

The Feed Bag

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

November 2012



Mountain Front Market



Owner's Corner

This month's newsletter is about nuts. No, not the people who work here but the nuts we eat! I've had much discussion with various MFM customers about whether the nuts we sell are true nuts and whether or not peanuts and cashews are legumes. In researching the topic, this is what I've learned . . . Mountain Front Market does not sell any true nuts!

A true nut, botanically speaking, is a dry fruit with one seed inside a hard ovary wall that is indehiscent (does not open at maturity) and where the seed remains attached with the ovary wall. True nuts include hazelnuts, chestnuts, and acorns. So, most nuts that we eat (and stock at MFM) are technically drupes, legumes, or seeds. Walnuts, pecans, cashews, pistachios, and brazil nuts are drupes. Peanuts are legumes and pine nuts are seeds. All nuts are seeds but not all seeds are nuts! I won't go into much more botanical detail here, but if you're a plant geek you might want to do your own research because it's interesting stuff. (Walnuts are in the same family as coconuts and the shell of the cashew contains the same allergen found in poison oak—fascinating! Yes, I'm a bit of a plant nerd.)

In our culture, the culinary term *nut* refers to all of the aforementioned fruits and seeds and more. Not only are nuts a quick snack option, they easily lend themselves to cooking and baking. Nutritionally, nuts are rich in energy and nutrients, especially monounsaturated fatty acids such as oleic and palmitoleic acids, which help to lower LDL or "bad cholesterol" and increase HDL or "good cholesterol." They are a rich source of omega-3 essential fatty acids and of minerals such as manganese, potassium, calcium, iron, magnesium, zinc, fluoride and selenium. Nuts also provide a substantial amount of vitamin-E and the vital B-complex group of vitamins.

"Nuts" are a valuable source of vitamins, minerals, and protein although overconsumption can lead to gastric irritability. Nuts, like grains, contain phytates that can block our body's ability to absorb the nutrients in the nut. Roasting eliminates some of the phytates but soaking then roasting makes nuts even more digestible and tastier too. See recipe below for a good way to process nuts.

Happy Thanksgiving! ~jill

Crispy Nuts

4 cups walnuts, pecans, almonds, peanuts, or cashews
6 cups water or to cover
2 Tbs. sea salt

Place nuts in a bowl with water and salt. Cover bowl with towel and soak for 7 hours (6hours for cashews). Drain and spread on stainless steel baking sheet. Place in warm oven or dehydrator (150-170 F) for 24-48 hours, turning occasionally until dry and crisp. Store in airtight container in fridge. Variations include Herbed Nuts, Curried Cashews, Crispy Nut Butters, Nut Crunchies.

From Healthy 4 Life booklet available at MFM to purchase or borrow from the Lending Library

November Sales

(Prices valid 11/1-11/30, while supplies last)

Organic Valley

Summer Sausage

Sale \$7.95 Reg. \$9.95

Farmer's Market

Canned Pumpkin

Sale \$1.95 Reg. \$2.95

Cream of the West

Wheat and Rye Blend Cereal

Sale \$2.95 Reg. \$3.95

Bulk Nuts:

Organic Almonds

Sale \$8.95/lb Reg. \$9.95/lb

Organic Pecans

Sale \$12.95/lb Reg. \$14.95/lb

Organic Walnuts

Sale \$9.95/lb Reg. \$10.95/lb

Mixed Nuts

Sale \$11.50/lb Reg. 12.50/lb

New Items

Woodstock Sugar: cane,
brown and powdered

Holiday Gift Ideas



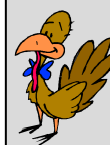
Keep an eye on the shelves at Mountain Front Market for fun gift ideas and stocking stuffers arriving this month. Including:

- *Celestial Seasonings Tea
- *Simply Organic Baking Mixes
- *Aroma Naturals Candles
- *Mrs. Meyers seasonal soaps

**MOUNTAIN FRONT MARKET
WILL BE CLOSED ON**

**THANKSGIVING DAY,
NOV. 22.**

**HAPPY
THANKSGIVING!**



Join us for the
Christmas Stroll
Dec. 1, 4-8pm

10% Off Storewide!

Limited to one coupon per customer. Offer valid Dec. 1, 4-8pm. Not valid with other offers or special orders

Free grab bag gift with a
\$25 minimum purchase



MFM is Nuts about Nuts!

