionally, until the sauce is slightly thickened. Remove the sauce from the heat and cool (it will continue to thicken as it cools).
6. Now comes the sticky part. When the cake is done baking, remove it from the oven and spoon ⅓ cup of the warm caramel sauce over the top of the baked cake. Return it back to bake, until the sauce is bubbling vigorously, about 6 minutes. Remove and cool the cake in the pan on a cooling rack for at least 30 minutes.
7. To serve, cut the cake into squares. The cake can be slightly warm or at room temperature. If the sauce is cold, warm it slightly before spooning over the top. Add fresh sliced bananas and a sprinkling of pecans.



(our) TABLE OF CONDIMENTS

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

Sm

SMOKIN' TS



ORIGIN. WISCONSIN
FLAVOR. SMOKY, SPICY, TOMATO-FORWARD
USES. BBQ, MARINADES, DRESSINGS & DIPS

Ay

AYO SHITO SAUCE



ORIGIN. GHANA
FLAVOR. RICH UMAMI, SMOKY, HERBY
USES. BBQ, CHEESEBOARDS, STEWS

THINK ABOUT TOFU. IT'S NEUTRAL FLAVOR ISN'T MUCH ON ITS OWN, BUT ADD A SMOKY BBQ SAUCE OR SWEET CHILI SAUCE AND – BOOM – FLAVOR EXPLOSION! THE RIGHT SAUCE CAN TRANSFORM ANY DISH INTO SOMETHING NEW AND DIFFERENT, ELEVATING ORDINARY FOODS TO WHOLE NEW LEVELS. HERE'S A LIST OF SOME OF OUR FAVORITE CLASSIC AND UPSTART CONDIMENTS THAT'LL MAKE YOU WANT TO EXPERIMENT WITH NEW FLAVORS AND NEW TECHNIQUES IN THE KITCHEN.

Ch

GARDEN OF EDEN CHERRY HOT SAUCE



ORIGIN. WISCONSIN
FLAVOR. ZIPPY, TANGY, SCORCHING HOT PEPPER
USES. STEWS, EGGS, BEANS

Ba

BACHAN'S BBQ



ORIGIN. JAPAN
FLAVOR. BIG UMAMI, TERIYAKI-ISH, SOY-FORWARD
USES. BBQ, DIPPING, MARINADES, GLAZES

Ha

MINA HARISSA



ORIGIN. NORTH AFRICA
FLAVOR. INTENSE, SPICY, FRUITY
USES. STEWS, RUBS, MARINADE

Bc

ISOLA BALSAMIC CREAM



ORIGIN. ITALY
FLAVOR. TANGY AND SWEET
USES. GLAZES, DRESSINGS, STEWS

Sa

SA BRAAI CHUTNEY



ORIGIN. WISCONSIN
FLAVOR. SWEET, TANGY, FRUIT-FORWARD
USES. BBQ, SANDWICHES, EGGS, MEATS, FISH

Sh

SHISH TAWOOK SAUCE



ORIGIN. MICHIGAN
FLAVOR. TOMATO, LEMON, GARLIC, OREGANO
USES. BBQ, MARINADES, GLAZES

Cr

MOMOFUKU CHILI CRUNCH



ORIGIN. NEW YORK
FLAVOR. CHILIS, GARLIC, TRUFFLES, UMAMI-PACKED
USES. NOODLES, BEEF, STIR-FRIES, DIPS

Ta

CAPTAIN TOADY'S TARTAR SAUCE



ORIGIN. PACIFIC NORTHWEST
FLAVOR. TANGY, CREAMY
USES. DIPS, BBQ, MARINADES

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



Gi GINGER PEOPLE
SWEET GINGER
CHILI SAUCE



ORIGIN. CALIFORNIA
FLAVOR. SWEET & TANGY FROM
CHILIS & GINGER
USES. BBQ, DIPS, SAUCES

Qu QUINCE & APPLE



ORIGIN. WISCONSIN
FLAVOR. SWEET WITH SPICY NOTES
USES. GRILLING, CHEESE-
BOARDS

Mu EAST SHORE
SWEET & TANGY
MUSTARD



ORIGIN. WISCONSIN
FLAVOR. INTENSE MUSTARD
FLAVOR
USES. SANDWICHES, DIPS,
SALADS

Ga GRLK



ORIGIN. MINNESOTA
FLAVOR. CREAMY, GARLIC-HEAVY
USES. BURGERS, WRAPS,
DRESSINGS, DIPS

St PRIMAL KITCHEN
STEAK SAUCE



ORIGIN. CALIFORNIA
FLAVOR. SMOKY, TANGY
USES. MARINADES, BBQ,
VEGGIES

Wi NEW PRIMAL
BUFFALO DIPPING
& WING SAUCE



ORIGIN. SOUTH CAROLINA
FLAVOR. FIERY WITH A LITTLE
SWEETNESS
USES. DIPS, BBQ, MARINADES

CHILI CRISP EGGS OVER RICE

SERVES 2

Ready to shake up your morning routine with Chili Crisp Eggs? We love them in this rice bowl, or serve over avocado toast or a lightly dressed salad. Spicy and super easy to make, you'll be craving these for breakfast, lunch and dinner!

- 1-2 tablespoons Momofuku Chili Crunch, depending on your heat tolerance
- 1 teaspoon sesame oil
- 2 eggs
- 2 cups cooked rice
- Butter
- 4 seaweed snack sheets
- Crispy shallots or French fried onions (*optional*)
- Fresh scallion, sliced
- Sea salt
- Sesame seeds

1. Heat a nonstick frying pan over medium-high heat. Once hot, warm the chili crisp and sesame oil, spreading in a thin layer across the pan.
2. When the chili crisp oil is warm, crack the eggs into the pan. Cook the eggs for 2 minutes, using a spoon to pour some of the chili oil on top of the eggs midway through cooking. Continue cooking sunny side up for about 2 minutes, until the whites are set and no longer translucent and the edges are crispy.
3. Divide the cooked rice (warmed leftover rice works perfectly) between two bowls and give each a nub of butter. Crush 2 seaweed sheets into each bowl with your hands. Add crispy shallots or French fried onions, if you have them on hand.
4. Place one egg in each bowl and pour the remaining oil from the pan over the eggs.
5. Sprinkle with fresh scallions, sea salt and sesame seeds. Add an extra drizzle of chili crunch if desired. Serve immediately.



AN OLIVE A DAY

THERE'S ONE CARDINAL RULE IN MAVRA PAPADATOS' HOME: "NO BUTTER. WE DON'T USE THAT WORD IN OUR HOUSE. OLIVE OIL ONLY."

One taste of Mavra's clean, grassy, a little peppery and (dare we say) buttery olive oil you can easily see why butter doesn't stand a chance.

