



# HUMMING WORDS

### Inside this issue:

Local Crops	1-2
Biodynamic Agriculture Practices	1-2
Bike Buckets	3
Bird Bio	3
New Products	3-4
Bird Food (Recipes)	6

### Mayor's Bold Steps Award

Hummingbird won the Mayor's Bold Steps Award for June/July in appreciation for the steps Hummingbird has taken towards developing triple bottom line sustainability practices in the workplace, and being an outstanding example to the business community. We were presented with the award during *Art & the Vineyard* in July.

## Local Crops: Successes & Challenges by James Henderson

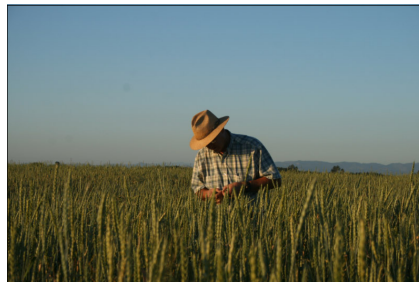
August brings another level of activity to Hummingbird Wholesale as Oregon farmers begin harvesting their 2010 crops. Several farmers have planted crops for sale through Hummingbird Wholesale this year. It is very satisfying to be able to contract with Oregon farmers to grow food crops for an appreciative Hummingbird clientele.

The volume and variety of crops being grown for us has increased substantially this year. We have contracted for over 200 acres of grains and beans and will assist in the marketing of crops from an additional 170 acres. As the Sales Coordinator/Farm Liaison for Hummingbird Wholesale, I see this trend continuing for the foreseeable future.

It has been both gratifying and challenging to match the needs of our customers with the farming capabilities of our Oregon farmers. Many of the farmers growing these food crops for us have been growing grass seed for many years. It is a significant change for them to begin growing crops that require a different set of grow-

ing practices. Not only are some of these farmers growing food crops for the first time, but they are also learning to transition their farm ground to Certified Organic. I cannot adequately express how essential it is for you, the customer, to support these farmers during the three years required to transition their ground to Certified Organic. Their success will be noticed by neighboring farmers.

Among the crops being grown for us this year by Oregon farmers are hard red wheat, hard white wheat, red fife wheat (*an heirloom wheat*) and soft white wheat. Much of this wheat will be milled into flour at the new flour



Tom Hunton in a field of Red Fife Heirloom Wheat.

mill\* being installed by Tom and Sue Hunton of Junction City. Other grains being grown include sorghum, hullless oats, brown flax, yellow flax, brown teff and ivory teff.

Legumes are being grown on approximately 149 acres and include black beans, orca beans, anasazi beans, small red beans, Steuben yellow eye beans, pinto beans, garbanzo beans and three kinds of lentils.

Continued on Page 2

## Biodynamic® Agriculture Practices by John Botti

### WHAT IS BIODYNAMIC AGRICULTURE?

Biodynamic agriculture is an ecological farming system that views the farm as a self-contained and self-sustaining organism. Emphasis is placed on the integration of crops and livestock, recycling of nutrients,

soil maintenance, and the health and well-being of the animals, the farmer, the farm, and the earth: all are integral parts that make up the whole. Biodynamic agriculture is the oldest certified ecological farming system.

### THE BIODYNAMIC DIFFERENCE

Biodynamic (BD) farming is free of

synthetic pesticides and fertilizers in the same manner as certified organic farming. In order to qualify for Demeter

Biodynamic status, a farm must first meet the same 3-year transition requirement that National Organic Plan certified organic farming requires.

Continued on Page 2

## Local Crops (continued from page 1)

Styrian pumpkins were planted in Scio, Oregon again in order to produce those hullless pumpkin seeds we all love so much.

This spring was unusually wet and prevented nearly all of the farmers from planting their crops as early as usual. This caused several problems.

Some of the beans and flax did not get planted. Other beans were planted in soils that were much wetter and cooler than what is ideal for them to germinate and thrive. Slug damage was severe in the case of the anasazi beans, resulting in at least a 50% reduction in plant density. Weed pressure has been very high due to both the weather and a steep learning curve. Some farmers are being asked not to use chemicals for the first time in their farming lives.



Transitional Organic Brown Flax blooming



## Biodynamic® (continued from page 1)

BD farms must also adhere to the following practices:

**No animal rendered product** can be used in the field and/or for animal feed supplement; for example, bone, blood, hoof and horn meal are prohibited as fertilizers.

