

The Feed Bag

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

February 2012



Mountain Front Market



Owner's Corner

Happy New Year! Welcome to our first newsletter for 2012. It is arriving right along with winter. In 2011 our newsletters highlighted the many local producers whose products grace the shelves at Mountain Front Market. This year each issue will focus on a specific food group or ingredient.

We'll begin our series this month looking at **Legumes** which includes beans, chickpeas, lentils, peas, peanuts, and cashews. Since peanuts and cashews are

often lumped into the nut category, we will focus on them in a later edition. Legumes, paired with a small amount of animal protein, makes for a low cost meal. Traditional methods of preparation can also help with digestibility and nutrient absorption.

The lending library at MFM has several recipe books if you're looking for ideas on what to do with legumes: *Nourishing Traditions, More With Less, Gourmet Grains, Beans, and Rice* and *The Brilliant Bean*. We also have the *Pea and Lentil Cookbook* for sale which is an excellent resource. Here's to a year of good food and good health!

~ Jill

February Sales

(Prices valid 2/7-2/28, while supplies last)

Sales: Ezekiel English Muffins
& Corn Tortillas

Bragg's Products

Emergen-C

Greek Gods Yogurt

New: Chia Seeds

Greenbank Sharp Raw
Milk Cheddar Cheese

We have taken the leap
into the 21st Century.
Check out our new website:

www.mountainfrontmarket.com



Legumes: More Than a Hill O' Beans

The word "legumes" describes a large family of plants Leguminosae or Fabaceae that includes beans, peas, peanuts, lupines, alfalfa, clover, and acacia. Most legumes, through a symbiotic relationship with certain bacteria are able to take nitrogen from the air and "fix" it, that is change it into chemical compounds that can be used by plants. The nitrogen is then available to be used by animals that eat the legume plants and by other plants when it is absorbed by the soil after the legumes' death.

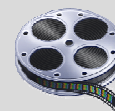
Beans, peas, lentils, and peanuts are available mostly as the dried seeds of plants grown as field crops across the world. The plants produce pods with rows of seeds inside them. Some are sold fresh and both the pod and seeds can be eaten, as with snow peas and runner beans. Other legumes, such as chickpeas, lentils and peanuts, are sold without the pod, as only the seed inside is edible.

Legumes are known as a nutritional powerhouse (see chart on left.)

Nutritional Values in 1
cup of beans:

Carbohydrates 43g
Fat 1g
Protein 16g
Calcium 52mg
Iron 5.5mg
Sodium 4mg
Potassium 754mg
Dietary Fiber 6.7g

Beans and Lentils provide an economical source of vegetable protein, complex carbohydrates, dietary fiber and vitamins. Beans contain both soluble and insoluble fiber. Soluble fiber forms a gel-like substance in the digestive tract that snares bile (which contains cholesterol) and ferries it out of the body. Research studies have shown that insoluble fiber not only helps to increase stool bulk and prevent constipation, but also helps prevent digestive disorders.



Movie Night

The Polyface Farm

Join entrepreneur and passionate farmer, Joel Salatin, as he shares his views of food and farming from his family's home place. This film is especially geared for those growing and raising their own food no matter the size or scale.

Thursday, February 16th
From 6:00-9:00pm

Bring a Snack to Share

Choteau Public Library
Alice Gleason Room
Free Admission

Sponsored by Meadows Ranch
and Mountain Front Market

Bean and Lentil Varieties Abound at Mountain Front Market

We are proud to offer you a wide variety of both dried and canned beans and lentils. We also offer frozen edamame (ed-uh-mah-meh), or soybeans, both with or without the pod.



Timeless Seeds: *As close to home as it gets, Timeless is dedicated to supporting local, organic farmers near the Rocky Mountain Front. Their processing plant is located in Ulm, Mt.*

Black Beluga® - A unique lentil with 24% protein. Mild flavored for delicately spiced soups and salads.

Pardina - A small brown lentil with a yellow interior with a distinctive nutty flavor. Recommended for pasta-based dishes and Mediterranean cuisine.

Green - A large versatile lentil with a greenish brown seed coat. Recommended for chili, baked dishes, stews and hearty soups.

Du Puy Style - Preferred by gourmet chefs in Europe, this lentil is highly recommended as an ingredient in broth-based, herb soups and gently flavored hot or cold salads.

Petite Crimson- This lentil has had its rusty brown skin removed to reveal the bright red seed underneath. It is thought this lentil originated in Turkey, and historians surmise that it was this lentil for which Esau sold his birthright in Biblical times. Recommended for pureed recipes.

Harvest Gold® - With its dull skin removed this bright yellow lentil is a quick cooking ingredient that works well in dips, soups, and baked goods.

Organic Black Kabuli® Chickpeas – With a charcoal black seed coat, rather than the typical blonde color of garbanzo beans, this chickpea makes a great addition to salad, unusual hummus and a colorful ingredient in soup.

Organic Yellow Split Peas – This split pea is a sweeter, more versatile substitute for the green split pea.

Garbanzo Beans– Dried



Western Trails Food based in Glendive, MT Dedicated to supporting local farmers. All beans are grown in eastern MT.

Pink Beans- These hard to find pinks are now grown along the banks of the Yellowstone River. Mealy texture, meaty flavor popular in Mexico & Peru.

Great Northern Beans

Pinto Beans

Black Beans

More information on these beans and lentils at the following websites:
edenfoods.com, timelessfood.com, and westerntrailsfood.com.

Eden foods: *Eden is the oldest natural and organic food company in North America and the largest independent manufacturer of dry grocery organic foods. Eden is the only US company to can their beans in BPA free steel cans.*

Aduki Beans- A compact red bean that's mild, sweet, strengthening, easy to digest, and balancing.

Black Beans- A creamy, sweet, versatile bean; a favorite in the Americas, the Caribbean, and a Mexican staple. Antioxidant pigments, aka carotenoids, give them their deep color.

Black Eyed Peas- A Southern favorite and the centerpiece of the classic dish Hoppin' John. Sauté with bacon, collard greens and tomatoes. Very high in thiamin B1 with 35 percent daily value.

Butter Beans (Baby Lima)- A superb variety with smooth buttery flavor. Great as a side and in soups, salads, or mashed. They made succotash famous with sweet corn. Rich in thiamin B1.

Cannellini (White Kidney) Beans- A large white kidney bean, aka Italian kidney. A creamy and sweet Mediterranean and Tuscan staple. Sauté them with Eden Olive Oil and sage for a Tuscan delicacy. Very high in thiamin B1 with 45 percent daily value.

Garbanzo Beans (chick peas)- These plump, round, golden beans are perfect on salad greens, in pasta salads, soups, and dips. Main ingredient in hummus. High in healthy fiber and folate B9.

Great Northern Beans- A mild and super versatile white bean. An excellent source of fiber, providing 32 percent daily value per serving. A good source of protein, thiamin B1, magnesium, and zinc.

Kidney (dark red) Beans- Great in soups, stews, salads, chili, refried beans, dips, and with all whole grain. A phenomenal source of healthy fiber, 40 percent daily value per serving, plus a good source of potassium, protein, thiamin B1, folate B9, and magnesium.

Navy Beans- A small white bean aka 'pearl haricot.' It's the baked beans classic.

Pinto Beans- An all purpose bean with mild, sweet, creamy flavor. A staple in Mexican dishes.

Beans + Grains = Complete Protein

Protein is made up of 22 amino acids. The body can produce all *but* 8 of these amino acids. Together, grains such as rice, wheat or corn eaten with beans provide a great source of all 8 essential amino acids.