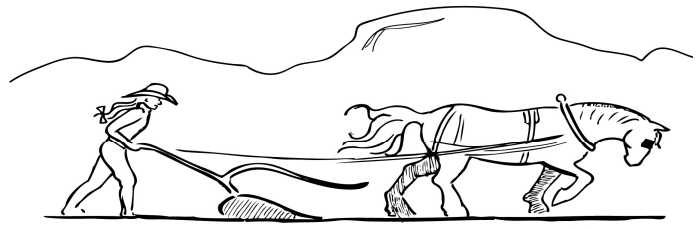


The Feed Bag

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Mon-Sat 11am-6pm
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Mountain Front Market

May 2012

Owner's Corner

This month our newsletter topic is **salt**. We've included some interesting tidbits about salt as well as describing the variety of salts we stock at MFM. Salt, like fat, has a bad rap, but it is a necessary element for our bodies. I have had customers ask me which salt is best to use. Iodized salt is sea salt that contains added iodine and, in many cases, anti-caking agents. Some folks do not want to consume the iodized salt because they want to control their own iodine supplementation. Adding iodine to salt was done on a large scale to combat goiters much like fluoride has been added to municipal water supplies to combat cavities. Some folks agree with this mass supplementation while others do not.

In recent decades several companies have started selling various sea salts that do not have added iodine or anti-caking agents therefore allowing consumers a choice. These "sea salts" tend to be less processed than iodized salts and often have more flavor.

Cooking from scratch allows you to control how much salt you add to your food. If you cook with a lot of pre-packaged food (including canned broth) then you lose some of that control. By listening to your body and your health care practitioner you can determine your individual salt needs. If you choose to reduce your salt intake, beware of replacing the desire for extra flavor with MSG laden products as this is a neurotoxin that can be detrimental to some folks.

Have a happy May! ~Jill

The Essentials of Salt



Salt is a mineral comprised mainly of the two elements, sodium and chloride. Sodium's primary function in the body is that of fluid balance, or the regulation of total body water. Other major functions of sodium include the absorption of nutrients from the digestive track and the maintenance of blood volume and pressure. Chloride, among other uses, is needed for the manufacturing of hydrochloric acid, the proper functioning of the brain and nervous system and activates amylases which are needed for the digestion of carbohydrate foods.

The human body requires sodium to function properly but cannot make salt on its own, so we are reliant on food to ensure that we get the required intake. According to the American Heart Association, most foods contain some quantity of naturally occurring sodium. Seventy five percent of dietary intake of sodium in the United States, however, comes from processed or prepackaged food items. Manufacturers add salt to food, mainly as a preservative but also to enhance flavor and color and to stabilize and bind ingredients. A healthy adult should not consume more than 2,300 mg of sodium per day. For individuals who are diabetic, middle-aged or older, or black or who have high blood pressure or kidney disease, the recommended daily amount is not more than 1,500 mg per day.

In the United States, salt manufacturers have been adding iodine to table salt since the 1920's to reduce goiters. Iodine is a mineral that is required in a person's daily diet to make thyroid hormones which are responsible for keeping metabolic rates stable and promoting bone and brain development. Iodine is found naturally in some foods including fish (such as cod and tuna), seaweed, shrimp, dairy products and products made from grains. Fruits and vegetables contain iodine although the amount depends on the iodine in the soil where they grew and in any fertilizer that was used. Iodine is also found in solar dried Sea salt, as this contains traces of sea life which naturally contain iodine.

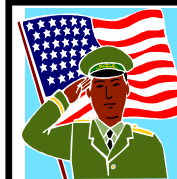
May Sales

(Prices valid 5/1-5/31, while supplies last)

Brown Cow Yogurts 6oz	Sale \$ 0.79	Reg. \$ 0.99
Emerald Valley Salsa & Bean Dip	Sale \$ 3.25	Reg. \$ 4.25
Udi's Bread (white & whole grain)	Sale \$ 4.95	Reg. \$ 5.95
Nature's Path Toaster Pastries	Sale \$ 2.95	Reg. \$ 3.95
R.W. Knudsen Cranberry Nectar	Sale \$ 3.50	Reg. \$ 4.50
Thai Kitchen Coconut Milk 13.6oz	Sale \$ 2.25	Reg. \$ 3.25

New Items

- *On the Frontier Bulk Spice Rack
 - Chia Seeds
 - Wasabi Powder (in stock again!)
- *For the Bubbies Fans:
 - Bubbies Sauerkraut
 - Bubbies Horseradish
- *For the Paleo Snackers:
 - Tanka Bars and Bites (modern day pemmican!)
 - Caveman Crunch Snacks



