

pasta

No matter the obvious aesthetic differences between the varieties – such as shape, size, color, texture, taste or even the sauce you top it with – pasta always comes down to two primary components: flour and water. It makes sense then that virtually every culture on this planet has a pasta dish it can call its own. Whether you're a fan of traditional Italian semolina pasta or interested in trying something new, like hearty noodles derived from buckwheat or rice, there's pasta for every mood and every palate.

If you're concerned about gluten intolerance or Celiac Disease please see page 3.

WHAT'S AL DENTE?

Al dente is an Italian expression meaning 'of the tooth,' and is a way to describe pasta that is a bit underdone and slightly chewy. For most pasta, this is the desired texture.

RECHARGE AND REFUEL

Athletes love pasta because it is one of the most easily digested, carbohydrate rich fuels available. Whether it's before the big game or after, pasta makes glycogen available to be used or replenished easily by the body.

PERFECT PASTA TIPS

- One pound of pasta generally feeds 6 as an appetizer and 4 as a main course.
- If the pasta is going to be cooked further (baked in a lasagna, for example) undercook it slightly in the boiling stage.
- Generally, smooth sauces are served with thin strands of pasta, such as spaghetti. Chunky sauces go best with chunky pasta, like penne.
- Soba and udon noodles are an Asian-style pasta. They have a unique taste and texture. Typically soba is made from buckwheat flour and udon is made with whole wheat flour. These are a perfect addition to any Thai or Japanese dish.
- Delicate pastas, such as orzo, are great drizzled with a little oil and sprinkled with fresh herbs as a side dish, and are delicious in soups. Keep in mind that rich sauces tend to overwhelm them.

PREPARING PERFECT PASTA

1. **Boil water. But how much?** For 1/2 lb. of pasta, use at least 3 qts. of rapidly boiling water. For 1 lb. of pasta, use at least 5 qts. of water. Boil in a large pot.
2. **To salt or not to salt? Yes!** Add salt to boiling water before you add the pasta. Adding salt to pasta gives a satisfying flavor so you don't have to add extra salt to your sauce. Use sea salt for its mineral content, but be careful not to overdo it! Generally, 1 teaspoon of salt per 1/2 pound of pasta is sufficient. (An exception is soba and udon noodles, which contain considerable sodium and should not be salted.)
3. **Add pasta; stir once.** After adding the pasta, bring water back to a boil. Cover pot to speed up the process. Cook in rapidly boiling water. Check to see if the noodles are sticking to the bottom of the pot; if they do stick, gently nudge them loose. Check for doneness at 3 minutes if you're cooking thin pasta; check at 8 minutes if you're preparing a thicker variety.
4. **Are we done yet?** Slice a noodle to see if there is a tiny white chalky dot in the center. If so, drain the pasta, as it will continue to cook a bit after it leaves the pot.
5. **Drain, but don't rinse.** Do not rinse pasta, as the starches that cling to the noodles help sauces stick to the pasta.

WORLD FLAVOR PASTA TOPPERS

Italian: Roasted veggies such as garlic, fennel, red peppers and eggplant; balsamic vinegar; lemon; extra virgin olive oil; cannellini beans; chick peas; fresh basil, rosemary and oregano; marinated sun dried tomatoes; Parmigiano-Reggiano.

Japanese: Gomashio (sesame seeds ground with sea salt); adzuki beans; mung bean sprouts; finely chopped scallions; brown rice vinegar; mirin; roasted sesame oil; tamari; miso; sautéed veggies such as ginger, garlic, onions, red pepper and daikon radish.

Thai: Traditional red coconut curry made with red curry paste, lemongrass, ginger, garlic and coconut milk, cilantro and crushed peanuts.

Southwestern: Roasted poblano peppers sautéed with garlic; roasted New Mexican chiles; diced plum tomatoes; marinated sun dried tomatoes; roasted piñon nuts; goat cheese; hot pepper jack cheese; roasted corn; black beans; cilantro; chili powder; toasted cumin seed.

DELICIOUS PASTA-BILITIES

Because the nutritional profile of pasta depends on ingredients, not shapes, we have structured this section a little differently. Below are nutritional values for basic types of pasta based on a 2 oz. portion of uncooked pasta.

