# KOWALSKI'S AT HOME

# SUCCE SUMMER



Sundae (page 2)

THE BEST OF THE WURSTS

**NEW!** SIGNATURE ICE CREAMS

EASY HOMEMADE SALAD DRESSINGS

# thoughts from the KOWALSKIS

Lake life is undoubtedly at its best in summer. Whether enjoying the beach at the county park, making waves on the water or fishing off the dock, long, warm days and bonfire-filled nights are some of the best traditions of the season in Minnesota.

Traditional summer fare enhances these joys, from burgers and beer to cheese-and-wine picnics. And who could forget brats? Our Culinary & Branding Director, Rachael Perron, has combined this backyard staple with beer to create a new recipe featuring our customer-favorite Signature bratwursts. Find it on the back cover.

And what's summer without ice cream? While we love it all year round, there couldn't be a better time to introduce our newest Signature line than during these dog days. Throughout this issue and on our gorgeous front cover, you'll find just the excuse you need to add ice cream to your list on your next visit.

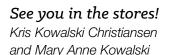
While our climate may not provide the extreme heat needed to grow them, we do have the best of the best peaches, cherries, plums and all other manner of stone fruit in stores right now. Produce Director Max Maddaus has culled the finest fruits from around the country this summer for your

cobblers, pies and crisps. Learn about them on page 10, and check out our website for tons of recipes featuring these sweet picks of the season.

Lest you long for something less traditional to pack in your picnic basket this season, Deli Director Jenny Mahoney recommends sushi. Turn to page 5 for some suggestions, and be sure to stop by the Sushi Counter in your local market to see the fresh, new flavors our Sushi Chefs are featuring right now.

Finally, see the feature on the facing page for a look at the experience of two of our more "mature" stakeholders working at our Oak Park Heights Market. They're among

a growing contingent of staff who found a home here after a long, full career elsewhere. Their experiences and insights make them vital members of our team and beloved by their customers.





**KOWALSKI COMPANIES IDENTITY STATEMENT**: Kowalski Companies is a civic business. All stakeholders are obligated to organize, educate and set policy according to democratic principles and standards. We do this in partnership with other demonstrations of the Midwest Active Citizenship Initiative to renew and sustain democracy and to create a world that is abundant and just.

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#### BROWNIE SKILLET SUNDAE 🚺

SERVES 12

- 1 pkg. boxed brownie mix, plus ingredients needed to prepare as directed on the pkg.
- 1 pt. Kowalski's Signature Ice Cream (your choice of flavor)
- Kowalski's Deep Dark Hot Fudge and/or Sea Salt Caramel Sauce, to taste
- garnishes (your choice), to taste: whipped cream, chopped nuts and maraschino cherries

#### **DIRECTIONS:**

- 1. Lightly spray a 10" cast iron skillet with cooking spray; prepare and bake brownies as directed on the package, using the skillet as a baking pan.
- 2. Once baked, let brownie cool slightly in the pan for 30 min.
- 3. Top warm brownie with ice cream and drizzle with sauce; garnish as desired.
- 4. Serve in the skillet.



# STAKEHOLDER SPOTLIGHT SECOND time



Karen Diethert



Michell Shamble

rocery stores commonly provide first jobs for lots J of teens, but they're also a great place to build a second (or third!) career. Consider Karen Diethert and Michell Shamble. These vibrant women are among a growing contingent of experienced individuals who found a place for themselves at Kowalski's a little later in life.

Karen started working for Stillwater Bakery at age 13! She went on to have an incredibly diverse career, being employed by such businesses as Montgomery Ward, State Farm and even Northern Pacific Railroad! Michell worked as a field service engineer in the semiconductor industry in California! Seeking new adventures, both ladies joined the Deli team at our Oak Park Heights Market when it opened nearly 20 years ago.

Karen says, "I'd never used a meat slicer, but here I am today, still enjoying the job, and the people."

"I found it to be a great place to work with a friendly atmosphere," Michell adds. "I have made some great friends over the years, too."