"Our entire crop comes from just one olive—the Koroneiki variety. We import it once a year from my family's olive grove in Amaliada, Greece. It's called the 'Queen of Olives' for a reason." That singular olive variety is just one factor in determining a high-quality oil like Mavra's compared to the other "extra virgin olive oils" out there that have become so popular.

Mavra's husband, right-hand-man, and business partner Markos explains it this way: "Think of apples. There are many different varieties of apples. If I gave you an apple pie you'd wonder what kind of apple it is. That's what these big olive oil manufacturers are doing to the American people. They call it 'first cold press' but what kind of olive is it? Is it blended from many different olives? Where did those olives come from? Read the fine print."

A good rule of thumb when shopping for a high-quality olive is if there's more than one country listed on the bottle, it's a blend. A blend can mean anything from different olive varieties to blending bad olives in with olives from not only different regions, but different countries. The FDA itself says that an olive oil made with just 20% olives can legally be called extra virgin olive oil. Just google "olive oil scandals" and you'll see how far down the olive oil rabbit hole it goes.

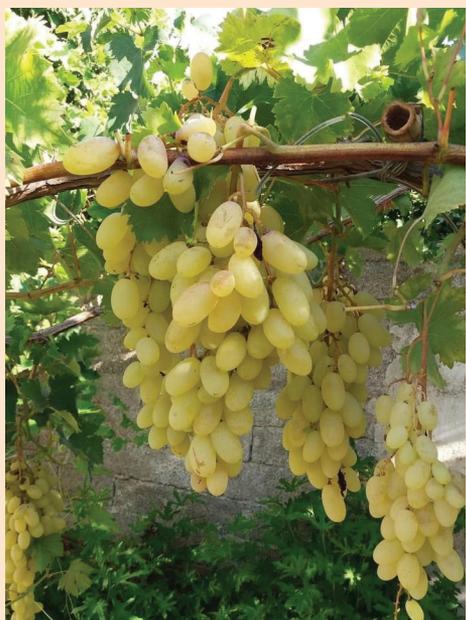
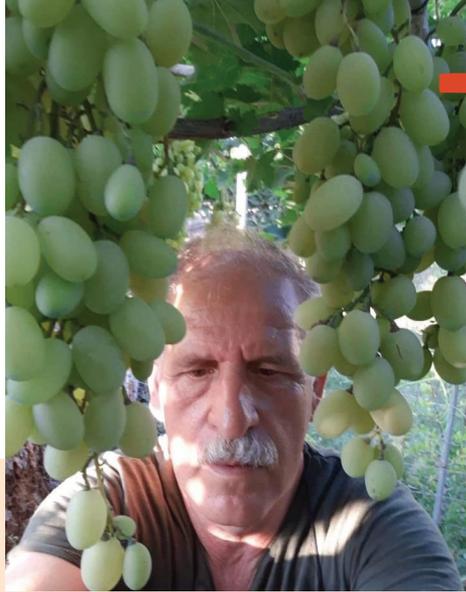
"My job isn't to sell you a bottle of olive oil," Mavra confesses. "My job is to educate you and let you make the educated decision to choose what's right for you. If you want to know if you have fresh olive oil at home, take a spoon and taste it at least once a month. If your olive oil doesn't have that little peppery kick it's either old or there's a 99.9% chance it's mixed with Mazola, hazelnut, or soy oil."

Every year Mavra travels back to her family's farm to help harvest the oil. It's hard, physical work turning her family's fifth generation olive trees into oil, but it's a time she savors being with family. Many of her customers ask (especially in Wisconsin's colder months) why she'd ever leave the bucolic hills of Greece.

"Everybody has olive oil in Greece. I have a lot of customers who say to me, 'Oh, it's so beautiful in Greece. Why are you here?' You can't live off beauty. Where am I going to sell olive oil in Greece? It's not special there. It's special here because there is no good olive oil in the states."

Thanks to Mavra and her exceptionally superb oil that is no longer true.

Try some of Mavra's Greek Extra Virgin Olive Oil today and you'll know what we're talking about. And, for even more tastes of Greece, try Mavra's exceptional olive tapenades, potently rich balsamic vinegar or her Petimezi, a naturally sweet syrup in grape or pomegranate varieties that goes great on pancakes, ice-cream or, as Markos recommends, on pizza for a little salty and sweet combination. You can find all these fabulous products right on the shelves at your local Outpost.





Kitchen Cozy

COMFORT FOODS STRAIGHT OUTTA' GRANDMA'S HOUSE

by LISA MALMAROWSKI
photos MICHAEL SORENSEN





RIGHT ABOUT THIS TIME OF YEAR, TO STAVE OFF THE COLD AND DARK WINTER NIGHTS, WE CRAVE COMFORT FOOD. SO, WE GOT COOKING AND FIGURED OUT A FEW RECIPES THAT ARE COZY, LIGHTENED UP (JUST A BIT) AND OFFER A HEARTY SERVING OF 100% COMFORT FOOD REALNESS. IT'S NO WONDER GRANDMA FOODS ARE HAVING A MOMENT!

MUSHROOM BARLEY SOUP

SERVES 4 **Vegan**

This classic soup is both easy to toss together and soul satisfying. It relies on long-keeping produce like carrots and leeks, and pantry staples plus a handful of fresh mushrooms. We like the depth of flavor the dried mushrooms add; use any you like or have on hand, but porcinis are especially good. This isn't a "make ahead" dish unless you cook the barley separately. If left in the broth, it will continue to soak up the stock. If you're looking to go gluten free, try substituting the barley with buckwheat groats – not toasted groats or kasha as the flavor will be too strong. Flavor tip: If you're looking for a punchier broth, try mixing in a ½ teaspoon of Better Than Bouillon (any flavor really) to the simmering soup for an instant umami lift.

¾ to 1 ounce dried mushrooms	1 cup pearl barley
3 cups hot water	3 cups vegetable stock
2 tablespoons olive oil	1 bay leaf
¼ pound shiitake or button mushrooms, stemmed and roughly chopped	Sprig of fresh thyme
3 medium carrots, peeled and sliced into ¼-inch coins	2 tablespoons low-sodium tamari
1 leek, white part, chopped	Salt and pepper to taste
	Garnish with chopped fresh parsley

1. Soak dried mushrooms in 3 cups hot water.
2. While mushrooms are soaking, heat olive oil in a medium saucepan over high heat. Add chopped fresh mushrooms, carrots and leek, and cook, stirring occasionally, until they begin to brown. Add barley, and continue to cook, stirring frequently, until it begins to brown, then season with a little salt and pepper.
3. Remove the mushrooms from their soaking liquid, and reserve liquid. Sort through mushrooms and discard any hard bits. Note – when using the reserved liquid pour carefully or strain to leave the sediment behind as it can sometimes be gritty.
4. Add reconstituted mushrooms to saucepan and cook, stirring, for about a minute. Add bay leaf, thyme, mushroom soaking water and 3 cups of stock. Bring to a boil, then lower the heat to a simmer; cook until barley is very tender, 20 to 30 minutes. Add tamari, and taste. Add salt if necessary and plenty of pepper. Serve hot.

