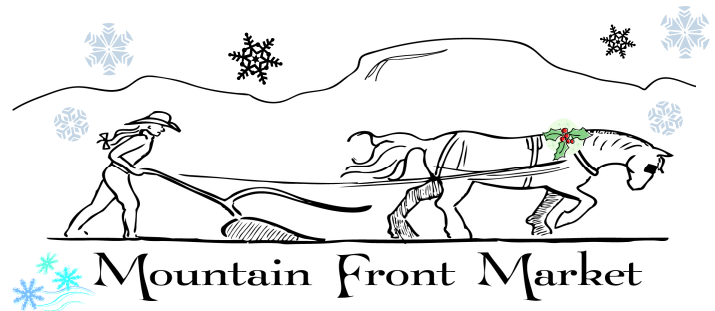


The Feed Bag

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Winter 2013



Owner's Corner

Welcome to the winter newsletter, In September I had the opportunity to travel to Portland, OR to attend the Wise Traditions Regional Conference of the Weston A. Price Foundation. This nutritional conference was full of more interesting information than I could possibly share in this newsletter, so I've decided to narrow it down to two topics that I became passionate about after attending the conference.

Let me first say that the main reason I am interested in organic whole foods is because of my personal digestive troubles that began in my twenties. I am on a lifelong venture to improve my digestive health and, after attending this conference, have finally incorporated two healing foods into my daily life: homemade bone broth and fermented foods. The basis of good health begins in our gut. By healing the gut one can heal or prevent many diseases of the mind and body. How do you do this? Our gut is full of bacteria--some good, some bad. By eating the proper foods you can create an environment for the good bacteria to thrive thus keeping the bad bacteria at bay. Homemade bone broth and fermented foods are two very beneficial foods to incorporate into daily life for good health. There's no better season than winter to begin this protocol. Here's to a healthy winter season! -Jill

Passing the Bone: the Lore and Life of Bone Broth

This session was presented by Tressa Yellig, owner of *Salt, Fire, and Time*, a community kitchen providing nourishing, traditional foods in Portland, OR. According to Tressa, bone broth is the least expensive protein and mineral supplement available to us. The contents of bone broth include minerals, amino acids, fat, gelatin, glucosamine, and marrow.

- * **Minerals** including calcium (in liquid form), phosphorous, magnesium, potassium, fluoride, and sulfur help to neutralize stomach acid. The minerals draw water into the gut which helps with the digestion of cooked food. Good to drink broth before eating a meal (raw veggies do the same).
- * **Amino Acids** include glycine, which provides liver support, and proline, which is good for the memory and supple skin. (Who needs lotion – drink more broth!)
- * **Fat** has antimicrobial properties and assists with the assimilation of the fat soluble vitamins (A,D,K). Fat stores toxins in animals so be sure to source bones appropriately.
- * **Gelatin** is a “protein sparer” which helps if you don't get much protein. Gives bones their flexibility, soothes and heals the gut lining, stimulates the immune system but becomes toxic if microwaved.

Mountain Front Market Holiday Gift Ideas

- ◆ Burt's Bee's Seasonal Gift Set
- ◆ Holiday Candles in a variety of sizes
- ◆ Kettle Care Cold Care and Lavender Sets
- ◆ Reusable Gift Bags



Seasonal Products

- ◆ Celestial Seasonings Holiday Teas
- ◆ Mrs. Meyer's Dish Soap: Iowa Pine & Orange Clove
- ◆ Stacy's Gingerbread Pita Chips
- ◆ Simply Organic Mulling Spices



Mountain Front
Market Holiday
Hours:

Dec. 24, 11am-4pm
Dec. 25, closed, Merry Christmas!
Dec. 31, 11am-4pm
Jan. 1, closed, Happy New Year!

It's a season of holiday savings

15% Off

Storewide!



Mountain Front Market

Limit one coupon per customer. Offer good 12/9/13 thru 12/31/13. Not valid with any other offer or special order items.

