



# HUMMING WORDS

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## Buckwheat Groats Grown in the US—for Bucky's Hazelnut Crunch and Bulk Sales! by Kristie Steele



**Bucky's Hazelnut Crunch, now has over 99% of it's ingredients (by weight) grown in the US; only the Organic Cinnamon is imported.**

*“The greatest fine art of the future will be the making of a comfortable living from a small piece of land.”*

Hummingbird Wholesale now carries **USA-grown Organic Buckwheat Groats**. This is something we have been searching for long and hard, so we are very excited to make this announcement!

Buckwheat groats are the hulled seed of buckwheat, a gluten-free grain used most commonly as a breakfast cereal. Also known as "beechnut", this grain is named for its triangular shaped seeds that look like a smaller version of the beech nut, and for the way it is used like wheat. Buckwheat has a high concentration of essential amino acids, and is rich in the minerals iron, zinc and selenium.

At the beginning of the 20th century, over a million acres of buckwheat were harvested in the United States. This figure dropped to only 50,000 acres by 1964, which is the last year production statistics were recorded. The decline in production over the past century is due to the increasing use of nitrogen fertilizers in the US during that time period, which buckwheat responds poorly to. We feel very fortunate to have found a source for Organic Buckwheat Groats grown in the Dakotas.

This also means that **our raw, sprouted granola, Bucky's Hazelnut Crunch, now has over 99% of it's ingredients (by weight) grown in the US; only the Organic Cinnamon is imported.**

(Buckwheat information from <http://en.wikipedia.org/wiki/Buckwheat>)

## Q&A with Higher Power by Anjali Smith

Higher Power is near and dear to my heart, or more accurately, my stomach. I often snack on HP's Tropical Mix which is filled with some of my favorite nuts and dried fruits: mango, pineapple, coconut, and raw macadamia nuts. It always seems to hit the spot. I wanted to acknowledge this great company, so I interviewed co-owner, Donna, and compiled her answers for your reading pleasure.

### How are the products made?

We purchase only the highest quality organically grown nuts, seeds, grains, and dried fruits. We support local organic farmers whenever possible.

When they arrive, the nuts and seeds are immediately SOAKED in plain water for 18-24 hours. During this soaking process, the enzyme inhibitors are neutralized and the life force is liberated, making it "alive" and not just raw. They are then dried at very low temperatures for 12-72 hours, depending on the density and moisture

content of the nut. This sprouting and drying process gives them a crispy-crunchy texture, like a roasted nut, and makes them highly digestible.

The idea of sprouting our nuts, seeds, and grains is not a new idea. The ancient civilizations knew the secret to effective digestion. When animals eat raw nuts & seeds, they have extra compartments that pre-digest the food, but humans need some assistance.

### How did Higher Power come about?

My co-owner, Roy, is a salt-free raw-foodist. He's also an entrepreneur. He has had other types of food businesses in the past, including restaurants and a very successful salsa business, but he really wants to do something he can support morally from his dietary perspective.

We originally had a vision of making a type of "power bar", hence the name *Higher Power*. Plus we rather enjoy the double entendre. *Continued on page 4*



## A Grand Vision: Renovating Our New Warehouse by Julie Tilt

When I became involved in the Willamette Valley Grain, Bean, and Edible Seed Project\* two years' ago, the need for someone to focus specifically on locally grown crops became apparent. Although HW had a history of contracting with farmers, our business was oriented as a wholesale distributor. So it was with some risk that my husband (and co-owner), Charlie, and I hired James Henderson, an 8<sup>th</sup> generation farmer, as HW's Farmer Liaison. James is an excellent mediator and collaborator, and has successfully contracted with many Oregon farmers for grain, bean and seed crops. From his efforts we foresaw a need to increase our warehouse space to create enough storage for the purchase of a year's worth of several different crops at one time.

We feel very excited to be moving into the former Down to Earth warehouse at 150 Shelton McMurphey Blvd, just half a block away from our current location. This

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Construction crews bringing our new warehouse back to life.

\* Now known as the Southern Willamette Valley Bean and Grain Project.

## Volcanic Macadamias (Well, Sort of) by Karl Benedek

Mahina Mele Farm is a 10-acre organic farm located at the southern end of the Kona coffee belt on the island of Hawaii, otherwise known as “the Big Island”. The rich volcanic soil of Mauna Loa, the world’s most massive volcano, nourishes the many tropical fruit, nut and coffee crops grown in this specialized bioregion.

Jason and Kolette Stith purchased Mahina Mele (the name means “Moonsong Farm”) in 2005 sight unseen! When they arrived on Hawaii, they discovered “an overgrown, abandoned, weedy mess” that nevertheless showed more than a glimmer of promise. Over the next two years, the Stiths cleared



the land and cultivated a number of crops, including Kona coffee, jackfruit, ice cream beans (*Inga endulis*), and of course, macadamia nuts. “After much hard work, and many therapeutic trips to the beach, we are enjoying the many fruits of our labors,” the Stiths say on their website. “The farm has responded amazingly and is now turning into a beautiful, productive orchard!”

