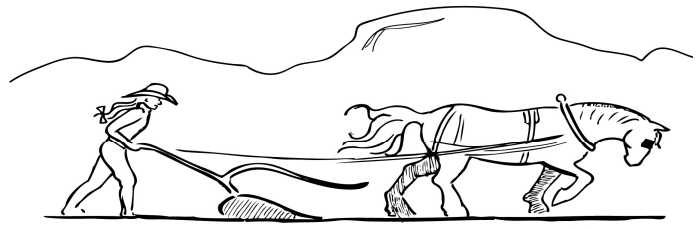


The Feed Bag

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



Mountain Front Market

September 2012



Owner's Corner

Autumn is definitely in the air but we should still see local tomatoes and summer squash at MFM until we get a hard frost. We are already getting Susan's carrots and, of course, we'll have local potatoes and onions for a while. Jacob and Courtney Cowgill will be moving Prairie Heritage Farm from Conrad to Power this month. They are purchasing their own land which is a big step! We at MFM are wishing them lots of good fortune at their new farm and hope to share in their bounty for years to come.

In the last two newsletters we have discussed various grains. This month we are looking at the process of sprouting grains. The process of sprouting grain is as old as the cultivation of wheat. Before modern wheat harvesting equipment was invented wheat stalks were cut and stacked into shocks and stored in the field until threshing. While in the shock, the grain was exposed to moisture and drying from the weather so some sprouting or germination (and occasional rotting) occurred. The advent of the combine allowed the grain to be removed when harvested and stored in a dry environment. Nonetheless this germination process changes the composition of the grain which increases both vitamin B and C and the carotene content of the grain. Sprouting also neutralizes phytic acid, a substance found in the bran of the grain that inhibits absorption of calcium, magnesium, iron, copper and zinc.

All seeds (not just grain seeds) contain starch that is a future source of energy for the seed when it begins to grow. The sprouting process converts

this starch into easily digested maltose and other complex sugars. While the seed is dormant there are enzyme inhibitors present to prevent the seed from sprouting until good growing conditions exist. Once the seed is in an environment of proper moisture and temperature it will sprout (or germinate). The germination process neutralizes those inhibitors and releases the enzymes in the grain which begin to pre-digest it thereby making the nutrients more available to the human body. There is some thought that the enzyme inhibitors in grains could prevent the digestive enzymes in our bodies from working. Sprouting also inactivates certain anti-nutrients in the grain.

In our modern world we don't have to rely on sprouting the grain while it's stored in the field. Today, several companies make sprouted breads, tortillas, and pastas using two different approaches: dry or wet, after sprouting the grains by soaking in filtered water. With the *Dry Approach*, grain is sprouted and then dried, to lock in this ideal stage. At this point, the sprouted grain can be stored until it's cooked as a

Cont'd on back...

September Sales

(Prices valid 9/4-9/30, while supplies last)

- Kerrygold Dubliner Cheese
Sale \$3.95 Reg. \$4.95
- Gluten-free Mama's Pancake Mix
Sale \$9.95 Reg. \$10.95
- Crystal Geyser Grapefruit Squeeze 4pk
Sale \$3.95 Reg. \$4.95
- Green & Black Chocolate Bars
Sale \$3.25 Reg. \$4.25
- Stash Licorice Spice Tea
Sale \$2.50 Reg. \$3.50

New Items

- Eden Toasted Sesame Oil
- Fevertree Tonic Water
- Glutino Crackers and Cookies
- Thai Kitchen Red Chili Paste



Customer Appreciation Harvest Party

Saturday, October 13, 2012
3-6pm

Special
1-day only
sales

Mark Your calendars!!!

Sample some of MFM's local products including:

- ◆ Crary beef,
- ◆ Meadows Ranch chevon
- ◆ Prairie Heritage Farm vegetables.