Holiday Candied Pecans

4 cups crispy pecans (see below) 3 egg whites pinch sea salt 1/2 cup maple syrup 1 T vanilla extract

Beat egg whites with salt in a clean bowl until stiff. Slowly beat in maple syrup and vanilla. Fold in pecans until well coated. Spread on two buttered, stainless steel baking pans and place in a warm oven (no more than 170 degrees) for several hours until the egg white coating hardens. Store in an airtight container in the refrigerator.

Crispy Pecans: Mix 4 cups pecan halves with 2 teaspoons sea salt and filtered water and leave in a warm place for at least 7 hours or overnight. Drain and rinse with cool water. Spread on a stainless steel baking pan and place in a warm oven (no more than 170 degrees) for 12 to 24 hours, turning occasionally, until dry and crisp.

- * **Glucosamine** is a protein that resists digestion and passes through the intestinal wall. It lines the blood vessels to prevent arteriosclerosis and arthritis.
- * **Marrow** contains fat, iron, phosphorous and vitamin A and is easily digested.

Bone broth can be made from lamb, beef, pork, chicken, game and saltwater fish (see recipe at right). It's best to use bones from pastured animals. Store bought stock will not be as nutrient dense or rich in gelatin as homemade stock.

Taking the Fear out of Fermentation

Lacto-fermentation refers to bacterial fermentation verses yeast fermentation which is done to create alcohol. Lacto-fermented foods and beverages include sauerkraut, kimchi, yogurt, kefir, and kombucha. This process is an old tradition found in many cultures throughout the world and was used to preserve food before freezing and canning technology became available. Lactic acid is a natural preservative that inhibits putrefying bacteria. Starches and sugars in vegetables and fruits are converted into lactic acid by the many species of lactic-acid-producing bacteria found on the surface of all living things, especially on the leaves and roots of plants growing in or near the ground.

The benefit of lacto-fermented food goes beyond preservation. The lacto-bacilli created in fermented foods produce enzymes that enhance the digestibility of food and increase nutrient content. These beneficial organisms produce antibiotic and anti-carcinogenic substances. Lactic acid, a by-product of the lactobacilli, promotes the growth of healthy flora in the intestines thus making lacto-fermented foods a great probiotic.

Our modern food processing has moved us away from consuming naturally probiotic foods. Vinegar, used in pickling, results in a product that is more acidic and not necessarily beneficial if consumed in large quantities. Pasteurization kills the lactic-acid producing bacteria which diminishes the health benefits for the intestinal tract.

To learn more about food fermentation and how to do it yourself, check out *Nourishing Traditions* or *Wild Fermentation* from the MFM lending library. MFM carries several fermented products that have not been subjected to modern processing including Bubbies pickles, relish, and sauerkraut and the Millenium GT Kombucha teas.



Nourishing Traditions Chicken Stock

- 1 whole free-range chicken or 2-3 pounds of bony chicken parts (necks, backs, breastbones, wings)
- gizzards from one chicken (optional)
- 1 gallon cold filtered water
- 2 T vinegar
- 1 large onion, roughly chopped
- 2 carrots, peeled and roughly chopped
- 3 sticks of celery, roughly chopped
- 1 bunch parsley

Place all the ingredients (minus the parsley) in a heavy stock pot and allow to sit at room temperature for 1 hour to begin the process of drawing minerals out of the bones. Bring to a boil and skim off any foam that rises to the top. Reduce the heat to a gentle simmer (bubbles just coming under the surface) and cook, covered for 8 to 24 hours. The longer the better – it will yield a much richer stock. About 10 minutes before the stock is done, add the parsley. The parsley is important because it adds mineral ions to the broth. Let the broth cool slightly and then strain out the bones and vegetables. If you used a whole chicken, make sure you save the meat for casseroles or soup. Cool the broth until the fat congeals and rises to the top. Skim off the fat and freeze or refrigerate for up to one week.

Beef, Lamb, Pork or Venison Broth

Use the above recipe with approximately 1 pound of bones per quart of water.