Hummingbird wholesale carries both salted and unsalted macs. The nuts are processed in the same way, the only difference being the addition of a small

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## Bird-Bio by Karin Sundberg

As is needed in a small and briskly growing business, I wear many hats, which makes life interesting and quite full. When things get hectic, I appreciate my mother’s wise words: *it’s good to be busy—you never get bored!*

I joined the Hummingbird flock as Customer Service Manager about three years ago. This is my first dive into food distribution, though I’ve studied nutrition and shopped at natural food stores since forever. Eating well is not just a pleasure, but also my family’s health care plan. I love making things from scratch—for instance, fermenting is one of my delights. In the past I’ve taught classes in natural childbirth, self-awareness, and ballroom dancing (though not all at once), and twice have managed community kitchens.

Away from work I love to make herbal tinctures and salves, write poetry, meditate, garden, read, exercise (dance...hike...lift weights...), connect with friends over dinner. Lately I am delving deeply and happily into permaculture design and my days never seem long enough for all I’d like to do or make or be.



I feel blessed by my family. My son, Matt, studies philosophy at the University of Oregon and is a remarkable drummer who loves complex rhythms. And my daughter, Grace, is a fabulous accordion-playing, home schooling, roller derby girl (aka Amazing Disgrace). I live with my sweetheart, Alan, who has a generous heart, makes me laugh, and who encourages me to bike to work in all weather.

Which brings me back to Hummingbird. Julie and Charlie, HW co-owners, have been dear friends for many years, and working together is a great way for us to stay in touch! I’m grateful for HW’s emphasis on service and caring in our relationships with customers, vendors, farmers, and co-workers. To be part of creating a viable local food system is both an inspiring and sobering experience. This is about as real as it gets.

Life would be less rich without the affirming presence of the Tilts and my wonderful co-workers. Regardless of weather, may our wings catch the wind, and rise.

### Q&A with Higher Power continued from page 2

**Is there a product that you would like us to highlight?** Our "Sprouted Nuts and Seeds" (Sprouted Mixed Nuts) blend is a good representation of most of our best selling nuts & seeds. We use no salt in any of our products, and because there are no seasonings they can be used in any recipe, or eaten by the handful.

Additionally, PUMPKIN SEEDS are always a good one to highlight simply because they are so nutritious, and relatively inexpensive. Just one serving (about 1/4 cup) gives you almost half the recommended daily amounts of manganese, magnesium, phosphorus, iron, copper, vitamin K, and zinc.

#### How long have you been in business?

About five years. The seed was planted in June of 2005, and the first delivery was made to the Ashland Food Coop in August of the same year. We were (and still are) using Hummingbird Wholesale as our primary supplier, and they were interested in promoting the idea of sprouting, so they became our distributor. Let me say that again: Hummingbird is both our supplier and our distributor.

**Other notes from Donna:** In case you didn't know, we've become incorporated! Our new official name is Higher Power International, Inc. Only the name has changed. Everything else remains the same. We still offer the same high-vibration wholesome foods, and we're still the same people behind the scene.

After thoughtful consideration, we've allowed our organic certification to expire. Rest assured, *we continue to purchase and sell only organically grown foods and we handle those foods in a manner that meets or exceeds the expectations of the certification agencies*, however in an effort to control costs we are no longer certified organic.



Sprouted Mixed Nuts & Seeds, 8 oz

#### HW offers two sizes of HP products:

8 oz packages for grocery shelves 10 pound bags for the bulk bins or for re-packaging.

#### Ingredients in Higher Power Tropical Mix:

All Organic Bananas, Raisins, Mangoes, Dattettes, Pineapple, Sprouted Macadamia Nuts, Coconut, Rapadura (Raw Cane Sugar), Powdered Ginger

#### Ingredients in Higher Power Sprouted Mixed Nuts:

All Organic, Sprouted Walnuts, Filberts, Almonds, Pecans, Sunflower Seeds, and Pumpkin Seeds.

### Volcanic Macs continued from page 3

amount of sea salt to the salted variety. Both kinds are dehydrated and packed in vacuum-sealed bags to preserve freshness.

From Mahina Mele Farm's website:

*Macadamia nuts fall from the tree when ripe. They must be gathered every few weeks to maintain their best flavor and quality.*

*The nuts are then husked, graded, cracked, washed, and then dehydrated. We dehydrate at low temperatures (116 degrees) over a 4-5 day period. Thus they are considered a Raw Food. This also gives them their tantalizing texture and flavor.*

*Mac nuts are considered a super healthy food as they are one of the few foods to have an equal balance of omega-3 and omega-6 oil. Imagine that -- taste good and good for you too!*

#### MAC FACTS

- ~ Macadamias are poisonous to dogs.
- ~ Macadamia oil is a botanical alternative to mink oil.
- ~ Macadamias are higher in beneficial monounsaturated fats than any other nut.
- ~ Macadamia trees can bear nuts for over 100 years.