**Crops for human use cannot be grown under high voltage power lines.** Biodynamic farms are required to maintain at least 10 percent of total acreage as a **bio-diversity set-aside**. Riparian zones, wetlands, grasslands, and forests: all are considered an integral part of the life of the farm.

**Special preparations** composed of medicinal plants, minerals, and composted animal manures **help increase the vitality of the products** grown and further anchor each individual farm in time and place.

### ORIGINS OF BIODYNAMIC AGRICULTURE

The Biodynamic movement originated in 1924 in a series of lectures by the Austrian scientist and philosopher Dr. Rudolf Steiner, the founder of the Anthroposophical movement and of Waldorf education. In 1928, Demeter (named for the Greek goddess of agriculture) was

One of the most successful crops grown for us this year is transitional organic brown flax. It is being raised in Benton County. The farmers have taken great pains to remove the weeds from this field of flax. They hired a young man to pull the weeds manually. After fifty hours of labor, there isn't a weed to be seen!

Despite the numerous obstacles these farmers faced this spring, I believe there will be local wheat, beans, lentils, flax and pumpkins seeds available this fall. Local flour, wheat, flax, garbanzo beans and lentils should be available by mid-September. The dry beans and pumpkin seeds will be available some time in late October or November.



Very healthy foliage in field of Small Red Beans at Half Past Farming

It is a pleasure to help bring the products of our local farmers to your table. If you have any questions concerning the availability or quality of locally grown products, don't hesitate to contact me. Thank you for supporting our Oregon farmers!

\*This mill will allow more local farmers to grow wheat, stone-grind the wheat and sell the flour locally. We're hoping the mill will be in operation by end of October for this year's wheat crop.



formed in Europe to promote Biodynamic farming, initiating the first publicly organized promotion of "sustainable" agriculture. A certification system, defined by rigorous farming and processing standards, was implemented, making Demeter the very first ecological label for organically produced foods.

### DEMETER CERTIFIED CROPS VERSUS PRODUCTS

The crop (for example, a tomato) that results from a certified farm is Biodynamic, but in order for a processed product (for example, tomato sauce) to be called "Biodynamic" it must have been made with Biodynamic ingredients and processed in accordance with the Demeter Processing Standard. The intent of the Processing Standard is to protect against manipulation of the product as much as possible to allow for the identity of the Biodynamic agricultural ingredients used to come through.

**This information based on the following sources:**

[www.demeter-usa.org](http://www.demeter-usa.org) [www.biodynamics.org](http://www.biodynamics.org)

*Biodynamic © is a registered certification mark of Demeter USA Association.*

## Bike Buckets by Karl Benedek

Waterproof bike buckets are now available from Hummingbird Wholesale for only \$30 each! An essential addition to your bike for the rainy season (and beyond), our bike buckets attach easily and securely to just about any bicycle luggage rack. If you use your bike for errands or commuting, you will quickly find these buckets indispensable. Some people even use them for long-distance bike touring!

Bike buckets are great for hauling groceries (especially bulk foods from your favorite natural foods store), schoolbooks, extra clothes, picnic lunches or anything else you would like to keep dry and secure. The rigid sides of the bucket provide more protection against bumps and spills, so you don't have to worry as



much about that bottle of wine or jar of pickles getting smashed up on your way home from the store. Reflective tape attached to the outside provides extra visibility after dark and extra eye-bolts give you more places to attach bungee cords.

Each bucket is constructed out of a reused 4-gallon plastic honey bucket and comes with a snap-on lid. We leave the handles attached for easy toting when off your bike. A piece of reused inner tube with a hook at the end keeps the bottom of the bucket secured to your rack and helps prevent shimmy, especially with a heavy load.

These handsome bike buckets are made by hand here at Hummingbird by Carlos Martinez, husband to our own Lucrecia Diez. Thanks, Carlos!

*Editor's Note:* Karl, who wrote the above article, loves to ride his bike. So much in fact, that he doesn't own a car, but rather rides where he needs to go (with occasional car rentals for long distances). We at HW are very inspired by Karl's dedication to riding. He even rode to Corvallis—a four-hour bike ride each way—to table at the First Alternative's 40th Anniversary event! Karl has a multifaceted job that includes vendor ordering, picking customer orders, designing labels, and coming soon—bike delivery.

## Bird Bio by Ryan Morrison

Hi. My name is Ryan. I was born right here in Eugene, OR on November 15, 1984. I have spent most of my life here, but not all of it. I tried to leave several times, and always seemed to gravitate back. So here I am, and life is pretty good.