Michell and Karen also thoroughly enjoy their off hours. Michell sings in a band called Rock On! She also loves gardening, swimming and spending time with her kids and grandkids. Karen enjoys doting on her eight grandnieces and grandnephews, straw bale gardening and spending time with her husband and best friend of 62 years, Len.

Looking to return to the workforce? Ready to start your second act? Want to meet some fun people and learn interesting new skills? Ask at your local Kowalski's or visit kowalskis.com to learn more about great opportunities for any stage of your career.

# move over, cheese & crackers!

Our Batter Breads partner perfectly with all manner of specialty cheeses and condiments. This summer, try a slice of Blueberry Bread with creamy, spreadable Snøfrisk cheese and Yellow House Vineyard Marquette Wine Jelly. Don't forget the fresh blueberries!





ice crea

Rachael Perron, **Culinary & Branding Director** rperron@kowalskis.com



e've talked about adding ice cream to Kowalski's Signature line since I started here 13 years ago, but personally, I've been practicing my whole life for this challenge.

> There's a rule in my household that any time the temperature reaches 100°, we have ice cream for dinner. It's only happened a handful of times since I moved to Minnesota in 1995, but the occasions on which it did happen really stand out in my memory.

> I have lots of great memories involving ice cream; it plays big in my family's traditions. There's the annual opening day visit to White Bear Lake's famous Cup and Cone; Fourth of July visits to Marion's Dairy Bar in Tawas, Michigan; and the Lumberjack Challenge at Nelson's Ice Cream in Stillwater (attempted once, and only once!). I've written several times about the homemade candy cane ice cream my family makes each Christmas Day, including in my first column back in November 2011, which featured our family's special recipe.

I've written and published quite a few more ice cream recipes since then. This Triple Ice Cream Cake recipe was inspired by one written by my predecessor, Linda Day Anderson. I've always loved her recipe. (Three flavors of ice cream in one dessert? Count me in!) Fortunately for me, the much-anticipated release of Kowalski's Signature Ice Creams gives me the opportunity to update it a bit. The original was a Neapolitan-inspired trio of chocolate, vanilla and strawberry ice creams. Here, I'm suggesting my personal favorites from our new line: rich Chocolate Peanut Butter, decadent Caramel Sea Salt and the surprisingly complex Vanilla Bean.

Warmly,

Rachael



- 9 oz. chocolate graham crackers (such as Kodiak Bear Bites), very finely crushed
- 2 tbsp. Kowalski's Unsalted Butter, melted
- 10 oz. jar Kowalski's Sea Salt Caramel Sauce, divided
- 1 pt. Kowalski's Signature Caramel Sea Salt Ice Cream, softened
- 1 pt. Kowalski's Signature Chocolate Peanut Butter Ice Cream, softened
- 1 pt. Kowalski's Signature Vanilla Bean Ice Cream, softened

#### **DIRECTIONS:**

- 1. Line a 9x5x2" loaf pan with parchment paper, allowing excess paper to hang over the long edges of the pan.
- 2. In a medium mixing bowl, evenly combine graham crumbs and butter; set
- 3. Remove lid from caramel sauce; microwave jar until caramel is loose and somewhat easy to drizzle but not yet warm (about 15 sec.).
- 4. Carefully spread softened caramel sea salt ice cream into the bottom of the lined pan; top with 1/3 of the crumb mixture and drizzle with approx. 1/3 of the caramel sauce.
- 5. Carefully spread softened chocolate peanut butter ice cream on top; top with ⅓ of the crumb mixture and drizzle with approx. ⅓ of the caramel sauce.
- 6. Carefully spread softened vanilla bean ice cream on top; top with remaining  $\frac{1}{2}$  of the crumb mixture and drizzle with remaining  $\frac{1}{2}$  of the caramel sauce.
- 7. Cover top of cake with a second sheet of parchment paper. Cover pan tightly with foil; freeze until solid (8-12 hrs.).
- 8. Fill kitchen sink with warm water. Carefully lower the pan into the water until it almost reaches the top of the pan; hold for about 20 sec.
- 9. Using overhanging parchment paper, carefully lift cake out of pan. Cut into slices with a warm, dry knife; serve immediately.



