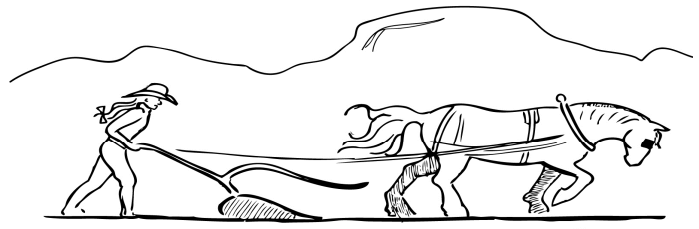


The Feed Bag

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Mountain Front Market

Fall 2013



Owner's Corner

Fall is in the air so that means it must be time for another newsletter from MFM.

In this issue, we have included the Environmental Working Group's latest update to their Dirty Dozen and Clean 15 produce list. Every year the list is updated by EWG based on the latest research.

For folks who are new to the idea of shopping for organic food, this list provides a great place to start. The produce case at MFM contains mostly organic produce, although there are times when price or availability limit purchasing organic items which results in non-organic substitutes.

At MFM we are always adding new products. This

month, however, we want to highlight some of the unique products that we have stocked for years that might be new to many of our customers.

My personal favorite is ume plum vinegar. Introduced to it by a customer soon after I opened the store, ume plum vinegar is now my go to product to sprinkle on sautéed chard, kale, or collard greens.

As time and room dictates, we will revisit this idea of introducing our customers to staple products that might be new to them. This fall get out of your food rut and try some different products on the shelves at MFM.

Enjoy the Autumn bounty of local food

~ Jill

New Items

- Coconut Secret Peruvian Crunch Dark Chocolate and Roasted Coconut Bar
- High Mountain Huckleberry Ice Cream Topping
- Redmond Earth Paste Natural Toothpaste
- So Delicious Dairy Free Yogurt

Gluten Free Items

- Coconut Secret:
 - Mint Coconut Bar
 - Classic Coconut Bar
- Kinnikinnik:
 - Smoreables: Graham Style Crackers
 - MT Choc. Chip Cookies
 - Multi Grain Bread
- truRoots Organic Ancient Grain Fusilli

Environmental Working Group's 2013 Shopper's Guide to Pesticides in Produce™

Clean Fifteen

Asparagus	Mangos
Avocados	Mushrooms
Cabbage	Onions
Cantaloupe	Papayas
Corn	Pineapples
Eggplant	Sweet peas -
Grapefruit	frozen
Kiwi	Sweet potatoes

Dirty Dozen

Apples	Peaches
Celery	Potatoes
Cherry tomatoes	Spinach
Cucumbers	Strawberries
Grapes	Sweet Peppers
Hot peppers	Kale / collard
Nectarines -	greens +
imported	Summer squash+

+commonly contaminated with pesticides exceptionally toxic to the nervous system.
For more information visit EWG's website www.ewg.org/foodnews/

Zone 4 *A magazine featuring Vegetable and Flower Gardening, Living in the High Country and Local Foods.*

Fall Edition Now Available at Mountain Front Market

Mountain Front Market will be closed on Thanksgiving Thursday, Nov. 28 so our employees can spend time with family and friends





What Do I Do With That? **A Guide to Unusual Items at MFM**



Eden Organic Dulse Flakes: Sustainably hand-harvested from Grand Manan Island, New Brunswick, this flaked sea vegetable is very low in sodium and is a valued food by coastal peoples of North America and Northern Europe for its vitamins, minerals, trace elements and iodine. Dulse is commonly used in oatmeal, soups, hot porridges, breads, salads, pasta, baked potatoes, popcorn and can add an earthy quality to almost any dish.

The Ginger People Organic Pickled Sushi Ginger: Often used as a sushi garnish, this thinly sliced ginger is cooked briefly in rice wine vinegar and sugar for a sweet and sour taste. Pickled Ginger can be used on fish tacos, in Asian inspired soup, in stir-fry, or combine it with tropical fruits and coconut for desert.

Eden Organic Ume Plum Vinegar: Made from the pickling brine from umeboshi plums mixed with sea salt and red shiso (beefsteak leaf) for color, this tart, salty condiment is filled with beneficial organic acids. Umeboshi plums have been used for over 2,000 years in China and are valued for their ability to strengthen digestion, stimulate appetite, restore energy and help the body maintain the proper acid/alkaline balance. Sprinkle ume plum vinegar on blanched or steamed vegetables, add to salad dressings, marinades, hot sauce, salsa, and dips. Excellent for making pickles. 4.3% acidity.

Timeless Semi Pearled Organic Farro: The original wheat, this quick cooking heirloom grain is prized by chefs for its chewy texture and nutty flavor. Excellent for risotto, pilaf, soup or in salads.

Chicken Salad with Pickled Ginger

- 1/4 cup pickled ginger, finely chopped
- 2 cups diced cooked chicken
- 1/4 mayonnaise
- 1/2 cup mandarin orange slices
- 1/4 cup sliced almonds
- 1/4 cup water chestnuts
- Combine and serve on a bed of lettuce.

Popcorn with Dulse Flakes

- 1/2 cup Eden Organic Popcorn
 - 3 Tbsp Eden Extra Virgin Olive Oil
 - 2 Tbsp Eden Organic Dulse Flakes
- Pop corn according to package directions and place in a large serving bowl. Place the dulse in a blender, or coffee grinder and pulse several seconds until a fine powder. Sprinkle over the popcorn. Mix.

Toasted Farro with Cherry Tomatoes, Basil and Goat Cheese

- 1 cup Pearled Farro
- 3 cups water plus 1/2 tsp salt
- 6 tbsp. Extra Virgin Olive Oil plus 1 Tbsp for roasting
- 3 tbsp. Red Wine Vinegar
- 2 cloves Garlic, minced
- 1/2 cup Red Onion, chopped fine
- 1 5 oz. basket ripe Cherry Tomatoes, halved
- 1/2 tsp. Sea Salt
- 3/4 tsp black pepper
- 1 cup fresh basil leaves, julienned
- 3 oz. Goat Cheese
- Sliced Olives for garnish

Toast farro in 1 Tbsp Extra Virgin Olive Oil in skillet until lightly toasted. Add 3 cups of water and salt to pan and bring to boil. Reduce to simmer and cook uncovered until farro is medium tender, about 15-18 minutes. Drain. Place farro in mixing bowl; add remaining 6 Tbsp Extra Virgin Olive Oil, 3 Tbsp Red Wine Vinegar, chopped onion and garlic. Let stand at room temperature up to one hour. To serve, fold in cherry tomatoes, basil, salt and pepper to taste. Sprinkle goat cheese over top of salad and garnish with sliced olives. Serve at room temperature.

Scarlet Quinoa

- 1 cup Red (or multi colored) Quinoa, washed
- 1 1/2 cups boiling water or chicken stock
- 1/3 cup diced beets
- 2 Tbsp Extra Virgin Olive Oil
- 1 Tbsp Eden Ume Plum Vinegar, or to taste
- 1 Tbsp freshly squeezed lemon juice
- 1/2 tsp freshly grated lemon zest (rind)
- 6 whole red radishes, sliced into half-moons
- 2 Tbsp minced red onion
- 1/4 cup chopped scallions or chives
- 1/2 cup fresh or frozen green peas, blanched 2 to 3 minutes
- 4 oz. Dried Cranberries

Cook quinoa together with the beets in water according to package directions. When done, cool, toss with all remaining ingredients and serve. Serves 6