Almonds: These nuts have long been revered as a symbol of wellness and health. The almond tree is a small deciduous tree, which bears whitish-pink flowers that ultimately become fruits by autumn. The fruit is a drupe, a single seed, known as an 'almond nut' that is enclosed inside the stony hard shell. Almonds grown in the U.S. cannot be sold as "raw" and are either gassed or pasteurized to kill potential pathogens. Currently, California almond growers are fighting to reclaim their right to sell fresh raw almonds in stores in the U.S. A confusing issue for consumers, almonds are often labeled as "raw" even though they have been pasteurized or gassed. The almonds in the MFM bulk bin are from the certified organic Baugher Ranch in California where the ranch grows, processes, and packages their nuts. After harvesting with the use of draft horses and non-mechanical means, the almond is removed from the shell, heated to 200 degrees F in a steam chamber for 20 seconds and then set on racks to dry and cool before packaging.

Pecans: These buttery, rich-flavored nuts are grown on the large, deciduous pecan tree that is native to the central and southern United States. Single seeded drupes, pecans are harvested from October through December and are then dehydrated to improve the keeping quality. MFM pecans are also pasteurized. Pecans are a rich source of many phyto-chemical substances that may contribute to their overall antioxidant activity.

Cashews: The evergreen cashew tree bears numerous, edible, pear shaped false fruits called "cashew apples." A small bean shaped, grey color "true fruit" is firmly adhered to the lower end of these apples appearing like a clapper in the bell. This true fruit is actually a drupe, featuring a hard outer shell enclosing a single edible seed or the "cashew nut." The outer shell contains a phenolic resin, urushiol, which is a potent caustic skin irritating toxin. The outer shell is roasted in order to destroy the resin and then the edible nut is extracted. In addition, cashews also contain a small amount of zeaxanthin, an important flavonoid antioxidant, which is selectively absorbed into the retinal macula lutea in the eyes and may provide protective UV ray filtering as well as aid in preventing age related macular degeneration (ARMD) in the elderly.

Pistachio: These rich nuts have been revered as the symbol of wellness and robust health since

ancient times. The pistachio plant is a medium sized broad, bushy, deciduous tree, that grows well under hot, dry climates with cool winters. It takes approximately eight to ten years until the tree produces its first major crop and then will bear for centuries. Each season, the tree bears heavy clusters of fruits, which appear like a grape bunch.

Pine nuts: These unique nuts, also known as pinon nuts or pignoli, are actually the edible seeds of a pine tree. The flowers of pine trees develop into a cone, which, after maturation (2-3 years), will naturally open up to release the seeds. Pine nuts contain pinolenic acid which has a potential use in weight loss by curbing the appetite. Pine nuts are one of the richest sources of manganese.

Walnuts: These revered nuts, with their convoluted surface resembling that of a brain, have been a symbol of intellectuality since ancient times. The nuts are edible kernels of the fruits from medium, semi tropical, deciduous trees which are ready for harvesting by August when the thick green hull begins to crack open to expose the light brown colored, hard-shelled "walnut." These popular nuts are an excellent source of omega-3 essential fatty acids, providing about 90% of the recommended daily intake in 25 g. Eating 6-7 average sized nuts fills the body with polyphenolic antioxidants which help scavenge disease causing free radicals from the body.

Peanuts: One of the most popular "nuts" known to humankind, peanuts are actually legumes but have almost all the qualities that true nuts contain. The peanut plant is a small annual herb that produces yellow flowers and, after self-pollination, develops "ovaries," called *pedicels*, which bury several inches deep under the ground from where the fruits develop into peanut pods. To harvest the 10-150 fruit pods, the entire plant, including roots, is dug out from the soil. These popular "nuts" also contain high concentrations of p-coumaric acid, which is believed to reduce the risk of stomach cancer, heart disease, degenerative nerve disease, Alzheimer's disease, and viral/fungal infections. Peanuts are a good source of dietary protein composed of fine quality amino acids that are essential for growth and development. During President Johnson's administration, peanuts became a subsidized commodity similar to other agricultural products. to provide an alternative, cheaper protein to that of meat. In the past few years, these subsidies have been removed therefore increasing prices of peanuts and peanut products.

