

# The Feed Bag

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



## Mountain Front Market

### June 2012

## Owner's Corner

Hi Folks! June has arrived and so has the local produce. We've had some lettuce from Micah & Becky Martin's greenhouse as well as spinach from Groundworks Farm. Look for more to come this month! The topic of our June newsletter is "Grains." There is a plethora of grains that we eat ---too many to cover in this newsletter. Therefore, we will cover the grains containing gluten this month and the gluten-

free grains next month. There is much debate about the importance of grains in our diet. For the vegetarian they are a staple but for those following a low carb or paleo-type diet most grains are avoided. Once again I must reiterate that we are all individuals and there is not a one-size-fits-all eating regime. So, listen to your body, listen to your health practitioner, and eat for your own health. Happy hiking, gardening, & eating! ~Jill



## Great Grains: Processing and Preparing

A grain is the small, hard seed-like fruit of a grass, especially a cereal plant. Cereal plants include wheat, barley, oat, rye, millet, maize, and rice. Nutritionally speaking, grains provide fiber and several of the B vitamins. They are a source of protein but lack the amino acid lysine, so do not form a complete protein in the human body. By combining grains and legumes in a meal one can attain a complete protein.

Grains must be processed to be consumed by humans. Most grains contain a hull that must be removed and then you are left with the whole grain which is composed of the bran, endosperm, and germ. Wheatberries, oat groats and dehulled barley are examples of whole grains.

After removing the hull, grains may be subjected to several other processes. One process is to crack or chop the whole grain into a couple pieces. This exposes the endosperm and shortens cooking times. Cracked wheat and steel-cut (or Scottish) oats are examples of this. Another process called pearling, or polishing, strips away the outer layers of bran. Although this greatly reduces cooking time, some of the nutrients of the grain are lost. Barley and white rice go thru this process. Instead of pearling, the grain may be crushed and ground to varying degrees. A course grind produces grits, a medium grind will produce meal, and a fine grind will produce flour. Wholemeal flours are made from crushing and grinding the whole grain. Refined white flours have had the bran and germ removed which makes a light flour and prolongs the shelf life but lacks some of the nutrients of whole grain flour. The term semolina refers to the coarsely milled endosperm of the grain. This term is often associated with durum (a variety of wheat) and is often used in making pasta.

Traditional methods of preparing grains whether whole, cracked, or ground included soaking in an acid medium, fermenting, or sprouting the grains before consuming. This reduces the phytic acid in the grain. Phytic acid is known to bind certain minerals which leads to nonabsorption in the intestinal tract. Cooking some grains such as rice and millet is enough to break down the phytic acid. For centuries, humans prepared grains in this manner. Today we see products like the Ezekiel Bread that are made in the traditional way. More information about these methods is available in Sally Fallon's book, Nourishing Traditions, available at MFM to borrow or purchase. Fallon, Sally. *Nourishing Traditions*. Newtrends Publishing, Inc., 1999. Muir, Jenni. *A Cook's Guide to Grains*. London: Octopus Publishing Group, 2008.

## June Sales

(Prices valid 6/6-6/30, while supplies last)

Nancy's Yogurt

Reg. \$4.50 Sale \$3.50

So Delicious Coconut Milk

Reg. \$4.50 Sale \$3.50

So Delicious Coconut Creamer

Reg. \$2.95 Sale \$1.95

Luna & Larry's Coconut

Ice cream

Reg. \$6.95 Sale \$5.95

Udi's GF Bagels

Reg. \$6.50 Sale \$5.50

Natural Sea Salmon

Reg. \$5.95 Sale \$4.95

Santa Cruz Orange Mango

Juice Reg. \$5.25 Sale \$4.25

Tanka Bites

Reg. \$7.95 Sale \$6.95

## New Items

\*Back to Nature Crackers:

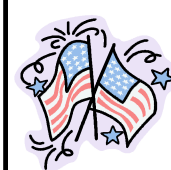
Sunflower & Basil

Spinach & Garlic

\*Mrs. Renfro's Mexican

Mild Sauce

\*ONE Coconut water



Mountain Front  
Market's

4th of July  
Hours:

9am-12noon

Be sure to join us to  
watch the parade.