When I graduated high school, I set off on an adventure which lasted about two years, involved a great deal of hitchhiking, and resulted in the birth of my daughter, Iris, who now spends most of her life in New York (gasp!) along with my son, Lotus and their mother. I now have three bonus children (aka step children), Ariel, Taila and Ayianna, plus a boy on the way. Six in all. I have thus proven my fecundity, which I apparently did not get from my parents (I am an only child). So it is my karma in this lifetime to be extreme, which I am, and be completely devoted to children, which I am.

I have many interests, passions and

hobbies. I spend a great deal of our long wet season reading, fiction and non fiction alike. My favorite authors at the moment are Kurt Vonnegut, Edward Abbey, Philip K. Dick.

I also enjoy a very experimental form



Ryan snuggling with his fiancée, Felicia.

of gardening, which changes and evolves every year, and is always a direct manifestation of my experimental form of spirituality. For example, this year I didn't water my garden...at all. I wouldn't recommend it for tomatoes, strawberries or other fleshy watery fruit bearers, but my

squash, brassicas, peas and potatoes did excellent. I found them to be just as productive, more flavorful and less work. My garden was also less prone to weeds, and the weeds that did attempt to establish themselves were of different varieties than usual. I do believe, however, that our extended wet season had something to do with my garden's high productivity and low mortality.

If you were to meet me and we had a chance to talk, I would probably ask you a lot of questions. Too many for some people, perhaps. I have been described as having an inquisitive mind by a few people who have known me over the years, and I think that I am in agreement.

So I hope to meet you soon! I undoubtedly have many questions for you.



## Featured Products at Hummingbird!



*Everything is better with*  
**AZARA'S**  
**"BETONY BUTTER"**  
 ORGANIC CHOCOLATE FILBERT BUTTER

Made with Oregon OG Filberts and Oregon Wildcrafted Betony Extract.

Betony is traditionally known as a panacea or cure-all herb.

Our customers have requested that we make an alternative to "Nutella" using our locally grown filberts. We are excited to offer this new product available soon in one pound jars. It has a touch of Oregon wildcrafted betony extract to add a relaxing quality to your enjoyment! Spread this on bread or use as cake frosting, on top of ice cream, or just straight out of the jar. This is a favorite of Azara Betony, daughter of our company owners.



**OG Yellow Cornmeal and OG Blue Cornmeal**  
 ~ **STONEGROUND FRESH** ~  
 ~ **OG YELLOW CORN GROWN IN OREGON** ~

We are glad to be able to offer Organic Yellow Cornmeal and Organic Blue Cornmeal – both stone-milled from whole corn in Bellingham Washington. Established in 1974, the mill is a small family-run business aligned with Hummingbird values – supporting local growers, aiming to supply high quality wholesome foods, focused on organic, and expanding their gluten-free flours.

This corn has a wide range of particle sizes, coarse to fine, mixed together and unsifted. The germ and bran are included, to give the highest nutrient value and a full corn flavor excellent for corn bread and other recipes calling for cornmeal. Best in cool storage.

## ~ HUMMINGBIRD CRANBERRIES ~

Good things come in small packages, including our locally grown Hummingbird Cranberries from Coquille, sold in 2 lb packages. When we began developing our raw granolas, we wanted to use as many local ingredients as possible.



Since we found no local organic raw dried cranberries, we decided to make our own! We dehydrate organic cranberries in our certified organic kitchen, adding only a small amount of Willamette Valley Blackberry Honey for a touch of sweetness. The cranberries add color and tart-sweetness to our Raw Sprouted Ariel's 'Om Grown Granola, yet we find the flavor of the cranberries so outstanding, we wanted to share them, sans granola, for those who would like to use them in their own recipes.



A word from the miller:

*We have always run only 100% organic grains through our mills and our flour is milled to order from the freshest pure organic grains we can locate.*

**We support and encourage local farmers to grow as many of our grains as possible.**

You may have heard that Hummingbird Wholesale recently started carrying *Biodynamic Thompson Seedless Raisins*. We are now pleased to introduce

**Biodynamic® Certified Blackberry Vinegar from Hoskins Berry Farm** in Philomath, OR!

This is a true organic fruit vinegar, handcrafted and fermented in oak casks. Great for salad dressings. Or as a substitute for sherry vinegar in your favorite recipes.





Tri-Color Quinoa



**Organic Tricolor Quinoa**  
 ~ **CERTIFIED FAIR TRADE** ~

~ **NON-GMO, BIODIVERSE HEIRLOOM SEEDS** ~

- ◇ Reducing poverty by finding markets for this grain;
- ◇ Helping protect the environment through organic growing methods and using only non-GMO seeds.

