

The Feed Bag

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



Mountain Front Market

July 2012



Owner's Corner

Welcome to July! With the devastating hail storm in late June many backyard gardens were destroyed. Fortunately for MFM, the storm did not hit Conrad and the gardens at Prairie Heritage Farm so we will still have a nice supply of fresh greens and other produce this summer.

This month's newsletter is a continuation of the topic of grains. Although we covered wheat last month, I would like to add a bit of information about Farro, a new-old wheat grain from Timeless Seeds in Ulm that MFM is now carrying. Farro is an Italian term for ancient or husked

grain and often refers to emmer or spelt. The Timeless Farro is emmer that is grown right here in the Golden Triangle. Emmer is the most ancient of the wheat varieties, domesticated more than 10,000 years ago in the Fertile Crescent of the Near East. Emmer is the mother of modern durum wheat and predates both spelt and Kamut khorasan wheat. As with spelt and Kamut, people with wheat sensitivities might be able to consume emmer farro. It can be used in recipes that call for other grains and, when ground into flour, it can make a sweet, nutty flavored bread. Look for it on the shelf at MFM.

Have a great 4th of July!

-Jill

Emmer Farro Salad with Fresh Garden Vegetables

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|--|----------------------------------|
| 1 C Timeless semi-pearled Farro | 2 Cloves Finely Chopped Garlic |
| 1/2 C Olive Oil to taste | 1 Small Fresh Red Chili Pepper |
| 1/4 C Red Wine Vinegar to taste | 2 Tablespoons of Capers, drained |
| 1/2 C Chopped Red Onion | 1/4 C Flat Leaf Parsley |
| 1/2 C Chopped Celery or Fennel | 1/4 C Basil or Mint |
| 1/2 C Chopped Carrot | Black Olives for Garnish |
| 1/2 C Peeled & Seeded Cucumber | |
| 1/2 C Tomatoes, Seeded & Chopped | |
| Handfuls of Chopped Arugula or other salad green | |

Cook Farro according to package directions. Place the drained farro in a bowl and let cool. Add the olive oil, vinegar, salt, and pepper to the farro; toss to coat. Fold in the onion, celery or fennel, carrot, and cucumber. Then add the tomatoes, greens, garlic, and chili pepper. Add the capers, parsley, and basil or mint, and taste for seasoning. Add more oil, vinegar, salt, or pepper, if you like. Garnish the salad with olives. Serve at room temperature.

July Sales

(Prices valid 7/2-31, while supplies last)

- Helios Non-fat Kefir
Reg. \$4.95 Sale \$3.95
- Julie's Ice Cream, quarts
Reg. \$7.95 Sale \$6.95
- Native Forest Artichokes
Marinated hearts
Reg. \$3.95 Sale \$2.95
Quartered hearts
Reg. \$4.95 Sale \$3.95
- Pacific Rice Milk
Reg. \$2.75 Sale \$1.75
- RW Knudsen Juice Spritzers
(4pk) Reg. \$5.95 Sale \$4.95

Steal of the Month!

- Organic Valley Butter
Reg. \$6.95 Sale \$5.95

New Items

- Kerrygold Dubliner Cheese (yum!)
- Greenbank Raw Milk Sharp Cheddar
- Uncle Matt's Organic Lemonade (thirst quenchingly delicious!)
- Earth Friendly Products Liquid Hand Soap



Mountain Front Market's

4th of July Hours:

9am-12noon

Be sure to join us to watch the parade.



Mountain Front Market— Your Home for Wheat Free Grain Alternatives

Corn:

- **Polenta Corn Grits, Bob's Red Mill:** Polenta makes a popular breakfast, especially in the Eastern and Southern states, served with milk and honey or brown sugar. Many gourmet Italian and Mediterranean restaurants feature polenta.
- **Corn Meal, Montana Milling, Great Falls, MT:** This coarsely ground meal makes wonderful cornbread offering a great texture without an overabundance of crumbs.
- **Organic Yellow Popcorn, Natural Value:** A 100% whole grain product offering high levels of beneficial polyphenol antioxidants and produced on an organic family farm in Nebraska. Non-organic popcorn is on the USDA's list of top ten foods most contaminated with toxic pesticides and chemicals. Tested GMO free. Kosher.
- **Light Buttered Microwave Popcorn, Newman's Own:** An easy to make, healthy snack offering no trans fats. Kosher.