Item	calories	protein	fat	carbs	sodium	fiber
Artichoke	210	9 g	2 g	39 g	.5 mg	5 g
Brown Rice	202	4 g	<1 g	37 g	16 mg	5 g
Corn	210	4 g	2 g	46 g	10 mg	<1 g
Egg	220	8 g	3 g	40 g	15 mg	<1 g
Kamut	180	7 g	2 g	27 g	10 mg	4 g
Semolina (basic)	210	7 g	1 g	42 g	0 mg	1 g
Udon	195	6 g	1 g	39 g	660 mg	3 g
Sesame	190	10 g	2 g	32 g	10 mg	5 g
Soba	195	6 g	1 g	39 g	530 mg	3 g
Veggie/Spinach	190	7 g	2 g	36 g	15 mg	5 g
Whole Wheat	170	9 g	1 g	40 g	10 mg	7 g

FLOUR

SERVING SUGGESTIONS

UNBLEACHED WHITE FLOUR
High gluten

Combine with whole wheat for a light taste in breads and baked goods. Unbleached white flour hasn't been treated with chlorine or peroxide but is whitened through natural oxidation.

¼ c. 100 Cal 4 g Protein <1 g Fat 22 g Carb. 0 mg Sodium <1 g Fiber

WHEAT BRAN
High gluten

Made from the outer layer of the wheat berry, wheat bran adds bulk and fiber to the diet and contains B vitamins and protein. Add hearty flavor and healthy fiber to breads, pancakes, waffles, muffins and granola bars or stir into yogurt or fruit juice for a nutritious fiber boost.

¼ c. 30 Cal 12 g Protein 1 g Fat 9 g Carb. 0 mg Sodium 6 g Fiber

WHOLE WHEAT FLOUR
High gluten

Made from hard red winter wheat berries. Add fiber and nutty flavor to pancakes, waffles, muffins, cookies and quick and yeast breads. Simply substitute whole-wheat flour for half of the regular flour called for in your favorite recipes.

¼ c. 102 Cal 4 g Protein .5 g Fat 22 g Carb. <1 mg Sodium 4 g Fiber

WHOLE WHEAT PASTRY FLOUR
Contains gluten

Made from soft spring wheat berries. Produces a fine crumb that is excellent in pastry crusts.

¼ c. 76 Cal 3 g Protein 0 g Fat 17 g Carb. 1 mg Sodium 2 g Fiber

Blueberry Almond Banana Bread

Total Time: 75 minutes

- canola oil cooking spray
- 2 ripe Fair Trade bananas, mashed
- 1 stick Wild Oats Organic Unsalted Butter, softened
- 1½ c. organic unbleached flour
- ½ c. organic whole-wheat flour
- ½ c. raw cane sugar
- 1 tsp. baking soda
- 2 Wild Oats Organic Large Eggs
- ½ tsp. salt
- 2 tsp. vanilla extract
- 1 c. Wild Oats Organic Frozen Blueberries, thawed
- 1 tsp. almond extract
- 3 Tbsp. almond butter

Preheat oven to 325°F. Spray a 9x5 loaf pan with cooking spray. Cream butter and sugar using a mixer in a large bowl. Add eggs, one at a time, mixing well after each addition. Add almond and vanilla extracts. Mix in almond butter and bananas. Sift together both flours, baking soda and salt. Gently mix into butter mixture. Gently fold in blueberries. Pour into pan. Bake for 60 minutes, or until a wooden skewer inserted into the center of the bread comes out clean.

If you're concerned about gluten intolerance or Celiac Disease please see page 3.

flour

FLOUR

SERVING SUGGESTIONS

BROWN RICE FLOUR

Naturally gluten-free

Use for pie crusts, batter breads and crackers. Substitute in recipes in small amounts. Brown rice flour produces a dry, fine crumb and must be combined with coarse flour like oat, rye or potato when used in breads.

¼ c. 144 Cal 7 g Protein 1 g Fat 30 g Carb. 3 mg Sodium 6 g Fiber

BUCKWHEAT FLOUR

Naturally gluten-free

Use in pancakes, waffles, blintzes and pastas. Buckwheat flour has a moist, fine crumb. Do not use in gravies or sauces as it will result in a paste-like consistency.