(continued)



EASY CALICO BAKED BEANS

SERVES 8 **Vegan • Gluten free with substitutions**

We often think of baked beans as a summer barbecue side dish, but they make for a simple entrée anytime of the year – just add cornbread and greens and supper is ready. These saucy beans are truly easy – beginner easy – and taste like you spent hours cooking them up. If you like a less sweet sauce, use less maple syrup. If you want a little more spice, add more red pepper flakes. You can make this with a single variety of bean, but we love the look and texture of a mixture of beans. If you prefer to start with dried beans, plan on about 2 cups of cooked beans per bean variety, or a bit less than 6 cups total. Note – To make this gluten free you'll need to check ingredients on Dijon mustard, broth and Worcestershire sauce.

- 2 tablespoons olive oil
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 teaspoons smoked paprika
- 2 teaspoons Dijon mustard
- 1 teaspoon ground cumin
- ½ teaspoon crushed red pepper flakes
- ⅓ cup tomato paste
- ¾ cup low-sodium vegetable broth
- ¼ cup maple syrup
- 1 tablespoon molasses or brown sugar
- 2 tablespoons low-sodium tamari
- 2 tablespoons apple cider vinegar
- 2 tablespoons vegan Worcestershire sauce
- 3, 15-ounce assorted cans of beans (like great northern, navy, cannellini, kidney, or pinto), rinsed and drained
- ¾ teaspoon kosher salt or more to taste
- Fresh cracked pepper to taste

1. Preheat oven to 350 degrees.
2. Heat oil over medium heat in a 6-quart Dutch oven or large oven-safe skillet. Once the oil is shimmering, add onion and sauté until softened and lightly golden. About 4-6 minutes.
3. Lower heat a bit and add garlic. Sauté for 30-60 seconds until fragrant. Then add tomato paste and sauté for about a minute more. Add Dijon, cumin, smoked paprika and crushed red pepper and sauté for another minute to combine flavors.
4. Add the broth and bring to a soft simmer. Cook for 1-2 minutes to slightly thicken and then add maple syrup, molasses (or brown sugar), tamari, vinegar, Worcestershire sauce, salt, pepper and stir well.
5. Add beans and stir. Taste and add more seasoning if needed. Cover pan with lid or foil and place it in oven. Bake for 45 minutes, stirring midway through. After 45 minutes, uncover and bake for 10 minutes more or until the sauce is thickened and caramelized on top.





TURKEY MEATLOAF

SERVES 6 *Gluten-free*

When we asked friends and family what a classic comfort dish is, just about everyone said, “meatloaf.” While we love just about any version of meatloaf, we often find that beef or pork-based loaves are sometimes heavy. So, we pivoted to turkey! Now, if you’ve tried turkey meatloaf and found it dry or dense, you haven’t had it with chopped mushrooms. And just to make sure it was super juicy and full of flavor, we borrowed a meatball trick and soaked the breadcrumbs in a little milk. We baked this on a larger pan to help caramelize the edges for extra yum, but it can be baked in a loaf pan. Using a loaf pan will cause it to steam a bit more, rather than brown.

- 8 ounces button or cremini mushrooms, trimmed and very finely chopped
- 1 medium onion, peeled & finely chopped
- 1 carrot, finely chopped
- 2 garlic cloves, peeled and minced
- 1 tablespoon olive oil
- $\frac{3}{4}$ teaspoon kosher salt, divided
- $\frac{1}{2}$ teaspoon freshly ground black pepper, divided
- 1 tablespoon gluten-free Worcestershire sauce (like Lee & Perrins)
- 7 tablespoons ketchup, divided
- 1 cup gluten-free panko breadcrumbs
- $\frac{1}{3}$ cup low-fat milk
- 2 large eggs, lightly beaten
- 1 $\frac{1}{4}$ pounds ground turkey

1. Heat oven to 400 degrees. Lightly oil a rimmed baking sheet or 9 x 13-inch baking pan.
2. Heat oil in a large skillet over medium-low heat. Add onion and sauté, stirring occasionally until softened, about 5 minutes. Add garlic and sauté until fragrant, about 1 minute. Stir in mushrooms, carrots, $\frac{1}{2}$ teaspoon of salt and $\frac{1}{4}$ teaspoon of pepper. Cook until the mushrooms give off their liquid and it boils away, about 10 minutes.
3. Transfer onion and mushroom mixture to a large bowl and add Worcestershire sauce and three tablespoons of the ketchup. Set aside to cool for 5 minutes.
4. Meanwhile, combine panko and milk in a small bowl. After panko absorbs the milk, add to mushrooms and onions, then add eggs.
5. Using a fork or your hands, gently mix in the turkey, $\frac{1}{4}$ teaspoon of salt and $\frac{1}{4}$ teaspoon of pepper. The mixture will be very wet.
6. Shape meatloaf into a 9-inch by 5-inch oval in the middle of the prepared baking sheet/pan. Using a pastry brush, spread the remaining 4 tablespoons of ketchup over the top of the loaf.
7. Bake the meatloaf until an instant-read thermometer inserted into the thickest part of the meatloaf registers 170 degrees F, about 50 minutes. Let stand 5 minutes before slicing.

(continued)



TATER TOT HOTDISH

SERVES 8 *Gluten free*

Here's to hotdish! Here's to tots! This Midwestern casserole is quintessential comfort food – super easy to make, baked in one dish, feeds a crowd, very customizable and really tasty. We went full-on classic with our recipe and used grassfed ground beef, but we cut back on the cheese a bit and kicked up the veggies. We used a mix of frozen green beans and corn, but most any vegetable would work. Sure, you can make the sauce from scratch, but it's easier and quicker to rely on condensed soup. This comes together fast, and leftovers can be reheated (uncovered in a 300 degree oven) or even frozen, to bring you joy all over again.

- 1 pound lean ground beef
- ½ medium onion, chopped
- 3 cloves garlic, minced
- 1 tablespoon Worcestershire sauce (we used Lee & Perrins)
- ¾ teaspoon Italian seasoning
- ½ cup sour cream
- 1, 10.5-ounce can condensed cream of mushroom soup (we used Pacific Gluten-Free)
- 1½–2 cups frozen vegetables (we used corn & green beans)
- 1½ cups shredded cheddar, divided
- 32 ounces frozen “tater tots” (we used Cascadian Farms Spud Puppies)
- Salt & pepper to taste
- Chopped scallions for serving

1. Preheat oven to 375 degrees and move the rack to the top third of the oven.
2. Heat a large sauté pan over medium-high heat. Add beef and onion and cook, stirring occasionally and breaking the beef up into crumbles. Sauté until browned and the onions have softened, about 7-8 minutes. If there's a lot of excess fat, spoon out and discard most of it.
3. Add garlic, Worcestershire sauce and Italian seasoning to the pan and cook for about a minute.
4. Reduce the heat to medium and stir in sour cream, mushroom soup, frozen vegetables, and ½ cup of the shredded cheese. Stir well and let it heat through for a minute or two.
5. Transfer the skillet mixture to a 9 x 13-inch casserole dish and smooth evenly.
6. Top with rest of the shredded cheese, and then cover the top of the casserole with frozen tater tots. Make it pretty, keep it tidy. Grandma would want it that way.
7. Bake, uncovered, for 45 minutes or until the tater tots are nicely browned and the cheese is hot and bubbly. Garnish with chopped scallions.