Rye: A grass cereal grain, rye is closely related to barley and wheat. Rye grain is used for flour, rye bread, rye beer, some whiskeys and vodkas and animal fodder. It can also be eaten whole, either as boiled rye berries, or by being rolled, similar to rolled oats. Since the Middle Ages, rye has been widely cultivated in Central and Eastern Europe, and is the main bread cereal in most areas east of the French-German border and north of Hungary. Rye flour is high in gliadin but low in glutenin and therefore has a lower gluten content than wheat flour. Rye also contains a high proportion of soluble fiber.

- **Dark Rye Flour, Bob's Red Mill, Organic:** 100% stone ground from organic U.S. #1 dark, plump rye berries. Dark Rye Flour makes an outstanding hearty robust peasant-style bread.
- **Wheat and Rye Hot Cereal, Cream of the West, Green Barn Organics:** The perfect blend of rich wheat and hearty rye to create a warm breakfast cereal.

Farro, Timeless Seeds, Conrad, MT: An ancient wheat that's been rediscovered by chefs and others in recent years. The Timeless Farro is semi-pearled, quick cooking emmer. It may be eaten plain, though it is often used as an ingredient in salads and soups.

Cream of Buckwheat, Pocono: A wheat and gluten free alternative to cream of wheat, oatmeal and other breakfast cereals. An ideal starter food for infants.

Millet: Millet is thought to have originated in North Africa where it has been consumed since prehistoric times. Millet is still an extremely important food staple in Africa where finely ground millet is used to make a traditional flatbread known as *injera*. While millet has been used primarily for birdseed and livestock fodder in Western Europe and North America, it is now gaining popularity as a delicious and nutritious (11% protein) grain that can be enjoyed for both its unique virtues as well as the fact that it is a gluten-free grain alternative to wheat. Millet is rich in B vitamins, calcium, iron, potassium, magnesium, and zinc.

- **Millet, Montana Milling, Great Falls, MT** Available in bulk.

Quinoa: This pearl-shaped, gluten free, nearly perfect nutrition source was so revered by the Incans that they called it "chisaya mama" or "mother grain." Quinoa is actually an edible seed related to beets, spinach and tumbleweeds and has been in cultivation for over 4,000 years. This crop has become highly appreciated for its nutritional value as a complete protein (18% protein) and contains essential amino acids like lysine and good quantities of calcium, phosphorus, and iron. Because of these dense nutritional characteristics, quinoa is being considered a possible crop in NASA's Controlled Ecological Life Support System for long-duration human occupied spaceflights. After harvest, the grains need to be processed to remove the coating containing the bitter-tasting saponins. Quinoa grains are generally cooked the same way as rice and can be used in a wide range of dishes.

- **Traditional White Quinoa, Ancient Harvest, 12 oz. boxes or bulk available:** Grown in the Andean Altiplano regions of Bolivia, Ancient Harvest quinoa is grown at 12,000+ foot elevations in very arid conditions. This quinoa is a fully viable, live seed that can be sprouted readily straight from the box. Prewashed so there is no need to rinse before you cook.
- **White Quinoa Flakes, Ancient Harvest:** 100% organic quinoa simply steam-rolled into a quick cooking flake. Can be used for a nutritious hot breakfast cereal, pancakes or waffles, coating for cooking fish or chicken, baking muffins or cookies.
- **Royal Rainbow Quinoa, Alter Eco:** Grown in the arid Bolivian Altiplano salt flats, 13,000 feet above sea level, this seed is nearly a third larger than anywhere else in the world. Offering a wide variety of color, this product is especially suited to salads and side dishes.