This summer, we're turning the idea of picnic food on its head with a look at an unusual yet perfect picnic option. Light, refreshing sushi is a colorful choice for your cooler bag that's virtually fuss free. It's also both easy to serve and easy to eat. Before you check out our new Sushi Counter selections this season, here's a refresher on some popular sushi (and sushi-adjacent) choices:

#### **MAKI**

This is what Westerners commonly think of when they envision sushi. Maki, or sushi rolls, are made with cooked or raw fish or other seafood, rolled up inside seasoned sushi rice. They may also include vegetables, like cucumber, carrot and avocado, and are often wrapped with a nori (seaweed) wrapper. Rolls made without fish or seafood are also available.

#### SASHIMI

Technically not sushi, sashimi is a simple yet elegant presentation of thinly sliced, usually raw, fish. Like maki and nigiri, it may be served with accompaniments like soy sauce, ponzu, pickled ginger, daikon radish and carrots. There is no rice element to sashimi. Find sashimi in our Seafood Departments!

#### SEAWEED SALAD

A light and refreshing addition to any sushi menu, seaweed salad has a well-balanced flavor profile that's tart, salty, sweet and savory all at once.

#### **POKE**

Both sushi and poke (pronounced poh-kay) are often made with raw fish. But, unlike sushi, which is Japanese, poke is a Hawaiian tradition. The word "poke" refers to the cube-like cut of the fish, which is usually marinated in a flavorful sauce. It is popularly served in a poke bowl atop other common sushi ingredients, like rice and vegetables.

#### **NIGIRI**

Typically, nigiri is fish or seafood served atop a ball or mound of seasoned rice. The fish is often, but not always, served raw and is distinguished from maki in that it is not rolled



Always keep picnic foods well chilled in an insulated bag or cooler with ample ice or ice packs.



Nowing how to make a great salad dressing at home is a handy trick and uses pretty pantry-friendly ingredients. Once you know the basic formula, it's easy to riff using whatever ingredients you fancy or anything else you have on hand. Below we're sharing the basic formula for a vinaigrette. Creamy dressings simply swap in a creamy base – think mayo, tahini, yogurt or (in the case of our dairy-free, vegan Catalina) hummus – for all or part of the oil and use vinegar (or another acidic ingredient) as needed to complement the flavor profile of the base. Fresh herbs, mustard and sweeteners like honey, maple syrup, fruit juice or sugar are optional and deliver

endless flavor possibilities. Shown above, left to right:

#### lemon dill dressing

Creamy, tangy and great on Romaine and iceberg salads.

#### orange vinaigrette

Try this nutty-sweet vinaigrette on spinach and kale salads.

#### lemon yogurt dressing

A tangy choice for both leafy greens and fruit salads alike.

#### red wine vinaigrette

This Italian classic elevates a chopped salad or sub sandwich.

#### grapefruit vinaigrette

A lovely dressing for quinoa, couscous and other grain salads as well as greens.

#### Rachael's light ranch dressing

Practically indistinguishable from our Culinary Director's original classic ranch recipe.

#### Rachael's Russian dressing

This creamy dressing is flavored with smoky paprika, cumin and capers. It's great atop an iceberg salad or on a classic Reuben or Rachael sandwich.

#### pumpkin salad dressing

Made with seasonally available pumpkin butter, this is great on a mixed green salad with roasted squash, dried figs and blue cheese. Apple butter is a great swap for the pumpkin.