DOUBLE CHOCOLATE SNACK CAKES

SERVES 9

This is the sort of cake you pop in the oven before company is coming over. The whole house will smell amazing, and everyone will be impressed. They don't need to know how easy it is to make. It's chocolatey without being over the top and the chocolate chips act as a frosting so it travels well (you know – if you need a car snack or something). You can enjoy it as is, unadorned, but we glammed it up with a little whipped cream and berries. Ice cream would work too.

2 ounces unsweetened baking chocolate	¾ cup cold water
1¼ cups all-purpose flour	⅓ cup canola oil
½ teaspoon baking soda	1 cup semisweet chocolate chips
½ teaspoon salt	Whipped cream & fresh berries for garnish
1 large egg	
1 cup sugar	

1. Preheat oven to 350 degrees and grease an 8-inch square baking pan.
2. Break up baking chocolate and place in microwave dish. Microwave about a minute or until melted. Stir well and set aside to cool.
3. In a medium-sized bowl, combine the flour, baking soda and salt. Set aside.
4. In a large bowl, beat the egg, sugar, water and oil until well blended. When blended, gradually add in flour, and mix until incorporated, then stir in melted chocolate. Stir until batter is combined.
5. Pour batter into your prepared baking pan. Sprinkle top with chocolate chips. Bake for 32-38 minutes or until a toothpick inserted in the center comes out clean. Cool on a wire rack.
6. Serve with whipped cream and berries. Tightly cover any leftovers.

OUTPOST –

Serving up comfort food since 1970

Whether you're busy, looking for a change, or just plain tired of cooking, we've got you covered. Here's a taste of what our talented chefs cook up every day for your noshing needs.* Made-from-scratch, using all-natural ingredients right in our Milwaukee kitchen, and ready to just heat & eat!



CO*OP
MADE



LASAGNA

Our selection varies daily from our classic sausage to vegetable-packed vegetarian and vegan varieties.

TURKEY SHEPHERD'S PIE

We updated and lightened up this classic with turkey and a generous layer of organic carrots without skimping on potatoes.

MAC & CHEESE

Have it your way – classic and chock full of melty cheese or get your vegan on with our 100% plant-based version.

CHICKEN TURNOVER

This is a pastry's fairy god mother – chunks of chicken breast, veggies and fresh herbs encased in a delicate light pastry.

CHICKEN POT PIE

Simply the best pot pie in town – packed with a perfectly seasoned, creamy, but not too rich filling, fresh vegetables and a LOT of chicken encased in a handmade crust, this is big enough to share. They also freeze beautifully.

**We make our foods fresh daily, so selection may vary by location or by the day.*





At Marbleseed's Gitigaaning Farm & Manoomin Tour Field Day in August 2022, attendees learned about how the challenges of the weather and invasive weeds can affect wild rice yields. Photo Credit: Stephanie Coffman, Marbleseed's Presentation Coordinator

Growing the Future of Our Food

OUTPOST GRANT HELPS FUND MIDWEST FARMER EDUCATION PROGRAMS.

..... || |
story by MARI WOOD

WALK DOWN THE AISLES OF YOUR FAVORITE OUTPOST LOCATION AND NOTE HOW MANY DIFFERENT PRODUCTS HAVE THE USDA ORGANIC CERTIFICATION LOGO STAMPED ON THEM. BEHIND EVERY ONE OF THOSE LOGOS LIES A LONG, COMPLEX PROCESS OF SOIL TRANSITION, DOCUMENTATION, ON-SITE INSPECTIONS AND CERTIFICATION COSTS. WHILE LARGE-SCALE ORGANIC FARMS HAVE THEIR OWN SET OF CHALLENGES, FARMERS WHO OWN SMALLER, HUMAN-SCALE FARMS WHO WISH TO TRANSITION TO ORGANIC PRACTICES NEARLY HAVE THE ODDS STACKED AGAINST THEM.

"Outpost owners tell us that local, sustainable food systems are important to them. When we were looking for a new Sustainable Agriculture Partner in early 2022, Outpost turned to an organization whose mission it is to grow the organic and sustainable farmers of tomorrow right here in the Midwest. Marbleseed is a great match," says Margaret Mittelstadt, Outpost's Director of Community Relations and acting interim Sustainability Manager.

Guided by their mission to “support farmers in their transition toward regenerative, organic farming systems that are ecologically sound, economically viable, and socially just,” Wisconsin-based non-profit Marbleseed (formerly MOSES – Midwest Organic and Sustainable Education Service) was formed to provide education and peer-to-peer mentorships for human-scale farmers in the Midwest. Not only does Marbleseed host the largest organic farming conference in the U.S. (the 2023 conference is scheduled for February 23 – 25 in La Crosse, WI), but they also offer a range of programming for all farmers, including marginalized communities that have been historically excluded from farming, such as women, BIPOC, veteran and LGBTQIA farmers.

“Their voices have long been stifled,” says Marbleseed’s Communications and Development Manager, Alexandria Baker. “We want to welcome these communities to organic farming in an intentional, warm and meaningful way.” Marbleseed’s ‘In Her Boots’ program offers educational gatherings and resources for woman-identified farmers and has even produced their own podcast of the same name, hosted by Tiffany LaShae, that is described as “highlighting the stories of Black and Brown women who traditionally have not had a platform to use their voice.”

Alexandria Baker says that Marbleseed is enthusiastic about partnering with Outpost through their Sustainable Agriculture Partnership because it’s important to them to make a connection between farmers and eaters. She says, “I see this relationship with Outpost as a means to creating a template for Marbleseed to begin working with other food cooperatives. It’s one way for us to familiarize the consumer with the work that we do and also helps us introduce food co-ops to our farmers.”

Margaret Mittelstadt agrees: “As we face more and more challenges to our domestic food supply, supporting an organization whose mission is to ensure that local and regional organic agriculture remains intact is of top importance. Who knows? One of the farmers they are working with right now could be a new source of organic produce for Outpost in the future!”

With a grant of \$4,590 (the interest earned from Outpost’s Cooperative Community Fund hosted by the Twin Pines Cooperative Foundation) Outpost has helped Marbleseed grow their farmer education programs such as farmer-to-farmer mentorship, business trainings for farmers who want to take their farm to the next level, and Field Day events that feature field trips to area farms for the community.

