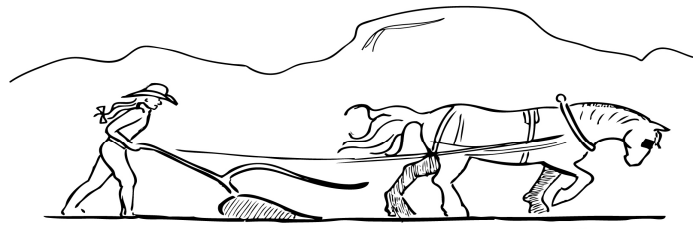


# The Feed Bag

501 Main Ave. North  
Choteau, Montana  
(406) 466-2684  
Mon-Sat 11am-6pm  
mountainfrontmarket.com



## Mountain Front Market

### April 2012

## Owner's Corner

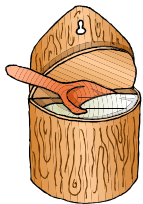
April is here so it will soon be time to plant the garden. If you haven't bought seed yet stop in to check out our selection from Fedco Seed Co-op in Maine. We have many heirloom varieties, some hybrids, and most are certified organic seed. None of the seed is genetically modified. Certified organic seed potatoes and onion sets will be arriving later this month. If you don't want to grow a garden-- don't worry-- locally grown produce will be available at MFM this summer!

This month's newsletter topic is SUGAR! How can something so sweet be

so bad for us?! Although our bodies do need sugar it is best to get it in the complex form through the unrefined foods we eat rather than adding that irresistible simple sweetener to our food. One might argue that sweeteners like honey, maple syrup, and molasses are better for us because they contain vitamins and minerals that assist in digestion of the sugar but all sweeteners are sucrose and should be used modestly. According to vast amounts of research, sucrose has been implicated in cases involving coronary disease, cancer, diabetes and the common cold. So, I suggest moderation-- treat that sweet like a treat and you'll be better off!

~Jill

## All About Sugar



Sugar is a broad term that encompasses many small groups of sweeteners such as glucose, fructose and sucrose. Many of our foods are made up of multiple types of basic sugar. For example, an apple contains both fructose and glucose.

As a carbohydrate, sugar can easily supply many of the calories (4 calories/gram) that you eat. Sugar is sucrose, a carbohydrate found in every fruit and vegetable, and a disaccharide made up of one part glucose and one part fructose. All green plants manufacture sugar through photosynthesis, the process by which plants transform sunlight into their food and energy supply. Once photosynthesis creates sugar, plants have the unique ability to change sugar to starch and starch to various sugars for storage. This diversity provides us with a variety of fruits and vegetables, from the starchy potato to the sweet carrot. Of all known plants, sugar is most highly concentrated in sugar beets (16%) and sugar cane (14%).

Through various processes sugar is separated from the beet or cane plant, and the result is 99.95% pure sucrose (sugar). This simple sugar is rapidly absorbed and leads to a 'sugar high.' The complex carbohydrates in fruits, vegetables and unrefined grains are slowly metabolized creating a better balance in our blood sugar. The reverse side of this newsletter gives a bit of information on the sweeteners that MFM carries for those times when a little added sugar is needed. For more information visit [www.livestrong.com](http://www.livestrong.com) and [www.sugar.org](http://www.sugar.org)

### Glycemic Index

The glycemic index is a numerical index that ranks carbohydrates on their rate of glycemic response or how quickly they convert to glucose in the body. The higher the number, the more quickly the carbohydrates break down thus causing a spike in blood sugar.

- Xylitol 7
- Agave Nectar 15
- Barley Malt Syrup 42
- Maple Syrup 54
- Backstrap Molasses 55
- Honey 62
- White Sugar 68
- High Fructose Corn Syrup 100
- Glucose 100

## April Sales

*(Prices valid 4/3-4/30, while supplies last)*

Fig Newmans

Sale \$3.95 Reg \$4.95

Natures Path

Heritage O's and Flakes

Sale \$7.95 Reg \$8.95

Nature's Path Mesa Sunrise

Sale \$8.95 Reg \$9.95

Knudsen Very Veggie Juice

Sale \$3.95 Reg \$4.50

Stacey's Bagel & Pita Chips

Sale \$2.95 Reg \$3.75

## New Items from the Made in Montana Trade Show

- \* Silk Road Spice Blends:
  - Harissa (Morocco)
  - Five Spice (China)
  - Advich (Persia)
  - Garam Masala (India)
- \* Harold's Specialty Mustards
- \* MT Angus beef jerky & snack sticks
- \* Tipu's Chai (is back!)
  - Slow Brew and Chai Now
- \* Thunderhead Raspberry Chipotle Sauce