We are very excited to add this heirloom variety to our assortment of quinoa. Tricolor Quinoa has a slightly nutty, earthy flavor and a lightly crunchy texture. It is high in protein and has more fiber and antioxidants than white quinoa. Tricolor is also gluten free and offers a beautiful array of colors.

The Bolivian village that grows Tricolor Quinoa has been doing so for centuries and continues to rely on traditional quinoa cultivation as their main activity and source of income. We're able to provide this quinoa thanks to a company that works directly with the local villagers whose goals are:

When asked why they insist on planting a mixed field, one Chullpa farmer explained:

*"Our forefathers have been doing this for hundreds of years. We believe that it makes the field stronger to have many varieties. The red is more resistant to drought. The black more resistant to frost and the white resists the insects better. This way we are sure that we will have something to eat and trade, even if the weather does not cooperate."*

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**Bird Food****Autumn Quinoa Salad**

*Contributed by Matthew Schmidt*



- 2 Cups Quinoa\*
- 1 cup Black Beans\*
- 1 Large Zucchini Diced Med.
- 1 Large Bell Pepper
- 1 Large Carrot Diced Med.
- 1 C Corn (fresh or frozen off the cob)
- 1 C Cilantro
- 2 T Olive Oil
- 2 T Apple Cider Vinegar
- 2 T Toasted Sesame Oil
- 1 T Ground Cumin
- 1 T Chili Powder
- 2 t Sea Salt
- 1 t Black Pepper

Cook beans and chill. Cook quinoa until fluffy. Stir into large mixing bowl and place in fridge to cool. Dice all veggies into bite size pieces. Add corn. Heat skillet at med-high and add onions and olive oil. Cook for several minutes until onions begin to brown. Pour onions into a small bowl and set aside. While skillet is still hot, add carrots, zucchini and bell peppers. Cook until slightly blackened. Do not over cook. Directly before removing from skillet add toasted sesame oil, cumin, chili powder and black pepper. Mix well. Combine onions, veggies, black beans, corn and cilantro into quinoa bowl. Add apple cider vinegar and sea salt, mix well, allow time to chill. Serves many. Add diced jalapenos for heat. (\*Optional: Before cooking quinoa and beans, soak in water separately overnight; drain and rinse.)

**OUR MISSION**

WE ENDEAVOR TO SERVE PEOPLE AND THE PLANET BY PROVIDING THE HIGHEST QUALITY, MOST NUTRITIOUS FOODS, GROWN AS LOCALLY AND SUSTAINABLY AS POSSIBLE, TO NOURISH BODY, MIND AND SOUL.

- ◆ WE STRIVE FOR MAXIMUM BENEFIT FOR CUSTOMERS AND FARMERS, MINIMUM PACKAGING AND WASTE, AND GREAT FOOD FOR LIVING.
- ◆ WE VALUE LONG TERM RELATIONSHIPS WITH CUSTOMERS AND VENDORS, MEETING NEEDS WITH RELIABILITY, CARE AND PRIDE.
- ◆ WE PRACTICE PRINCIPLES OF ECOLOGICAL AND SOCIAL JUSTICE IN THE OPERATION OF OUR BUSINESS.
- ◆ LIKE THE HUMMINGBIRD, WE SEEK TO SIP THE NECTAR OF THE EARTH WITHOUT HARMING THE FLOWER. WE ARE HAPPY TO SERVE YOU!

**Late Summer Garden Hummus**

*Contributed by Kylie Christiansen*

- 1 C OG Dried Garbanzo Beans
- 2 ½ T OG Olive Oil
- ¼ - 1/3 C Water
- ½ - ¾ OG Lemon
- 1 T OG Raw Tahini
- ¼ - ½ t Salt
- 2 Cloves OG Garlic
- 2 Pinches OG Ground Cumin Seed
- 1 Small Pinch OG Ground Coriander Seed
- Fresh Basil and Parsley

1. Soak garbanzo beans for at least 10 hours—I usually soak them overnight.
2. Boil garbanzo beans until soft (1-2 hrs), strain.
3. Put garbanzo beans, olive oil, water, lemon juice, tahini, and salt in a food processor or blender and blend until creamy. The more water you add, the creamier it will be.
4. Add garlic, cumin seed, coriander seed, and fresh basil and parsley. Blend until all ingredients are evenly mixed together.