Mountain Front Market

**will be closed
in observance of
Memorial Day,
Monday, May 28.**

Mountain Front Market Offers Numerous Salt Options

Selina Naturally Salt:

- **Celtic Sea Salt, Light Grey :** Totally unprocessed, kosher and hand harvested this salt is dried by the sun and the wind, retaining the ocean's moisture and locking in a vast array of vital trace elements. This coarse, moist salt gets a light grey hue from the pure clay soil from which it is harvested. Offers a rustic old-world flavor. Try using it in cooking, for soups and stews, grilling, or grind it with a salt grinder.
- **Celtic Sea Salt, Finely Ground (Bulk):** This additive free, salt is similar to the light grey salt but is further dried at a low temperature then finely ground. An all-purpose shaker salt convenient for use at the table or in baking.

Redmond Real Salt: An all natural, unrefined sea salt harvested from an ancient ocean near Redmond, Utah. It's unique pinkish appearance and flecks of color come from more than 60 naturally occurring trace minerals. Offers a delicate "sweet salt" flavor that is harvested without additives, chemicals, or heat processing of any kind.

Eden:

- **Portuguese Sea Salt:** A smooth tasting white sea salt from the environmentally protected salt marshes of southern Portugal. A rare source of the full spectrum of trace minerals. Ideal for use as table salt and for all cooking and baking needs.
- **French Sea Salt:** Hand harvested, stone ground sea salt from the environmentally protected Isle of Noirmoutier, Brittany, France. Prepared using 1,500 year old ancient Celtic methods and no chemical processing aids. Offers a smooth, savory flavor and a wealth of trace minerals. Ideal for use as table salt and for all cooking and baking.

Frontier:

- **New Zealand Sea Salt (Grinder):** Harvested from the deep waters of the Pacific ocean, leading to a crisp, pure taste. This robust salt contains a great balance of elements and minerals that remain after the salt water is evaporated.
- **Hawaiian Black Sea Salt (Grinder):** This Hawaiian sea salt has a striking black color and silky texture. Pacific sea salt is bathed in all natural activated Coconut shell charcoal to achieve its characteristic color and slightly-earthy salt flavor. This coarse black salt has very large crystals which help to accentuate its visual appeal while providing a pleasant crunch.
- **Hawaiian Red Sea Salt (Grinder):** Non-processed and rich in trace minerals, all of which are found in sea water. A small amount of harvested reddish Hawaiian clay ("Alaea) enriches the salt with Iron-Oxide. Traditionally, Hawaiians used this salt in ceremonies to cleanse, purify and bless tools and canoes, as well, in healing rituals for medicinal purposes.
- **Himalayan Pink Salt (Grinder):** A pure, hand-mined salt found naturally deep inside the pristine Himalayan Mountains. The high mineral content crystals range in color from deep reds to beautiful pinks to sheer white indicating a beneficial amount of trace elements & iron.
- **Coarse Sea Salt (Bulk):** A great choice for the home grinder.
- **Salt and Pepper Combo Pack (Shakers):** ground sea salt and fine grind black pepper in attractive disposable shakers for use at the table, on a picnic or camping trip.

Making Salt: From Mine (or Brine) to Table

Salt is obtained from two sources: rock salt and brine. Rock salt is simply crystallized salt, also known as halite, and is the result of the evaporation of ancient oceans millions of years ago. These deposits are either mined with the use of explosives and drilling or with hydraulic pressure. The rock salt is then crushed and sifted or brined to attain the final product. Large deposits of rock salt are found in the United States, Canada, and Germany.

Brine is water containing a high concentration of salt. The most obvious source of brine is the ocean, but it can also be obtained from salty lakes such as the Dead Sea and from underground pools of salt water. Large deposits of brine are found in Austria, France, Germany, the United States, and the United Kingdom. The simplest method of evaporating brine is solar evaporation in which the brine is collected into shallow ponds and allowed to evaporate in the sun. Insoluble impurities such as sand and clay settle to the bottom as evaporation begins. The remaining brine is moved to another pond where the salt settles out as evaporation proceeds. The salt is then washed with highly concentrated salt water so the desired salt is washed free of any trace impurities without dissolving. The washed salt is then rinsed with a small amount of fresh water and allowed to drain for two or three months. Brine is also commonly processed by a multiple-effect vacuum evaporator, which steam heats the brine under pressure causing the salt to settle on the bottom of the cylinder as a slurry. It is then filtered to remove impediments. Natural brines always contain other substances dissolved along with salt such as magnesium chloride, magnesium sulfate and calcium sulfate. These substances may be as commercially valuable as the salt itself. For more information go to <http://www.madehow.com/Volume-2/Salt.html>



Salt mounds in Salar de Uyuni, Bolivia