### ***A Grand Vision continued from page 2***

location is perfectly situated for our in-town bicycle delivery and bicycle commuting for our co-workers, and also for inspiring walks up Skinner's Butte or along the Willamette River!

Charlie has been working overtime with architects and contractors for the necessary remodeling of the building, and with realtors negotiating contracts with leases. The entire building is being insulated, and new office spaces created, including an upstairs. Hummingbird Wholesale will occupy over half the building and will lease out the rest. We hope to move in by June or July.

Our aim is to create a beautiful space which allows community access to meeting rooms, yoga space and maybe a commercial incubator kitchen. (In order to install the kitchen we need someone other than HW to lease and manage it.)

Many years ago, when previous owner Eugene Scott began working with local farmers to grow different crops, his biggest success was with hullless pumpkin seeds. We are amazed at the growth we've experienced in the past several years, and look forward to manifesting vision and mission for our grand new home—which is all about nourishing and celebrating life.

## **Organic Local Cornmeal: GMO Free!** by Kylie Christenson

We have recently received test results on our Local Organic Yellow and Blue Cornmeal and they both tested negative for GMOs! The organic red cob corn used to make the organic yellow cornmeal is grown in Oregon and the organic blue corn grown for the organic blue cornmeal is grown in New Mexico. Both are stone milled at a small, family run mill in Washington that has been in the same family since 1974. Both varieties of cornmeal have a wide range of particle sizes- coarse to fine, mixed together and un-sifted. 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.

While the organic yellow cornmeal is a good standard use cornmeal, the blue is especially appreciated by those with corn sensitivities. Maggie, an employee of Hummingbird Wholesale, has corn sensitivities and her body is unable to digest any yellow corn product, including organic yellow cornmeal. However, she was very excited to recently learn that her body has no problem digesting our Local Organic Blue Cornmeal. If you are interested in trying our Organic Blue Cornmeal, please contact us for a sample! If you have sensitivities similar to Maggie's, please run this product by your health advisor before sampling.

## **Three Layer Corn Bread Recipe**

This recipe comes from the Tassajara Bread Book and is more of a dessert if you use the greater amount of honey. It separates beautifully into three layers, with a custardy middle and crunchy bottom. Great with a side with spicy chili.

### **Ingredients**

1 cup blue (or yellow) cornmeal (coarse ground works best but regular works)  
 1/2 cup whole wheat flour  
 1/2 cup unbleached white flour  
 1/4 cup wheat bran or wheat germ  
 2 tsp. baking powder  
 1 tsp. salt  
 2 eggs  
 1/4 to 1/2 cup honey or molasses  
 1/4 cup oil or melted butter  
 3 cups milk or buttermilk

**Directions:** Preheat oven to 350°F. Combine dry ingredients in a large bowl. In a separate bowl combine the wet ingredients. Mix them together. The batter will be quite liquidy; this is fine. Pour batter into a lightly oiled 9x9" baking dish OR cast iron skillet and bake for 45–50 minutes or until the top is springy when gently touched. Cool before cutting and serving... if you can wait that long. Serves 4 - 6.

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## Hearty & Delicious Lentil Soup

(Makes about 10 cups)

### Ingredients

- 1 onion, chopped
- 1/4 cup HW organic olive oil
- 3 carrots, diced
- 2 stalks celery, chopped
- 3 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 bay leaf
- 2 teaspoon dried basil
- 1 (14.5 ounce) can crushed tomatoes
- 2 cups HW organic (or local transitional organic) dry lentils
- 8 cups water or chicken broth
- 2 cups spinach, rinsed and thinly sliced
- 2 tablespoons HW organic balsamic vinegar or lemon
- 3 tablespoons port (optional)
- salt to taste
- ground black pepper to taste
- Parmesan cheese (optional)

### Directions

1. Soak lentils for 6 hours or overnight. Rinse before using.
2. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes.
3. Stir in lentils; add water or broth, and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Stir in vinegar or lemon, port if using, and season to taste with salt and pepper.
4. Sprinkle with Parmesan cheese.

## 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!

**Now Available: *Oregon Crown Organic Alfalfa Seeds—Great Sprouting Seeds!***

### Freshly Harvested Local Transitional-Organic Laird Green Lentils

Our freshly harvested lentils from Hunton's Farm in Junction City are delicious in soup, stew, curry, salad, or eaten simply with rice. High in protein and iron, lentils are hearty and nutritious. They



**Harvesting the local fall crop of Transitional Organic Laird Green Lentils at Hunton's Farm.**

have been part of the human diet since Neolithic times. We hope you and your customers partake and enjoy!