¼ c. 101 Cal 4 g Protein 1 g Fat 21 g Carb. 3 mg Sodium 3 g Fiber

CORNMEAL, YELLOW

Naturally gluten-free

Yellow cornmeal is high in vitamin A. Delicious in pancakes, muffins, corn bread, polenta and tortillas as well as for thickening sauces and gravies.

¼ c. 110 Cal 3 g Protein 1 g Fat 23 g Carb. 11 mg Sodium 2 g Fiber

GLUTEN FLOUR/ VITAL WHEAT

GLUTEN

High gluten

Add to bread dough to increase leavening and add to breads with extra bran, raisins or nuts. Some may find gluten hard to digest. Gluten has a very long shelf life because the wheat germ has been removed.

¼ c. 140 Cal 20 g Protein 0 g Fat 12 g Carb. 2 mg Sodium 1.5 g Fiber

OAT FLOUR

Low gluten

May help lower cholesterol! Oat flour is sweet and great added to cookies, piccrusts and muffins. Use in soups and sauces for a dairy-free, milk-like base.

¼ c. 140 Cal 4 g Protein 2 g Fat 16 g Carb. 2 mg Sodium 9 g Fiber

OAT BRAN

Low gluten

Add to baked goods, hot cereals, granola and meat or bean loafs. Has a sweet, milk-like flavor and is shown to help lower cholesterol.

¼ c. 58 Cal 4 g Protein 1.5 g Fat 15 g Carb. 1 mg Sodium 4 g Fiber

GRITS

Naturally gluten-free

A good source of vitamin A. Grits are a coarsely ground cornmeal mush that makes great polenta!

¼ c. 120 Cal 3 g Protein 1 g Fat 27 g Carb. 11 mg Sodium 3 g Fiber

RYE FLOUR

High gluten

Create hearty, full-flavored European-style breads, rolls and buns. Makes moist, dense baked goods. Combine with high-gluten flours such as whole wheat or unbleached white or add gluten to increase rising ability.

¼ c. 90 Cal 2.5 g Protein .5 g Fat 20 g Carb. 1 mg Sodium 3.5 g Fiber

SEMOLINA FLOUR

Contains gluten

Used exclusively in pastas. Contains hard starch granules that hold pastas together while cooking.

¼ c. 150 Cal 12 g Protein .5 g Fat 14 g Carb. .5 mg Sodium 1.5 g Fiber

SOY FLOUR

Naturally gluten-free

Because it inhibits fat absorption, soy flour is great when added to breading and batters for fried foods. Soy flour boosts protein content and adds moisture to baked goods and extends their keeping ability.

¼ c. 82 Cal 11 g Protein .3 g Fat 10 g Carb. 1 mg Sodium 4 g Fiber

SPELT FLOUR, WHOLE AND WHITE

Contains gluten

Delicious when used to make tortillas. An ancient grain gaining popularity.

¼ c. 90 Cal 3 g Protein 1 g Fat 21 g Carb. 0 mg Sodium 4 g Fiber

pasta

PASTA

SERVING SUGGESTIONS

ELBOWS

5-10 minutes

Also called macaroni. Drain pasta well and toss with olive oil. Vegan macaroni and "cheese" can make a satisfying alternative dish!

FARFALLE

5-10 minutes

Bowtie-shaped. Toss cooked pasta with sautéed veggies (like scallions and tomatoes), garlic, olive oil and parmesan cheese for a fun summer salad.

ORZO

11 minutes

Tiny durum wheat pasta that looks like rice. For a Middle Eastern-style pilaf, cook the orzo in vegetable stock and sauté with cooked chickpeas, chopped onion, garlic and cumin. When cool, stir in ½ cup of yogurt and fresh chopped cilantro.

RADIATORE

5-10 minutes

Chinese lantern-shaped pasta; multi-colored and substantial. Delicious covered with hearty pasta sauces or with sautéed veggies. Or simply toss with balsamic vinegar, olive oil, basil, pine nuts and dollops of creamy goat cheese.