# 3 parts oil

1 part vinegar salt and pepper, to taste

#### green goddess dressing











½ cup tahini

34 oz. fresh parsley (including tender stems)

34 oz. fresh cilantro or basil (including tender stems)

¼ oz. fresh dill fronds

- 1-2 jalapeño peppers, stemmed and seeded (optional)
- 1 green onion, trimmed (white and green parts)
- 2 cloves garlic

½ cup Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department)

¼ cup water, plus more as needed

- kosher salt, to taste
- crushed red pepper flakes, to taste (optional)

#### **DIRECTIONS:**

- 1. In a food processor, combine the first 7 ingredients (through garlic); blend until smooth.
- 2. Add lemon juice; process until mixture is very smooth.
- 3. Add ¼ cup water; process until mixture coats the back of a metal spoon without running off too quickly. Add more water as needed to reach desired consistency.
- 4. Season with salt and red pepper flakes to taste.
- 5. Use immediately or store in the refrigerator, covered, for up to 3 days.





#### Catalina dressing (FV) VE OF







#### MAKES ABOUT 1 ½ CUPS

½ cup water

½ cup rice wine vinegar

4 oz. (approx. ½ container) Kowalski's Roasted Garlic Hummus

¼ cup Kowalski's Pure Maple Syrup

2 tbsp. tomato paste

1 ½ tsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department)

1 tsp. paprika

1 tsp. onion powder

¼ tsp. chili powder

¼ tsp. turmeric powder

- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

#### **DIRECTIONS:**

- 1. In a medium mixing bowl, combine water, vinegar, hummus, syrup and tomato paste; whisk until well incorporated.
- 2. Add next 5 ingredients (through turmeric); stir until well combined.
- 3. Season with salt and pepper to taste; use immediately or store in the refrigerator, tightly covered, for up to 1 week.



For a dressing with more "kick," replace Kowalski's Roasted Garlic Hummus with Kowalski's Sriracha Hummus, or try Kowalski's Red Pepper Hummus for a more robust flavor without the added heat.





# kowalski's signature ice creams

The Signature Products team never had more fun (or took longer to decide) than when "working" on the newest Kowalski's collab. Handcrafted locally by Crank and Dasher from our own exclusive recipes, our Signature Ice Creams use premium ingredients to craft next-level frozen treats that are impressively dense, rich, smooth and creamy.

**vanilla bean** This destined-to-be-icon is made with real vanilla beans – for the purists, of course.

**turtle cheesecake** Made with Kowalski's own Turtle Cheesecake from our Bakery Department, a scoop of this ice cream is two desserts in one!

**strawberry** Made with real strawberries and pure vanilla, this fresh, berry-forward ice cream simply screams summer.

**caramel sea salt** With a ribbon of creamy caramel and real sea salt, this flavor is more like a decadent caramel sundae than a simple scoop.

**pistachio** Made with sweet, earthy pistachios, this one tastes better than a trip to Italy.

mint chocolate chunk Mint chip lovers will flip for this romance between spearmint and peppermint oils for a balanced, cool freshness.

maple brown sugar bourbon This rich recipe features real Kentucky bourbon and pure maple syrup. Try it on its own or with a bonus drizzle of bourbon or syrup on top!

**java chocolate chunk** With freshly ground coffee in the mix, this recipe is buzzing with freshly brewed flavor. Pour a shot of espresso on top for the most amazing *affogato*!

**cookies and cream** Crafted with everyone's favorite chocolate sandwich cookies and a pure vanilla base, both kids and kids at heart will love this one equally.

**chocolate peanut butter** Lovers of the ubiquitous peanut butter cup candy will love this flavor with natural peanut butter swirled into a decadent chocolate ice cream base.

**chocolate malt** This one will take you back to a day at the ballpark. Its nostalgic flavor comes from malted barley and wheat extracts, plus pure vanilla for a more nuanced taste.

