

The Feed Bag

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



Mountain Front Market

August 2012



Owner's Corner

As I begin this month's newsletter, I am lamenting the fact that August is our last full month of summer. It's been a good summer with the crazy cumulus clouds and high temperatures. This month's newsletter is about rice, a gluten-free grain that provides a lot of B vitamins. As with other grains, once the outer husk of the grain is removed the brown rice can be eaten. Ideally brown rice should be stored in the refrigerator for a longer shelf life. Brown rice is often polished to remove the bran creating white rice, which extends the shelf life of the rice but eliminates most essential vitamins and nutrients from the grain.

Rice is the most important staple food for much of the world's population ranking second to corn in worldwide food production. Rice, a labor intensive, water loving crop, is primarily grown in Asia. In the United States, most rice is grown in California, Arkansas, Louisiana, Texas, Mississippi, and Missouri with half that production being exported, contributing to 12% of the world rice trade. There are numerous varieties of rice that are grown throughout the world with varying qualities of texture, aroma, and nutritional value.

Rice is one of the crops along with corn, wheat, and soybeans that has undergone a good bit of genetic engineering. If you would like to reduce your consumption of genetically modified foods then I would recommend eating the Lundburg Farms or the Eighth Wonder rice. Part of the mission of Eighth Wonder is to help keep the small farmers in the Philippines on their land growing rice in the local terraces. The villages that provide Eighth Wonder with rice grow hundreds of varieties that are in danger of disappearing as the government embraces biotechnology for its farmers.

Take time this month to explore the wide array of rice available to us here in Choteau. There is rice for sushi, dessert, stir fry and risotto. *Jill*

August Sales

(Prices valid 8/1-8/31, while supplies last)

Greek Gods Yogurt 24oz	Sale \$3.75	Reg \$4.75
Helios Kefir	Sale \$3.95	Reg \$4.95
Napa Valley Olive Oil	Sale \$10.95	Reg \$11.95
Natural Brew Ginger Ale	6pks Sale \$4.95	Reg \$5.95
Newman's Sandwich Cookies	Sale \$3.95	Reg \$4.95



**MOUNTAIN
FRONT
MARKET
WILL BE
CLOSED ON**

**ON LABOR DAY,
SEPTEMBER 3**

Suman with Heirloom Tinawon Rice

2 cups Eighth Wonder Sticky Rice	1-cup brown sugar
1 cup Eighth Wonder Tinawon Rice	1 tsp vanilla
1-1/4 cups of coconut milk	a pinch of salt

Combine sticky rice and regular rice; vigorously rinse 2-3 times in cold water, drain. Add 4 1/2 cups of water and a pinch of salt, if desired. Cook on low heat, partially covered 20-25 minutes. Bring coconut milk to a boil in a wok or large pan. When boiling, add brown sugar and stir constantly until it is reduced by about 1/2 volume. When mixture is reduced and frothy, add vanilla and the cooked rice; mix well and spread evenly in the wok. Cook over medium heat until the air holes in the rice dry out. Transfer rice to serving dish. For more recipes visit www.heirloomrice.com.

Mountain Front Market— Your Home for Wheat Free Grain Alternatives

Lundberg: Founded in 1937, Lundberg Family Farms® is a family-owned and operated business committed to producing fine quality rice and rice products. Today, the third generation carries on the family heritage by using eco-positive farming methods producing wholesome, healthful rice while protecting the environment for generations to come.

- **Organic Short Grain Brown Rice, Bulk:** One of the most full-flavored rice varieties. After cooking, the grains are soft and cling together which makes Short Grain Brown rice especially suitable in recipes where a creamy texture is desired, such as puddings, rice balls, croquettes, paella, and risotto.
- **Organic California White Basmati Rice, Bulk:** Long grain aromatic rice with the fragrance of Indian Basmati. An exotic choice when a fluffy, drier texture and an enticing aroma is desired. Especially suited for stir fry, salads, stuffing, pilaf, desserts.
- **Organic Long Grain Brown Rice, Bulk:** This rice is very popular because, after cooking, the whole grains remain fluffy and separate. Because of these properties, long grain brown rice is especially suitable in stuffings, pilafs, salads, casseroles, and stir-fry dishes.
- **Organic California White Jasmine Rice, Bulk:** Jasmine is an aromatic long grain rice originally grown only in Thailand that creates a delicate scent during cooking. The grains cook up moist and tender with a soft texture and delicious flavor. Jasmine rice is very versatile - use it as a side dish or in pilafs and desserts.
- **Organic California Brown Basmati Rice, Bulk:** This popular rice is an aromatic variety with the fragrance of Indian Basmati. Similar in texture and aroma to the California White Basmati rice with the healthful benefits of brown rice.
- **Organic California White Sushi Rice:** A classic Japanese short grain white rice grown especially for Sushi. It is truly superb in traditional Sushi rolls, salads, and other Asian dishes.
- **Eco-Farmed White Arborio Rice:** This signature rice of Lundberg Family Farms is well suited for rice recipes that create a creamy, chewy texture. Especially suited for cooking risotto, an old world preparation method involving stirring hot liquid little by little into the rice for about 20 minutes creating a rich, creamy texture.

Eighth Wonder, Ulm, MT: Eighth Wonder, Inc. is a socially responsible business that is importing select varieties of heirloom rice from the famed mountain terraces of the Philippines. Eighth Wonder operates in more than 18 communities, directly supporting sustainable agriculture and development.

- **Kalinga Unoy:** Locally known as Chong-ak, Ngoporan, Inniwoyan and Madduli, this rice has a rare delectable taste and aroma, which has been known to entice entire villages with its aroma while cooking. The red Unoy is always served during festivals and ceremonies to please the Kalinga god Kabunyan.
- **Tinawon Fancy:** Locally known as Imbu-ucan, this rice is the treasured variety of high elevations farmers in the municipalities of Banaue and Hingyon. With a slight pink or brown cast, Tinawon Fancy is noted for its taste and texture, mild aroma and fast cooking qualities.
- **Tinawon White:** Locally known as Donnal, On-Ongan, Innawi, Batnol and Ayyuhip, this is an exceptional white staple rice variety that is aromatic while cooking with a mild eating flavor.
- **Ulikan Red:** Locally known as Mimis, Ulikan and Mini-angan, this is a unique long grain rice that cooks out thicker and somewhat stickier than conventional long grain rice. Offers an “earthy” aroma when cooking, but a mild eating taste.
- **Mountain Violet Sticky Rice:** With its deep violet color, this rare, heirloom variety is the most highly prized sticky rice grown in the remote terraces of northern Luzon, Philippines. Mountain Violet makes desserts that are exceptionally flavorful and visually stunning. Traditionally used in sweet snacks and desserts, these nutty whole grains can also be used in soups, salads or to add color and texture to almost any dish.

Lotus Organic Forbidden Rice®: Organically grown on hundreds of small family farms in the Black Dragon River (Heilongjiang) region of China's sub-arctic Northeast provinces, is fabled to enrich health and longevity. This medium-size heirloom rice is treasured for its delicious roasted nutty taste, soft texture and deep purple color. Extremely high in the flavonoid antioxidants, anthocyanins, Forbidden Rice® is also rich in iron and, according to Chinese herbal medicine, considered to be a blood tonifier.

MacDougall's Organic Wild Rice: Grown in Northern California on a third generation family farm, the nutty fragrance and flavor is derived from the parching method used to process the grain in large roasting ovens. Similar to the curing technique used over the centuries by indigenous people in Minnesota and Canada, parching produces a finished grain with a long and virtually indefinite shelf life.