PENNE RIGATE

5-10 minutes

Tubular pasta with slanted ends; rigate has ridges for carrying sauce. A classic shape. Always perfect with zesty sauces. Also great with roasted shiitakes, onions and red peppers with a splash of balsamic, olive oil and fresh rosemary.

SHELLS

8 minutes
(or until tender)

Cook al dente and mix with your favorite marinara, then top with cheese and bake, or try shells in place of elbows in your favorite macaroni and cheese recipe.

SOBA

Boil 3 quarts of water, add ½ pound of pasta, stir, add 1 cup of cold water once the water has boiled.

A light Japanese noodle made from buckwheat and wheat. Thin, like spaghetti, but with a nutty flavor and substantial texture. Serve with light miso, peanut butter, toasted sesame oil, garlic and tamari sauce with sautéed veggies and tofu. Garnish with cilantro.

UDON

Boil 3 quarts of water, add ½ pound of pasta, stir, add 1 cup of cold water once the water has boiled.

Udon is a thick, flat Japanese whole wheat noodle like fettuccini. It is delicious with Thai sauces, served alongside tofu and fish dishes. For lo mein, fry udon with crushed garlic in sesame oil. Add miso broth or tamari and vegetables such as snow peas or carrot slivers.





nuts & seeds

Rich in healthy fat and nutty flavor, nuts and many seeds are powerhouses of energy, and they can also reduce the risk of heart disease by lowering cholesterol with their high levels of monounsaturated fats. Nuts are also a significant source of vitamin E and fiber, and contain calcium, zinc, magnesium, potassium, iron and vitamin B. Nuts derive 8 to 18 percent of their calories from protein.

MILLING ABOUT

The type of mill that grinds a grain has a distinct effect on the flour's performance, flavor and nutrition. The best flour comes from stone-ground mills where layers are flaked off the grains. This milling process does not overheat the flour, so nutrients are retained.

THE RISE AND FALL OF GLUTEN

It is important to keep in mind that all wheat flour contains varying levels of gluten. Wheat gluten, the natural protein derived from wheat, is basically wheat flour without the starch. It is responsible for the stretchiness of dough and for the shapes that baked goods hold. Adding wheat gluten to your bread will produce consistent, uniform, well-risen loaves. When baking with alternative flours (such as those that are wheat-free or low in gluten), or if using many seeds or chunky ingredients, you might want to add gluten to increase leavening. Gluten can also be used to make seitan, a meat-style vegetable protein.

HIGH ALTITUDE BAKING

- Add 2 teaspoons of extra flour per cup.
- Decrease sugar by ½ tablespoon per cup for each 1,000 feet above sea level.
- Decrease oil by ½ teaspoon per cup per every 1,000 feet above sea level.
- Decrease baking powder, baking soda or cream of tartar by ¼ to ½ teaspoon – or 25% of total amount.
- Increase liquid by 2 to 3 tbsps per cup.

STORING FLOUR

Store all whole grain flours in covered containers and refrigerate. It's best to purchase small amounts at a time and use them quickly since flour has a limited shelf life (no longer than a month or two).

SUBSTITUTING FOR WHEAT

While all whole grains can be ground to make flour, they are not interchangeable with wheat flour. Each whole grain has its own personality. The textures range from silky to grainy with each producing different consistencies (called the "crumb"). Wheat is the most versatile and most often used flour because of its gluten content. When experimenting with flour substitutes, do so a little at a time. For instance, if a recipe calls for 1 cup of wheat flour, substitute ¼ cup of another variety of flour and then add it to ¾ cup of wheat flour. See how this works and next time add more alternative flour until it's just right.

REFINED WHITE FLOUR: THE REAL STORY

When white flour is refined and bleached:

- 93% of fiber is removed.
- 50% of linoleic acid (an essential fatty acid humans need for basic health) is lost.
- 22 minerals and vitamins are reduced to 20% of their original content.
- Most vitamin E is removed.
- It is fortified with 3 B vitamins and iron.
- It is bleached, stripping the remaining nutrients and leaving dioxin residues.



flour

The wonderful thing about bulk is that it gives you the ability to experiment! If you've been looking for some new ways to enjoy new flavors, textures and aromas, there's no better way to do that than to start dabbling with the most basic ingredient: flour. By playing with the base of your favorite recipes, you can experience the added flavor and nutrition of ancient grains. And for those with wheat sensitivity, we also offer a wide selection of wheat-free and low-gluten flours. (Check with your bulk department to see what kinds of flours are available.)