As Outpost and Marbleseed continue their interconnected work to help the Midwest’s small-scale, family, and marginalized farmers in 2023, Lori Stern, Marbleseed’s Executive Director, shares her gratitude for this relationship: “As a farmer facing organization, we so value the partnership with Outpost’s 21,000 co-op owners and eaters. A vibrant, equitable, and sustainable food system depends on consumer support of local, organic farms.”

34TH ANNUAL



FARMER-LED.
ROOTED IN ORGANIC.

Marbleseed Organic Farming Conference
Formerly known as the MOSES Conference

February 23-25, 2023
La Crosse, WI

60+ INSPIRING SPEAKERS
40+ EDUCATIONAL WORKSHOPS
8+ ORGANIC UNIVERSITIES
4+ FARMER PANELS

Attendees will receive free access to
workshop recordings after the conference.

To register for the 2023 Marbleseed
Organic Farming Conference, visit

**MARBLESEED.ORG/EVENTS/
ORGANIC-FARMING-CONFERENCE**

AROUND THE TABLE WITH

Serenity Inns |

story & photos by DIANA SCHMIDT

BEING PRESENT. WE HEAR THAT PHRASE A LOT IN OUR DAILY LIVES – BUT WHY IS IT IMPORTANT? BEING PRESENT HAS BEEN FOUND TO DECREASE STRESS AND LOWER ABRUPT MOOD SWINGS, ALLOWING YOU TO HAVE MORE CONTROL OVER YOUR THOUGHTS. A TRIED-AND-TRUE METHOD IS SITTING DOWN AT A TABLE FOR AT LEAST ONE MEAL A DAY, PHONES DOWN, ATTENTION GIVEN TO YOUR FOOD OR OTHER PEOPLE WITH YOU. AT SERENITY INNS RECOVERY CENTER, THE PRACTICE OF BEING PRESENT IS ESSENTIAL TO RECOVERY FROM ADDICTION.

Serenity Inns is a residential recovery housing program for men with addiction to drugs or alcohol. With space for 12, this small-scale approach to offering recovery brings focus on each individual, building brotherhood and a sense of family along the recovery journey. A small program like this is what set forth a path to recovery 16 years ago for Kenneth Ginlack, LCSW, CSAC, ICS, the executive director of Serenity Inns. “Recovering in a family-like environment is intimate and personal.” Ken describes having meals together as part of that intimate culture, being able to share reflections without the structure of the program leading the conversation.

Serenity Inns is comprised of a home with 12 beds, as well as an alumni house with apartment units. The men are supported by full time staff, 24 hours a day. Nightly, 365 days a year, volunteers bring dinner to share with the men and Innkeeper. I had the opportunity to join a dinner, along with Kenneth Ginlack and one of the Innkeepers, James Nichols, SACIT, AS. With every intention to simply shine the light on the work Serenity Inns does to help them reclaim their life and maintain their sobriety, I left the table with a deeper understanding of humility and an appreciation for the choices we all make daily, witnessing first-hand the impact that breaking bread together has with being present. Conversations around the table focused on recovery, casual but attentive, it felt like dinner with family should feel. I was humbled by how welcome I was made to hold space with one another around the table together.

“The stigma of addiction has plagued the men throughout their lives. Sitting down to break bread with volunteers levels the playing field. The men don’t feel like they are being judged, but feel a sense of togetherness which allows them to share from the heart.” For as long as the men are with Serenity Inns, nightly dinner together is a practice of being present. The safe space around the table is a reminder that every day there’s choices to be made to stay present in recovery.

Need help?

If you or a loved one are struggling with substance use or addiction, contact IMPACT Milwaukee by dialing 211. IMPACT is not affiliated with any healthcare provider; they provide referrals to help individuals take the first step towards recovery.



Serenity Inns executive director, Kenneth Ginlack.

GARDEN OF EDEN KINGDOM LIVING ALL PURPOSE SEASONING

The secret ingredient to Lovonia’s soup is this Milwaukee-made seasoning mix. With heat from the cayenne and ginger, and earthiness from the turmeric and celery seed. We love it in just about any soup or sprinkled on any grillable.

SERENITY INNS FAVORITE BROWNIES

Lorraine Bahr and her husband have brought dinner and dessert once a month for the last 17 years. This recipe is her most requested dessert – and one that the men ask for when they graduate the program. When we asked her what brings her back every month, she told us, “Dinner Fellowship provides an opportunity to interact with the residents at Serenity Inns in both a group setting and individually. We provide the men with a good meal, but more importantly we want to know each man by personally listening to his story and offering hope and encouragement.”

2, 14.8-ounce boxes of brownie mix
3 small boxes instant chocolate pudding
6 chocolate bars with toffee, crushed
12 oz. whipped topping or whipped cream

1. Make brownies as directed on the package. After cooled, break brownies into small pieces. Make pudding, set aside.
2. Layer half the brownies in a large bowl or trifle bowl.
3. Pour on half the pudding.
4. Cover with a layer of whipped cream or whipped topping.
5. Sprinkle with candy bits. Repeat steps 2 – 5.

For more information about the compassionate community of Serenity Inns Inc., visit

WWW.SERENITYINNS.ORG



LOVONIA'S SHRIMP & SAUSAGE SOUP

SERVES 12

Flavors inspired by jambalaya and etouffee, simmered together into a hearty soup that partners perfectly with cornbread and a salad. Like all food, this tastes best when shared.

For information on how you can be part of volunteering for Dinner Fellowship with Serenity Inns, please contact Alicia Bryant abryant@serenityinns.org

- | | |
|---|--|
| Olive oil | 2 tablespoons smoked paprika |
| 1, 12-ounce smoked turkey kielbasa, cut into 1-inch pieces | 1 tablespoon dried thyme |
| 6 garlic cloves, minced | 1, 6-ounce can tomato paste |
| 1 medium white onion, diced | 28-ounces canned diced tomatoes |
| 3 celery stalks, diced | 6 cups chicken broth or stock |
| 1 green bell pepper, diced | 3 bay leaves |
| 1 pound chicken breast, chopped into 1-inch cubes or 3 cups smoked turkey breast, diced | Pinches of sea salt & pepper |
| 2 tablespoons Garden of Eden Kingdom Living All Purpose Seasoning | 2 pounds raw jumbo shrimp, cleaned and deveined (tail on or off) |
| | 6 cups cooked rice (pasta or cauliflower rice are good too) |
| | Juice from 1 lemon |

1. Add olive oil to a Dutch oven or stock pot over medium heat. Add the chopped sausage. Sauté for about 2 minutes until the edges become seared and the sausages begin to "sweat" to make more oil in the pan.
2. Add the garlic, bell pepper, onion and celery. Cook everything together for 2 minutes.
3. Add the chicken and cook everything together until sear marks form on the outside of the chicken, about 3 minutes. (Alternatively, add cooked, smoked turkey breast.)
4. Add the tomato paste and the seasonings and stir everything together for 1-2 minutes. It should create a sticky, fragrant paste.
5. To the vegetable, chicken and tomato paste mixture, add canned tomatoes and the broth. Stir and bring everything to a boil, adding pinches of sea salt and pepper to taste.
6. Once it begins to boil, reduce to a simmer on low heat before adding the bay leaves. Cover and cook for at least 25 minutes.
7. After 25 minutes, add the shrimp and cooked rice. Stir, then cover and cook again for another 15 minutes.
8. Add lemon, and season to taste with sea salt, pepper, and hot sauce. Optional, but preferred, serve with cornbread to enjoy.