Live Music with Balladeer Dana Lyons beginning at 4pm

Sprouted Grain Options for Mountain Front Market Customers

Alvarado Street Bakery: Located just north of San Francisco in the beautiful wine country of Sonoma County, Alvarado Street Bakery has been a leader in producing healthy, organic whole grain breads for over 30 years. The Bakery's mission is to give superior service in providing the finest quality baked goods to its valued customers nationwide by utilizing a worker owned and managed cooperative business structure and to strive to use whole grain and organic ingredients, wherever possible, to support sustainable agricultural practices and healthy living.

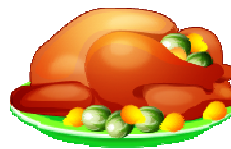
- **Sprouted Sourdough Bread**
- **Sprouted Wheat Onion Poppyseed bagels**

Food for Life: Food for Life Baking Company, serving high quality sprouted grain bread and all-natural baked goods for over 40 years, is a family-owned and operated specialty bakery with a passionate commitment to natural foods. Food for Life originated in Glendale, California, in the back of a small neighborhood natural foods store known as Foods for Life Natural Foods. This became the development of the first sprouted grain breads on the market with The Live Grain Difference!TM Now, after three generations and over 60 different bread products, Food for Life still uses the original baking techniques. Foods for Life's sprouted grain breads remain authentic and flavorful and are made from the finest natural ingredients – many of which are organic– offering optimum nutrition and maximum taste. Made with filtered water and kosher-certified every Food for Life product is developed after countless hours of research with no conditioners, additives, artificial flavors, colors or preservatives are ever used.

- **Ezekiel 4:9 Sprouted Grain Bread and Sprouted Grain Sesame Bread:** Inspired by the Holy Scripture verse: "Take also unto thee Wheat, and Barley, and beans, and lentils, and millet, and Spelt, and put them in one vessel, and make bread of it..."Ez 4:9. When these six grains and legumes are sprouted and combined, complete protein is created that closely parallels the protein found in milk and eggs. In fact, the protein quality is so high, that it is 84.3% as efficient as the highest recognized source of protein, containing all 9 essential amino acids. There are 18 amino acids present in this unique bread - from all vegetable sources - naturally balanced in nature. Ezekiel 4:9® Bread is made from freshly sprouted

organically grown grains and is rich in protein, vitamins, minerals and natural fiber with no added fat. 100% flourless, whole grain bread glycemic index: 36

- **Ezekiel 4:9 Sprouted Grain Cereal:** Like the original Ezekiel 4:9 Bread, this cereal has a simple flavor and can be used as a topping for yogurt, ice cream or as a snack. Available in Original, Almond, Golden Flax and Cinnamon Raisin.
- **Ezekiel 4:9 Sprouted Grain Penne Pasta**
- **Ezekiel 4:9 Sprouted Grain Tortillas**
- **Wheat and Gluten Free Brown Rice Tortillas**



**Pasture-Raised
Organic Heritage Turkey**
available at
Prairie Heritage Farm.

Please contact Jacob or Courtney Cowgill at
www.prairieheritagefarm.com.

Owner's Corner Cont'd...

side dish, or it can be milled into sprouted grain flour, which is in turn used to make a wide variety of products. In the *Wet Approach*, wet, sprouted grains are mashed into a thick purée make breads, tortillas, muffins and other products. These products are often described as "flourless" and are frequently sold frozen.

You can prepare your own sprouted grain products at home. A good source for learning more about properly preparing your own grain products is *Nourishing Traditions* by Sally Fallon.

Sprouted grain products are NOT gluten-free. Those who have not been diagnosed with celiac disease but have a mild wheat allergy might find sprouted grain products easier to digest. MFM has a variety of prepared sprouted grain products available so if you haven't tried them consider adding them to your basket the next time you're in!

Happy eating --- Jill

Alvarado Street Bakery at www.alvaradostreetbakery.com.

Fallon, Sally. *Nourishing Traditions*. Newtrends Publishing, Inc., 1999.

Whole Grains Council at www.wholegrainscouncil.org.