If you're concerned about gluten intolerance or Celiac Disease please see page 3.

NINE NUTTY IDEAS

1. Toast them in a saute pan and toss with fresh steamed vegetables and vinaigrette.
2. Grind them and add to meatless loaves and burgers, or use as a crust for roasted chicken or fish.
3. Roast them with tamari sauce for a snack.
4. Grind them in coffee grinder or blender and add to cakes, muffins or cookies.
5. For a tasty nut pâté, purée them with sautéed veggies, aromatic spices, salt and pepper. Place into a loaf pan and bake for 20 minutes.
6. Purée with fresh herbs to create a pesto or Asian nut sauce to flavor pasta or top off soups.
7. Sprinkle toasted nuts on yogurt.
8. Sprout nuts (see page 6) for added health.

ESSENTIAL NUTRITION

Nuts and seeds are packed with essential fatty acids (EFAs), which help protect your heart and are vital for a healthy lifestyle. Consuming nuts and seeds are a great way to ensure you're getting enough EFAs.

ROASTING NUTS

Roasting or toasting nuts deepens their flavor and softens the slight bitterness found in some nuts. It also may decrease the nutritional content slightly by altering the nut's essential fatty acid levels. Spread nuts on a cookie sheet and roast them in a preheated oven at 350°F for about 10 minutes. Or you can toast them in a skillet over moderate heat until lightly browned, shaking or stirring frequently.

SWEET & SPICY PEPITOS

All over the world, pumpkin seeds are considered a prized ingredient in gourmet cuisine. They are high in zinc and essential fatty acids and are thought to be helpful in preventing prostate problems. Coat a nonstick skillet with a small amount of oil (canola or olive) or butter and heat over medium heat. Add ½ cup of raw pumpkin seeds. Stir the seeds and shake the pan constantly for several minutes until they brown slightly and start to pop. Stir in 1 tablespoon of tamari, soy sauce or teriyaki sauce. Drizzle in 1 teaspoon of honey and add ¼ teaspoon of black pepper. Stir and cook until liquid has evaporated, being careful not to over-brown. Remove seeds from pan and cool slightly before sprinkling over salads or garnishing grain dishes.

PESTO PIZZAZZ

Unsalted pistachio nuts make a delicious substitute for pine nuts in pesto. For a different spin, try pecans, almonds, walnuts or toasted pumpkin seeds. For a Thai pesto, use cashews and cilantro instead of basil, and season with hot red peppers and tamari.



NUTS & SEEDS

SERVING SUGGESTIONS

ALMONDS



Almonds are a good source of calcium and fiber. To blanch almonds, soak them in boiling water for 3 minutes, drain and plunge in cold water for 1 minute. Slip skins off with your fingers. Store in refrigerator for up to 9 months. Blanched almonds are delicious blended in smoothies or used to top oatmeal.

1 oz. 170 Cal 6 g Protein 15 g Fat 6 g Carb. 0 mg Sodium 1 g Fiber

BRAZIL NUTS

Technically not a nut, Brazil nuts are a fruit! Eat as a snack with fruits; add chopped to stuffing, pilafs and fruit salads.

1 oz. 185 Cal 4 g Protein 19 g Fat 4 g Carb. <1 mg Sodium 1 g Fiber

CASHEWS

Contains the lowest fat of any nut besides the chestnut. Contains 20% protein and high amounts of magnesium, phosphorus and potassium! The cashew's creamy texture makes it great for non-dairy sauces: grind with a mortar and pestle or food processor with 1 to 2 teaspoons of canola oil. Then whisk into a small amount of broth. Add whole at the end of stir-fries or in Indian dishes.