**Offering a variety of certified organic seed packets including: Beans, Squash, Carrots, Lettuce, Kale, Herbs, Peas, Seed potatoes, Chard, Pumpkins, & much more.**

# Mountain Front Market Offers a Wide Variety of Sweeteners

## Cane Sugars:

- **Rapunzel Rapadura Whole Cane Sugar:** Pure juice is extracted from sugar cane and evaporated over a low heat while being stirred. Rapadura is dark in color and grainier in texture due to its minimal refining. Rapadura retains most of the vitamins and minerals of the sugar cane and its natural balance of glucose, sucrose and fructose. Use a 1:1 ratio to replace sugar.
- **Demerara sugar:** Originally manufactured and shipped from the port of Demerara, in British Guyana. Large, pale golden crystals, slightly sticky to the touch. Light and delicate in flavor. Similar to turbinado sugar.
- **Wholesome Sweeteners Organic Light Brown Sugar:** This moist, soft, fine-grained sugar has a mild molasses influence that provides a delightful caramel note to all varieties of foods and beverages. From Paraguay.
- **Wholesome Sweeteners Organic Dark Brown Sugar:** Stronger molasses influences make this dark brown sugar perfect for more savory uses, like barbecue sauces and savory dressing. From Paraguay.
- **Billington's Light Brown Muscovado Sugar:** Soft, moist, artisanal fine-grained sugar with a distinctive creamy fudge flavor. Produced and packed on the island of Mauritius. Within just 24 hours of harvesting, the cane is crushed and the sweet juices are collected, clarified to remove impurities, evaporated and crystallized. Billington's sugars still hold a bit of the cane's natural molasses within each glistening crystal.
- **Wholesome Sweeteners Organic Powdered Sugar:** Made by simply grinding our Fair Trade Certified Organic Sugar to a fine, creamy powder (12x) and adding 3% organic cornstarch or tapioca to prevent caking. Retains a bit of the cane's natural molasses to give a smooth, mellow and rounded flavor.

**Stevia:** Made from the purified extracts from the Stevia leaf, completely natural, no-calorie, no-carbohydrate, no glycemic index sweetener.

- **Stevita Liquid Stevia**
- **SweetLeaf® Sweetener™**
- **Unrefined Stevia Powder (on bulk spice shelf)**

## Liquid Sweeteners:

- **West Virginia Pure Maple Syrup:** Formed from the sap of sugar maple trees that is then boiled down into a thick syrup. Maple sugar on average contains about 33% water and 60% sucrose. Contains trace minerals and B-vitamins.
- **Beaverslide Dry Goods Wildflower Honey:** A uniquely flavored wildflower honey from the wild, riparian area along Dupuyer Creek.
- **Wholesome Sweeteners Organic Molasses:** A natural byproduct of the sugar-making process, this blackstrap-style organic molasses contains the canes' vitamins and minerals--including iron, calcium, B vitamins and chromium.
- **Eden Organic Barley Malt Syrup:** USA organically grown barley, sprouted, kiln roasted, and slowly cooked into a thick, dark brown syrup--an ancient process using only the grain's own enzymes created in the sprouting process, and the knowledge and care of artisan maltsters. A rich, mellow sweet flavor that's half as sweet as refined sugar. A 50-50 mixture with honey will attain the sweetness of cane sugar.
- **Madhava Organic Agave Nectar:** Made from the natural juice (aguamiel) of the Weber Blue Agave plant of Mexico. The heart of the plant is pressed to extract the agave juice which is then filtered to remove any plant debris and heated to about 140 degrees to achieve the sweet nectar. Low-glycemic and 1.4 times sweeter than sugar.

## Sugar alcohols:

- **Wholesome Sweeteners Zero:** A naturally fermented and crystallized cane juice which creates erythritol, sugar alcohol that is found in our bodies, as well as in many fruits, vegetables and even certain fermented foods. Glycemic Index: 0. Uses a 1:1 ratio to replace conventional sugars. Zero is 70% as sweet as table sugar.
- **Emerald Forest Xylitol:** An all natural sweetener that looks and tastes like sugar. Extracted and processed from birch trees it yields a white, crystalline granule that can be used in any recipe that calls for sugar. Some research shows that Xylitol is good for your teeth, stabilizes insulin and hormone levels. Excessive use might cause a mild laxative effect which resolves as the body's enzymatic activity adjusts.

\*Even though they might taste sour, lemons actually contain more sugar content than strawberries.



\*The US average for sugar added sugar consumption per person per year is about 150 lbs.



\*1 teaspoon of sugar  
=15 calories