## *Grains Abound at Mountain Front Market*

### Wheat Grains:

- **Couscous:** Par-cooked, coarsely ground Durum wheat. A traditional North African pasta that makes a popular side dish or is eaten as a mellow-tasting breakfast cereal.
- **Wheat Berries, Bob's Red Mill:** Soft White Wheat Berries are used mainly by those with their own home mills to grind whole wheat pastry flour.
- **Bulgur, Bob's Red Mill:** Made from Hard Red Toasted Cracked Wheat, bulgur is a Middle East staple with a tender, chewy texture. Use to make delicious salads or pilafs, or mixed in meat and vegetable dishes.
- **Wheat Bran, Bob's Red Mill:** An excellent source of natural food fiber and provides a healthy full-bodied texture when added to baked goods or sprinkled over soups, cereals or salads.
- **Wheat Germ, Bob's Red Mill:** The nutritional heart of the wheat berry. Add this high-quality germ to baked goods, use as a filler for meat loaves and balls, or to coat cookies, rolls, and breads, top a casserole, replace breadcrumbs. Because the natural oils are retained in wheat germ, refrigeration is required.

**Flours from Montana Flour and Grain, Fort Benton:** Most flour produced from tempered wheat is approximately 14% moisture while this flour contains approximately 10% moisture. Milling extremely dry wheat causes the bran to be pulverized into much smaller particles which provides a much finer end product. Shelf life: 6-12 months.

- **Unbleached White Flour, Organic:** A blend of hard and soft wheat with 8% to 11% protein (gluten). Naturally bleached with age.
- **Whole Wheat Flour, Organic:** Made from the whole kernel of wheat and is higher in dietary fiber and overall nutrient content than white flours. It does not have as high a gluten level, so often it's mixed with all-purpose or bread flour when making yeast breads.
- **Whole Wheat Pastry Flour, Organic:** Made with soft wheat with a protein (gluten) of 9% to 10%. Use pastry flour for making biscuits, pie crusts, brownies, cookies and quick breads.
- **KAMUT® Khorasan Flour, Organic, GMO Free:** This ancient grain has a wide variety of uses including baked goods, breakfast cereals and pasta. Use KAMUT® flour in place of, or mixed with, wheat flour in your favorite recipe to add flavor, color and nutrients. KAMUT® wheat is higher in protein than ordinary wheat and has more essential lipids and amino acids.

### Oat Grains:

- **Oat Groats, Organic, Montana Milling:** Obtained by removing the hull of an oat through mechanical processing.
- **Steel Cut Oats, Montana Milling:** Produced by cutting Oat Groats into 3 or 4 pieces.
- **Rolled Oats, Organic, Montana Milling:** Produced by flaking whole oat groats. Regular Oat Flakes are usually .02 to .03 inches thick but can vary according to specifications and take longer to cook than quick oats.
- **Rolled Quick Oats, Organic, Montana Milling:** Quick Oat Flakes are produced from Steel Cut Oats. They range from .014 to .018 inches thick and require minimal cooking time.
- **Oat Bran, Organic, Bob's Red Mill:** A deliciously smooth, high fiber cereal milled from high protein oats. It makes a wonderful hot cereal or add it to baked goods for increased nutrition.
- **Oat Flour, Organic, Bob's Red Mill:** Oat Flour added to your favorite pancake, biscuit or bread recipe adds true whole grain oat flavor and wholesome nutrition.

### Barley Grains:

- **Dehulled Barley, Montana Milling:** Dehulled barley has the outer hull removed from triple cleaned barley but retains the outer layer of bran. It grinds much better than whole barley and the flour does not need to be sifted.
- **Pearl Barley, Bob's Red Mill:** Pearl Barley has the bran partially removed before it is polished. Add this quick cooking grain to soups and stews in place of rice or use as pilaf or risotto.
- **Steelcut Barley Flakes, Western Trails Prairie Cuisine:** Cut from dehulled barley. Great for granola or as a hot cereal.
- **Purple Prairie Barley, Organic, Timeless Seeds (Conrad):** This very unique, naturally hullless barley originated in Tibet. It has 15% protein and the highest source of healthful, cholesterol-fighting beta glucans. Sweet in flavor, it's a great substitute for pearled barley.
- **RoBarr Roasted Barley, Regular and Bold (Conrad):** This caffeine free product, made with 100% certified organic barley, has none of coffee's harsh acids and contains no calories. Use RoBarr in any of your favorite "coffee" drinks and brew in any kind of coffee maker.
- **Pero Roasted Barley and Rye:** A 100% natural caffeine free coffee substitute with a coffee like taste blended from malted barley, chicory and rye.