1 oz. 163 Cal 5.3 g Protein 13 g Fat 4 g Carb. <1 mg Sodium 1 g Fiber

**HAZELNUTS/
FILBERTS**



A member of the birch family, the hazelnut is the sweetest of all nuts. Roasted, they are delicious in stuffing and cookies, and are great in pesto or as an addition to pilafs. Try adding roasted hazelnuts to fresh green beans with raspberry vinaigrette and olive oil. Ground to a meal, they are tasty in spice cakes.

1 oz. 188 Cal 2.8 g Protein 19 g Fat 5.1 g Carb. <1 mg Sodium 1 g Fiber

PEANUTS



Actually a legume, peanuts were cultivated by the ancient Mayans and Aztecs. Add to East Indian and Thai recipes. Delicious ground into spicy squash soups or mixed with tamari, sesame oil and rice vinegar as a dipping sauce.

1 oz. 164 Cal 6.6 g Protein 13.9 g Fat 6 g Carb. 2 mg Sodium 2.3 g Fiber

PECANS

High in phosphorus and potassium. Indigenous to the Mississippi River basin, pecans are an essential ingredient in many Southern recipes. Add roasted to salads, pilafs, stuffing, veggies or baked goods.

1 oz. 187 Cal 2.3 g Protein 18.4 g Fat 6 g Carb. 0 mg Sodium .5 g Fiber

PINE NUTS

Also known as piñons or pignoli, pine nuts are rich in iron and magnesium. Toast in a dry skillet, shaking constantly, and use in salads or pesto. Pine nuts are particularly susceptible to rancidity, so keep them in the refrigerator or freezer.

1 oz. 147 Cal 2.5 g Protein 14.5 g Fat 4 g Carb. 0 mg Sodium 1.5 g Fiber

**PISTACHIOS,
IN-SHELL & OUT**

Supply an excellent balance of nutrients. Prized since ancient times, pistachios are now grown mainly in Iran, Turkey, Afghanistan and California. Great for snacking and can be used as a substitute for pine nuts in pesto.

1 oz. 172 Cal 4 g Protein 15 g Fat 8 g Carb. 2 mg Sodium 3 g Fiber

RICE ratio rice:water

SERVING SUGGESTIONS

SWEET RICE

STOVE TOP
1:1½ c. – Add rice to boiling water. Simmer 45 min.

PRESSURE COOKER
1: 1½ c. – 5-7 min. +10

Delicious in puddings and naturally gluten-free! Delicately sweet and the perfect choice in vanilla rice pudding and Asian-style desserts.

½ c. cooked 117 Cal 2.5 g Protein .3 g Fat 26 g Carb. 0 mg Sodium 1.2 g Fiber

WILD RICE

STOVE TOP
1:4 c. – Add rice to boiling water. Simmer 1 hr.

PRESSURE COOKER
1: 3 c. – 20-25 min.

Actually, an aquatic grass seed grain, not a rice. High in protein, lysine and fiber, wild rice is a hearty and nutritious addition to pilafs, salads, meatloaf, and soups and stews.

½ c. cooked 84 Cal 3 g Protein .3 g Fat 18 g Carb. 3 mg Sodium 2 g Fiber

WILD BLEND RICE

STOVE TOP
1: 3 c. – Add rice to boiling water. Simmer 1 hour.

PRESSURE COOKER
1: 3 c. – 20-25 min.

This blend is long-grain rice, sweet brown rice, wehani, japonica and wild rice. A great balance between tender rice and hearty wild rice, our wild blend adds nutty flavor and great texture to pilafs, casseroles, soups and salads.

¼ c. uncooked 150 Cal 4 g Protein 1.5 g Fat 35 g Carb. 0 mg Sodium 4 g Fiber

PRESSURE COOKING RICE

Pressure cooking seals in moisture, intensifies flavor and improves the digestibility of rice. Pressure cooked rice may be slightly sticky since pressure-cooked rice doesn't separate well and won't be light and fluffy. Recommended pressure cooking times include a 10-minute natural cool down time. Keep in mind that less time makes for chewier rice and more water creates moist rice.

BROWN OR WHITE?

Brown rice is far more nutritious than white rice. Because it retains its oil-rich germ and bran, and it is packed with vitamins E, B, essential minerals, fiber and protein. Uncooked brown rice will keep for 6 months stored in a cool, dry place and uncooked white rice will keep almost indefinitely.

