



HUMMING NEWS

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From Frances Moore Lappe's Inspiring Keynote Talk at the Provender Alliance Conference ~

☞ "It is far too late, and it is far too bad, for pessimism."
(quote from Dee Hock)

☞ The only crisis that we need to focus on is people feeling powerless to address our so-called crises (poverty, hunger, climate change, etc).

☞ What is emerging is an ecological world view with the premise of possibility and power to create a vital, thriving, *living democracy*.

☞ Practice reinterpreting fear when swimming against the societal tide: "When I get a pounding heart, I now call it 'inner applause'," she offered.

☞ Stories can effectively diminish the fear factor:

Tell empowering stories!

From the Bulk Section: *Organic Whole Grain Emmer Farro*

We are pleased to be able to offer our customers an heirloom grain called Emmer Farro, which is grown regionally on a certified organic family farm in Washington State. Our organic Emmer is available as whole grain, fine milled flour, and in a pancake mix.



Emmer Farro growing hale and hearty

What is Emmer Farro?

Emmer (*Triticum turgidum dicoccum*)

is a highly nutritious grain that has been used in Europe for thousands of years. A wheat with a very simple structure—28 chromosomes as compared with over 200 chromosomes in modern wheat—Emmer is high in protein, **low in gluten**. The human digestive system has evolved with Emmer, so we are genetically equipped to handle it. In the last 50 years, modern wheat has been hybridized over 1,000 times, not for nutritional value, but for ease of production, (continued)

Update on Pasteurized California Almonds

In early September a group of California almond wholesalers and growers (including our primary grower, Mike Barnard) filed a lawsuit in federal district court challenging the California Almond Board's pasteurization mandate. The suit contends that the USDA acted illegally and outside their regulatory authority in implementing the almond pasteurization rule.

The Cornucopia Institute, an organic industry watchdog, assisted in filing the suit. Cornucopia's co-founder and Research Director, Will Fantle, reports that the suit now has a case number and is (continued)

Emmer Farro (continued)

resistance to disease, and high gluten content (so we can make big fluffy breads and pastries).

Emmer is genetically different from modern wheat, and is easy to digest. **Some people with gluten/wheat/grain issues (even some people with Celiac or diabetes) can tolerate Emmer well.**



Organic Emmer Farro whole grain berries and milled flour

Farro is an Italian term for *ancient grains*. Emmer is considered the original farro; this is why we refer to our Emmer as *Emmer Farro*.

When cooked, Emmers' dark plump berries add a full bodied flavor to: Pilaf, Risotto, Hot Cereal, Grain Salad, Soups, Green Salads or sprouted for Breads...and Emmer is an excellent addition to a robust holiday stuffing. At a recent Food Fair over 250 samples of cooked Emmer grain were given out, with nearly unanimous rave reviews! The pancake mix is a

best-seller with families, and Emmer flour is excellent for making pasta, flatbread, and adding

California Almonds (continued)

moving through the system. "We believe this is a strong legal case and hope for a favourable decision in time to protect this year's almond harvest." Fantle said.

While we at HW continue to advocate for the repeal of the pasteurization rule, we also feel compelled to continue our support of the organic growers that have supplied, and continue to supply, high quality almonds. We are

"{We} hope for a favourable decision in time to protect this year's almond harvest." -Will Fantle, Research Director and co-founder of Cornucopia Institute

Update on Locally Grown Crops

Organic Wild Rice

This year we were excited about offering local Organic Wild Rice to all our customers. The farmer, however, had problems with both nutria (burrowing holes in the dikes thereby draining the paddies) and black birds (who ate the mature rice), which made for a very poor crop of merely 300 lbs! The farmer and his family have new strategies for keeping the critters away next season, and are joining with several other growers to cultivate more of this crop, for which the Willamette Valley is an ideal locale. We'll keep you posted....and in the meantime, if you'd like us to carry Organic Wild Rice from California or Idaho, give us a call.



Emmer Farro (continued)

texture to breads and baked goods.

Cooking Emmer grain is simple: Add 1 C Emmer to 4 C salted water or stock. Lightly simmer together for about 1 hour (less if soaked overnight). Drain. Yields 2 ½ - 3 cups cooked.

Emmer's nutritional information is as follows (1/4 cup uncooked):

- Calories: 150
- Fat: 1 gram
- Carbohydrates: 32 grams
- Fiber: 3 grams
- Protein: 6 grams

Locally Grown Crops (continued)

Organic Brown & Gold Flax



The only ingredient in *Ariel's 'Om Grown Raw Organic Granola* not currently grown or harvested in Oregon is Brown Flax. We contracted for both Brown and Gold Flax, but alas, the farmer's crop failed. Weather delayed his planting and now the Flax is impossible to harvest, as the stalk is green and gums up the combine. Still, the farmer is quite enamored with growing Flax, and he's looking forward to trying again next year.

Transitional Beans

We are working with Corvallis

farmers who are converting acreage from their grass seed farm to grow organic food. Five different beans (Black Bean, Pinto, Garbanzo, Red Lentil, and Anasazi) were planted with an expected yield of 200,000 lbs. The beans grew well yet were harvested too soon, so we are not able to offer them this year. Undaunted, our farmers are planning for next years' crop, which hopefully will be Organic!

Colorado Quinoa

We are sad to say that our Colorado farmer lost his Quinoa crop due to hail; yet we are (continued)



California Almonds (continued)

happy to say that our growers use a steam pasteurization that is the least invasive and non-toxic. In consumer tests these

California almonds have sprouted at a rate comparable or better than the raw Italian almonds we supply.

California almonds have sprouted at a rate comparable or better than the raw Italian almonds we supply. We encourage your continuing support for our California growers in this peculiar time.

If you would like to help fund this lawsuit, sign a petition, or read more about this and other organic industry issues, please look on-line at: www.cornucopia.org/almonds/ Thank you.

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Locally Grown Crops (continued)

(Colorado Quinoa)

heartened and grateful that he plans to continue growing Quinoa for us next season. What amazing farmers we work with!

Pumpkin Seeds

We're excited that our **local pumpkin seeds are now available**, and they are



beautiful! Deep green and rich in flavor, these local unsprayed seeds are highly valued by our customers. On a recent field trip we learned that harvesting involves a specialized tractor which gathers and squishes the pumpkins, removes their hull-less seeds and scatters the pumpkin pulp onto the ground to nourish the soil. Our farmer planted on certified organic land, and farmed organically, but our seeds cannot be sold as organic, because the pumpkin seeds from which they came were conventionally grown. Still, we're thankful to be able to offer locally grown unsprayed pumpkin seeds. Our customers love them!

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!

Holiday Food Gift Ideas from the Bulk Bin

Create Your Own Mix or Gift Baskets with delicious organic foods:

- ☞ Combine Roasted Hazelnuts, White Chocolate, Dried Cranberries...*Wrap in wax paper, tie with beautiful reusable cloth ribbon.*
- ☞ Fill a small basket with Roasted Salted in shell Pistachios and mandarin oranges or locally grown apples...*Pistachios are lower in fat than many nuts and stay fresh in the refrigerator or freezer for up to one year!*
- ☞ Combine Roasted / No Salt Almonds, White Chocolate, Bing Cherries...*Our chocolate is IFOAM accredited. IFOAM is an international organization that develops Organic Standards to include Social Accountability Standards.*

Happy Holidays!