VROOM VROOM 'SHROOMS

by MARGARET MITTELSTADT



GIVE MUSHROOMS THE GREEN LIGHT! IN THE KITCHEN, MUSHROOMS ADD EARTHY UMAMI FLAVORS AND TEXTURES TO YOUR FAVORITE RECIPES WITHOUT ADDING MUCH IN FAT, CALORIES OR SODIUM. THE DARKER THE MUSHROOM, THE MORE UMAMI IT CONTAINS. OR STEP OUT A BIT AND TRY COOKING WITH OTHER FRESH MUSHROOMS LIKE LION'S MANE, OYSTER, HEN OF THE WOODS, AND CHESTNUT MUSHROOMS.

Next stop, chart a course to the personal wellness department and find mushrooms ready to use as supplements that include powdered versions of high-powered immune-boosting fungi like chaga and reishi. Or look for mushroom supplements that also contain other wellness compounds that, when blended, create the perfect formula for a winning health strategy.

Benefits of Mushrooms:



LOWER SODIUM INTAKE AND BLOOD PRESSURE

Mushrooms are naturally low in sodium. Their savory flavor can season foods without the use of added salt. They are also a rich source of potassium!



ADD HORSEPOWER TO IMMUNITY

Mushrooms contain immune boosting selenium, Vitamin D and Vitamin B6.



A GREEN LIGHT TO WEIGHT LOSS

Mushrooms contain protein and are a great substitute for animal proteins. White button and oyster mushrooms are particularly protein dense.



PUT THE BRAKES ON CANCER RISK

Multiple studies conducted over 40 years show that eating just 18 grams of mushrooms a day, or about two medium-sized fungi, may help lower your risk of cancer by up to 45%.



KICK CHOLESTEROL TO THE CURB

Shiitake mushrooms are especially good at helping to keep cholesterol levels in check.

FUNGI FUN FACT:

According to the American Society for Microbiology, humans are more related to fungi than plants, sharing a common ancestor.



Refuel & Recharge

Step aside, stove. Mushrooms are great in smoothies, too! Try these high octane super supplemental powders and shift your immune system into high gear the natural way. For the skeptical, you won't taste anything mushroomy.



ANTIFREEZE FOR YOUR BRAIN

Research is in full swing to study the ways mushrooms may help stave off mild cognitive impairment.



STIMULATES A HEALTHY GUT

A large chunk of your immune response happens in the microbiome of your gut. Mushroom components act as prebiotics.



REV UP YOUR VITAMIN D INTAKE

Vitamin D – the sunshine vitamin – is responsible for helping the body build bone as well as boost immunity. Besides direct exposure to the sun, eating mushrooms is a great way to get Vitamin D.



OM MASTER BLEND PROTEIN POWDER THE MULTI-VITAMIN OF SUPERFOODS

A combo of 10 mushrooms, 3 adaptogens (*available in powder and capsules*). Our PWC purchasing manager, Carrie says, "I love this product. I take it every day and give it to the family in their morning "trust me, just take these" pill boxes."



OM MUSHROOM HOT CHOCOLATE FOCUS • IMMUNITY • DE-STRESS

A blend of Lion's Mane, Reishi, Chaga, Turkey Tail, and Ashwagandha. This is the mushroom version of having your cake and eating it, too, only you're indulging with delicious hot chocolate. Who knew it could be so good?



FOUR SIGMATIC PLANT-BASED PROTEIN DEFEND

A blend of plant-based proteins, Chaga, Lion's Mane, Reishi, Cordyceps, Turkey Tail, Ashwagandha, Eleuthero and real organic vanilla! Truly magic in a mushroom blend. Smoothies and shakes have never had it so good. But wait – add it to pancakes, too!



FOUR SIGMATIC MUSHROOM COFFEE THINK

We swear it doesn't taste like mushrooms. Adding Chaga and Lion's Mane to organic Fair Trade ground coffee creates a balanced brew that is good for mind, body, and soul. And you get a little kick in the gas pedal. (*Available in bulk pack or individual serving sizes*)



2022 Fairtrade Mural, Bay View store.



II by MARGARET MITTELSTADT

DAVID vs. GOLIATH in a shrinking retail grocery landscape

OUTPOST NATURAL FOODS OPERATES INDEPENDENTLY, GUIDED BY THE VALUES OF THE SEVEN INTERNATIONAL COOPERATIVE PRINCIPLES, GOVERNED BY A DIVERSE BOARD COMPRISED OF PEOPLE WHO JUST MIGHT BE YOUR NEIGHBOR, AND SHAPED BY THE NEEDS OF OUR 21,000+ OWNERS AND OUR 360+ EMPLOYEES. WE ARE OWNED BY THE COMMUNITY, AND SINCE OUR HUMBLE BEGINNINGS WE LED THE WAY FOR THE LOCAL, NATURAL, AND ORGANIC FOOD MOVEMENT IN THE METRO MILWAUKEE AREA. YOU COULD SAY THAT CO-OPS LIKE OUTPOST GROW COMMUNITIES.

A lot has changed since we first opened our doors and what we once prided ourselves on being the leader in has now become mainstream. Big Box retailers and publicly-listed companies now dominate the grocery retail landscape, gobbling up market share for the very products that used to be exclusive to our shelves. Outpost is no longer the outlier in Milwaukee when it comes to organic food. We are dwarfed by behemoths like the Kroger Company, based out of Cincinnati, Ohio, who acquired Roundy's Pick 'n Save and is poised to add Albertson's to its stable of acquisitions, eating up its competition with an insatiable appetite and flattening out the marketplace even further. If approved by the Federal Trade Commission and the Justice Department, the \$25 billion Kroger/Albertson's merger would place Kroger near the top of the grocery heap, surpassing most other grocers. It's a race to the pinnacle where shareholders win through buybacks and huge dividends.

It remains to be seen if giant mergers like the one proposed above are good for consumers. It can be argued that costs will come down and wages go up. However, there is a real possibility the outcome could lead to decreased competition resulting in higher prices and fewer choices for consumers, alongside the very real possibility of a decrease in accessibility to some neighborhoods. Profitability for shareholders becomes the focus and not savings for consumers or higher wages for workers.