**chocolate** Rich and creamy with balanced cocoa and pure vanilla flavors, this one's a chocolate lover's chocolate.







#### COOKIE SKILLET SUNDAE (1)



SERVES 12

- 2 (32 oz.) pkgs. Kowalski's Signature Bake at Home Classic Chocolate Chip Cookie Dough, thawed, if frozen
- 1 pt. Kowalski's Signature Ice Cream (your choice of flavor)
- Kowalski's Deep Dark Hot Fudge or Sea Salt Caramel Sauce, to taste
- garnishes (your choice), to taste: whipped cream, chopped nuts and maraschino cherries

#### **DIRECTIONS:**

- 1. Lightly spray a 10" cast iron skillet with cooking spray.
- 2. Break dough pucks into quarters; place evenly around the bottom of the pan to cover as much surface area as possible.
- 3. Let dough stand at room temperature for 10-15 min.; while dough sits, preheat oven fully to 350°.
- 4. Press dough lightly to create an even layer about ½" thick; bake in preheated oven until edges are dark golden-brown and the center is just barely wet (20-25 min.; the top should be lightly cracked and glossy).
- 5. Remove from oven; let cookie cool slightly in the pan (30 min.).
- 6. Top warm cookie with ice cream and drizzle with sauce; garnish as desired.



 $\Gamma$  rom sweet, succulent peaches to perfectly plump cherries, stone fruits are a summertime favorite. With a single hard "stone," or pit, in the center rather than numerous seeds throughout, these fruits offer meaningful amounts of fiber and vitamins A and C. These nutrients help in the production of collagen, which benefits all parts of your body, including your skin, bones, muscles and joints.

Look for these juicy delights in the Produce Department this season.

# **SOUTH CAROLINA PEACHES** now – the end of July

Fans of Southern peaches may be surprised that South Carolina grows more fresh peaches than Georgia. In either case, hot Southern nights produce particularly sweet fruit. Try pairing these with creamy, slightly salty, tangy fresh ricotta and burrata cheeses.

### **WASHINGTON BING CHERRIES** now – mid-August

Heart-shaped Bing cherries are nicely firm, with deep maroon to black skin and dark red-purple flesh. They're very large, with a pleasant sweet-tart balance and an easy-to-remove pit, making them equally great fresh or cooked. Try them in our recipe for *Cocktail Cherries* or in a cherry crisp.



# **COLORADO PEACHES**expected mid- to late August

The vast majority of our Colorados hail from the small town of Palisade in western Colorado, where the largest peaches in the state are grown. Palisade has very warm to hot, dry days, coupled with very cool nights, which generate the perfect climate for bringing out this fruit's sugary-sweet flavor. Compared to others, this area generally grows larger-sized fruit.

### **WASHINGTON RAINIER CHERRIES**now – mid-July

Sweeter than Bings, Rainiers are recognized by their vibrant yellow to blush-pink skin and yellow interior flesh. Their striking appearance and fairly delicate skin make them well suited to fresh applications like snacks and salads.

# **WASHINGTON SUPER CHERRIES** now – the end of July

Super Cherries are the biggest cherries on the tree! These Bing cherries are hand-harvested in the Pacific Northwest and picked with care at the optimal time. They are a sweet, juicy option and especially impressive as a fresh snack.

APRICOTS, PLUMS and PLUOTS from California and Washington are also in stores now. Scan here to learn more about the best ways to use them.



# CALIFORNIA ORGANIC PEACHES AND NECTARINES now – August

Golden-hued peaches have a thin, fuzzy skin with red or pink blushing throughout. When ripe, they have an intoxicating aroma. Their sweetness and intense juiciness make them wonderful in pies and cobblers. Nectarines are often slightly smaller and firmer than peaches and enjoyed for their smooth skin. They have a tangy, sweet flavor, which is nice when grilled or tossed in a salad with salty prosciutto and goat cheese.





 $\Gamma$  iber is phenomenal. It's a gem of a nutrient with claims to fame that go well beyond just "roughage."

#### **DIGESTIVE HEALTH**

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Digestive issues are on the rise, with reflux (heartburn), bloating and irritable bowel syndrome (IBS) topping the list. Fiber lowers the risk for these conditions through its broom-like actions that help move food and other substances, including potentially harmful ones, through your intestinal tract. It absorbs water, creating bulk that engages the muscles in your intestines to move waste out. Without these bulking and sweeping actions, unhealthful elements can sit in your digestive tract to fester and cause trouble.