Despite the changes we are seeing in the world of Big Grocery, we have a unique and strong position – Cooperation. Through cooperation, by staying true to our roots and living the values that resonate with our shoppers: self-help, self-responsibility, democracy, equality, equity, and solidarity – alongside the ethical values of honesty, openness, social responsibility and caring for others. Our purpose as a co-op is to meet our owners' needs through the products and services that our owners want.



Our Mequon store solar array.



Outpost can't necessarily compete on price in every category, but we are free to offer a wide variety of product choices for our owners and shoppers where the Goliaths of the world are too big to even bother. Connecting to small family farms and bringing on board local and regional food producers is our jam; it's what we do. That's consumer diversity in action!

Our four stores are approachable, unique, and vibrant places. With the relentless onslaught of climate change, our green built spaces are a testament to our commitment to always strive towards sustainability. We give back in meaningful ways where our local relationships to end hunger are front and center. We used to say on our bags, "Large enough to meet your needs; Small enough to meet your neighbor." That adage still rings true.

Working for the co-op offers opportunities, benefits, and earning a livable wage at full-time hours. We foster and provide a safe, inclusive, and equitable workplace for all our employees. In turn, they help to shape and support the progressive workplace culture they enjoy.

Yes, we are a David staring down a horizon crowded with bloated Goliaths, but as a co-op it's up to you, our owners and shoppers, to keep our doors open and the lights on. When faced with alluring options in an ever-changing retail grocery world, how can YOU continue to support the co-op you love, the business that has had your back every step of the way when you demanded organic, local, vegan, gluten free, inclusivity, small farms, fair wages, and climate-friendly choices? Are we perfect? Heck no, but we continually work at being better operators and offering a true, locally owned and operated shopping experience.

COOPERATION: IT'S OUR JAM

Outpost Owners –
Save the date for our first in-person Annual Meeting in three years!

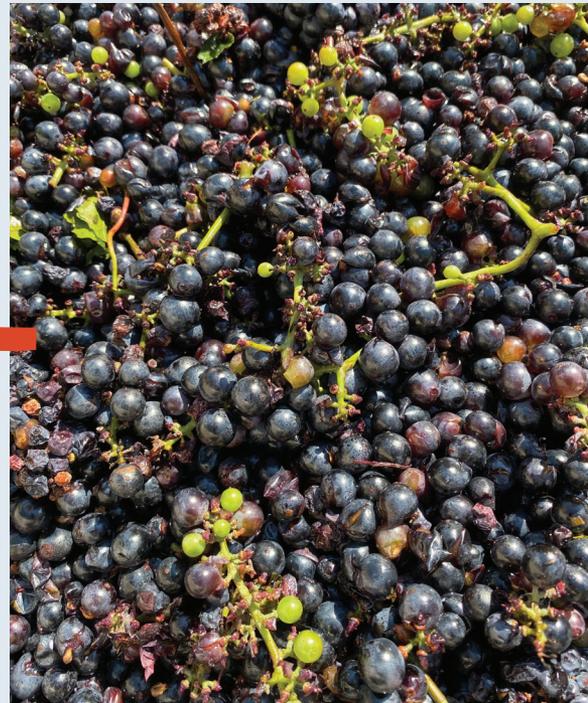
**Sunday,
March 5th
1:00 – 4:30 p.m.**

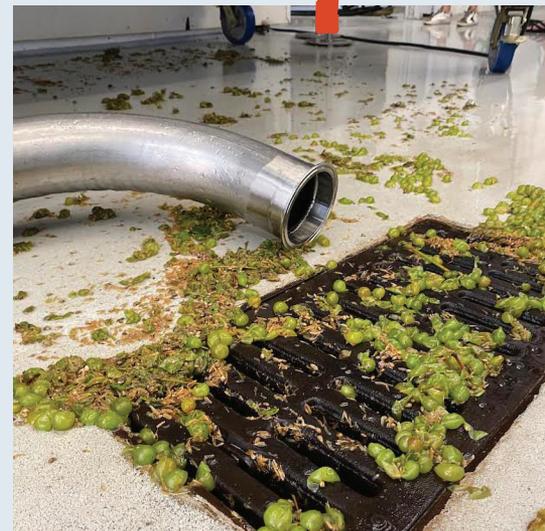
**visit www.outpost.coop/OurJam
for more info and to RSVP
after February 5, 2023**



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European Roots that grew a Wisconsin Winery

story and photos by
MICHAEL SORENSEN

THE INTERVIEW GOT OFF TO AN ENCOURAGING START WHEN JEN KEELE, DIRECTOR OF WINE AND SPIRIT SALES AT WOLLERSHEIM WINERY AND DISTILLERY, TELLS ME, “HELP YOURSELF TO ANY OF THESE” AS SHE DEFTLY PLACED SIX BOTTLES OF WOLLERSHEIM WINE ON THE TABLE.

Sitting under the lush canopy of grape vines at Wollersheim’s postcard perfect winery, overlooking the rolling hills of Prairie du Sac, it’s easy to imagine you were at a French chateau in the countryside instead of a few miles from the Wisconsin River.

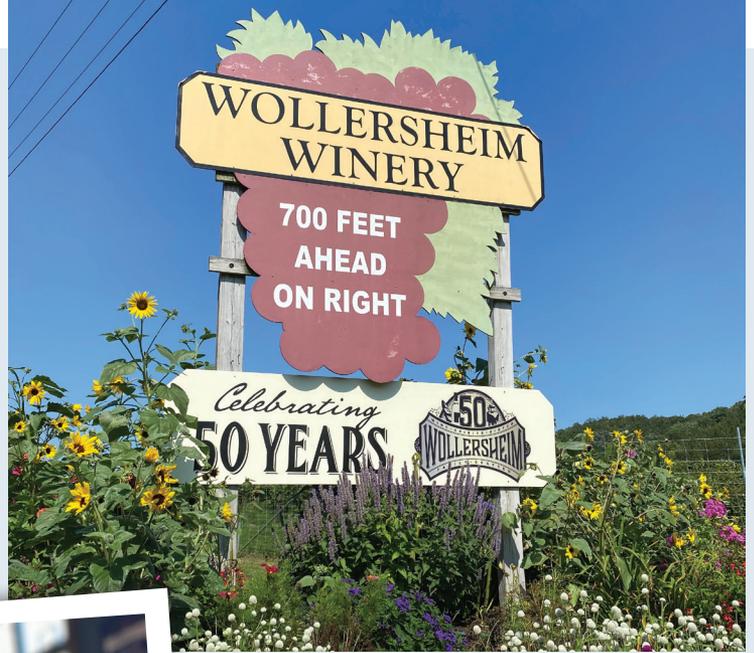
The European connection is intentional since it was Hungarian immigrant Agoston Haraszthy who planted the first grape vines on this land in the 1840s. Unfortunately, things didn’t

go as planned, as Jen explained, “The vines he brought over from Europe all died since he wasn’t that familiar with Wisconsin’s winters.”

Peter Kehl, a fourth-generation winemaker from Germany, took over the property next and found some success until family tragedies and a harsh winter convinced him to give up his vineyard dreams, and converted everything over to cow farming. During Prohibition in 1919, the remaining wine was sold, while the leftover barrels were used as kindling.

And that might have been the end of Wisconsin’s wine story until Bob Wollersheim bought the farm in 1972 and restored it to a working winery again. “It was a slow go back then,” Jen tells me. “In 1972 wine culture was much different than it is today, much less any wines from Wisconsin. Wine making

(continued)



equipment wasn't even available around here at that time either, so they were using old dairy equipment and converting it to wine equipment any way they could. Bob's wife was doing the tours, grandma was doing the dishes. It was very basic."

Enter Philippe Coquard, who arrived from the Beaujolais region of France in 1984. Philippe's family came from a long history of winemaking in France and Philippe holds many winemaking degrees, but the original plan was for him to only stay a couple of months, "I just wanted to go to California, and I thought Wisconsin was close to California, so I said yes." Instead, he fell in love with Bob Wollersheim's daughter, Julie, and never left. "They put my room next to hers. What did they think would happen?" Philippe confides with a smile. He became Wollersheim's official winemaker in 1985.

It was Philippe's winemaking skills that led to Wollersheim's breakout success; a refreshing white with hints of mango and citrus—the award-winning Prairie Fume. It's success enabled Wollersheim to purchase Cedarburg's Cedar Creek Winery in 1990 and the rest is Wisconsin wine history.

But being one of the state's premier wineries didn't quench Philippe's thirst for expansion. In 2015 the winery added their own distillery to expand their line and to perfect one of Philippe's passions, a perfect Wisconsin brandy. Distiller Tom Lenerz says it all starts with the grapes.

"The Press House Brandy is an American brandy made from French and American hybrid grapes. We literally created new varietals that could survive a Wisconsin winter. We then age it two years in American oak barrels."

Recently the Wollersheim Distillery has introduced a new spirit that showcases the taste of the state: their Two Mile Bourbon. Distilled from their High-Rye mash and aged in new, charred oak barrels, Two Mile has become an instant hit with Cheeseheads.

"We get the best results using local, Wisconsin ingredients," Tom explains. "That's what we're really exploring in distilling. Using local ingredients and the unique flavors they give us based on whatever the growing conditions were that year. We're going to embrace that and coax those flavors out, finding the best way possible to complement it."

CHECKOUT

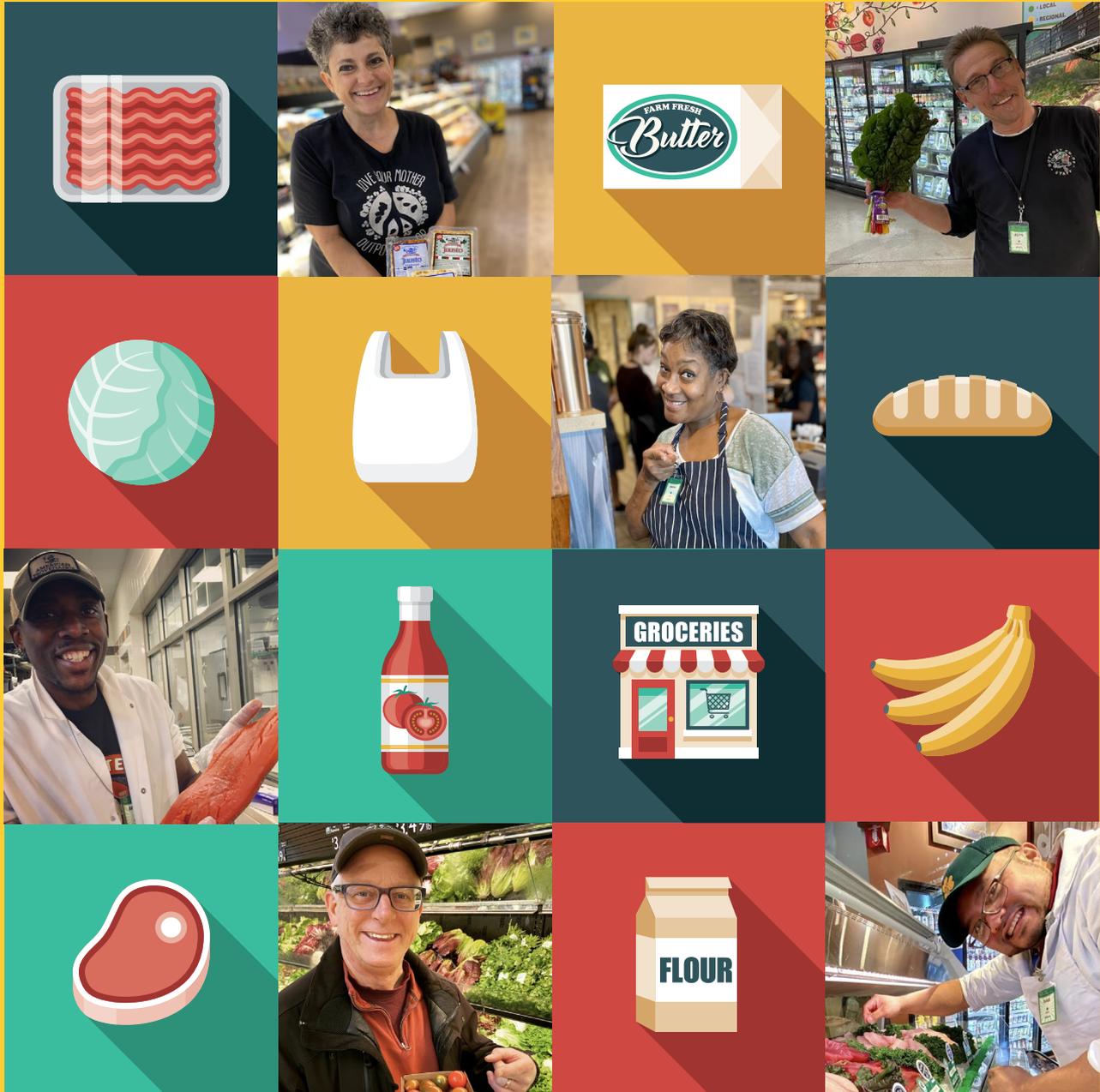


WHO . Kathy Nicholson, Feather reggae band performer

WHERE . Outpost Co-op, 100 E. Capitol Drive, Milwaukee

WHY . Kathy has been shopping the co-op since our Holton Street days because we have everything she needs. Rain, snow, heat – nothing keeps her from supporting her co-op!

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