#### **BLOOD SUGAR CONTROL**

The fiber in whole grains, beans, nuts, seeds, fruits and vegetables slows digestion by stretching out the time it takes for food to break down into sugars and be absorbed into the bloodstream. Fiber's actions smooth out the rise of sugar circulating in your body and the energy levels that come from it.

#### **CHOLESTEROL CONTROL**

Research suggests that the soluble fiber found in oats, barley, beans, and certain fruits and vegetables reduces the production of LDL cholesterol, which may reduce the buildup of plaque inside arteries. Soluble fiber can bind to cholesterol particles in your small intestine, making them less apt to enter your bloodstream and find their way to other parts of your body.

#### **GUT (MICROBIOME) INTEGRITY**

Fiber feeds the good bacteria in your gut. This encourages the growth of more good bacteria, which helps nudge out harmful ones. Creating a well-nourished microbiome positively influences so many aspects of your health, including memory, mental wellness, nutrient absorption,

weight, sleep quality and immune strength. A happy gut produces certain vitamins and chemical messengers, such as serotonin and dopamine, which manage mood and enhance the body's ability to ease stress and anxiety.

#### **CANCER PROTECTION**

Eating a fiber-rich diet may help reduce the risk of certain cancers, including those of the colon, breast, stomach and prostate. It accomplishes this, in part, by binding up and moving potentially harmful substances more quickly through the intestinal tract, disarming substances that may promote cancers and helping cells stay healthy.

#### **TIPS TO GET YOUR FILL**

Women should aim for 25 grams of fiber each day; men, 35 grams. Only 7% of us are reaching those numbers. Most of us consume only half that amount. To move you closer toward the goal:

SEEK OUT WHOLE, LESS-PROCESSED FOODS WHEN POSSIBLE.

READ NUTRITION FACTS
PANELS TO DETERMINE HOW
MANY GRAMS OF FIBER ARE IN
A SERVING.

CHOOSE FOOD OVER SUPPLEMENTS.

REACH FOR FIBER-RICH ALTERNATIVES TO CONVENTIONAL FOODS.

STAY HYDRATED.

# seasonal Supper

B rats and beer are a classic pairing that can't go wrong. In this season's supper suggestion, we're recommending a new way to combine the two. A tangy-sweet beer-based glaze elevates everyday grilled bratwursts to new heights. Served with our organic kraut, one of our uniquely flavored mustards and crunchy pickles, it's a simple summer meal that needs just one thing: a cold one to wash it down.

**DID YOU KNOW?** 

#### **BEER-GLAZED BRATS**

SERVES 4

½ cup lager-style beer

2 tbsp. brown sugar

2 tbsp. Kowalski's Horseradish Pub Mustard

2 tbsp. Kowalski's Pure Honey

4 Market Sausages Premium Artisan Style Fresh Bratwurst

4 Kowalski's Butter Sausage Buns (from the Bakery Department), split halfway down the top and toasted

 garnishes, to taste: Kowalski's Fresh Organic Sauerkraut, Kowalski's Stoneground Mustard, Kowalski's Double Dill Pickles and Kowalski's Farmhouse Pickles

#### DIRECTIONS:

 In a small saucepan, combine beer, sugar, mustard and honey over high heat; bring to a boil and stir until sugar is dissolved.

2. Reduce heat to medium-low; simmer until glaze is reduced by  $\frac{1}{2}$  (7-10 min.).

3. Preheat a grill to medium-high heat; clean grill grates.

4. Grill brats over direct heat until cooked through (about 8 min.), turning occasionally; brush brats evenly with glaze on all sides in the last 2-3 min. of cooking.

5. Place brats in prepared buns; drizzle with remaining glaze.

Garnish with kraut and mustard; serve with pickles on the side.

Find Kowalski's Fresh
Organic Sauerkraut near
the refrigerated pickles.