Classic Creamy Risotto

Total Time: 45 minutes Serves: 6
6 c. vegetable or chicken broth
¼ c. Wild Oats Organic Unsalted Butter
2 cloves garlic, minced
½ yellow onion, finely diced
2 c. arborio rice
1 c. dry white wine
sea salt and black pepper
1 c. Parmigiano-Reggiano Cheese
Heat broth to a simmer. Turn heat to low to keep the broth warm while cooking the risotto. Melt butter in a saucepan over medium heat. Add onion, garlic and cook about 8 minutes. Add rice; stir to coat evenly. Cook for 5 minutes, until rice is translucent. Stir in wine, cook until absorbed. Add 2 cups broth and gently stir until absorbed, about 7 minutes. Repeat until all the broth is gone and the rice is creamy and al dente. Stir in cheese and season with salt and pepper.

rice

RICE ratio rice:water

SERVING SUGGESTIONS

ARBORIO RICE

STOVE TOP
1: 2½ c. – Simmer 45 min.
PRESSURE COOKER
1½: 3½ c. – 7 min.

An Italian variety of rice, Arborio is shorter and rounder than American rice. The classic rice used for traditional risotto. High starch content and continuous stirring results in delicate rice kernels and a rich creamy sauce.

¼ c. uncooked 200 Cal 4 g Protein 0 g Fat 38 g Carb. 0 mg Sodium 2 g Fiber

BASMATI RICE, BROWN AND WHITE

STOVE TOP
Br: 1:2½ c.– Simmer 45 min.
Wh: 1:1¼ c.– Simmer 15 min.
PRESSURE COOKER
1: 1½c. – 5-7 min.+10

Aromatic long-grain rice. Prized for its perfumed fragrance, basmati is aged rice that's essential in many Indian and Middle Eastern dishes. Its nutty flavor and delicate texture make it perfect in saffron-scented pilaf or in honey sweetened rice pudding.

BROWN ½ c. cooked 116 Cal 3 g Protein 1 g Fat 25 g Carb. 0 mg Sodium 3 g Fiber
WHITE ½ c. cooked 103 Cal 1.5 g Protein .1 g Fat 22 g Carb. 0 mg Sodium .1 g Fiber

JASMINE RICE

STOVE TOP
1: 2 c. – Bring to boil.
Simmer 20 min.
PRESSURE COOKER
1: 1½ c. – 4 min.+10

Grown in Thailand. Similar to Basmati. A fragrant rice from Thailand, jasmine rice is often compared to basmati rice, but isn't quite as costly. It's great simply steamed or slowly simmered in coconut milk and kaffir lime leaves, sautéed in a pilaf, or cooked with vanilla soymilk for rice pudding.

BROWN ½ c. cooked 105 Cal 2.5 g Protein .3 g Fat 23 g Carb. 5 mg Sodium 2 g Fiber
WHITE ½ c. cooked 100 Cal 1.5 g Protein .3 g Fat 22 g Carb. 1 mg Sodium .3 g Fiber

LONG-GRAIN BROWN RICE

STOVE TOP
1: 2 c. – Bring to boil.
Simmer 45 min.
PRESSURE COOKER
1: 1½ c. – 12-15 min.+10

Nutty flavor and cooks up fluffier and dryer than medium- or short-grained rice. Hearty and nutritious, long grain brown rice is chewy, nutty and rich in fiber. Since it retains its fibrous bran layer, it takes a little longer to cook than white rice. It's great in pilafs, casseroles, soups, stuffing and salads.

½ c. cooked 100 Cal 4 g Protein 1 g Fat 22 g Carb. 3 mg Sodium 3.1 g Fiber

ROSE RICE

STOVE TOP
1: 2 c. – Bring to boil.
Simmer 50 min.
PRESSURE COOKER
1: 1½ c. – 5-7 min.+10

Excellent paired with Asian dishes. A perfect blend between short and long grain rice, rose rice is versatile and brings rich nutty flavor to pilafs, stuffing, salads and rice fritters.

½ c. cooked 120 Cal 3 g Protein <1 g Fat 34 g Carb. 0 mg Sodium 1 g Fiber

SHORT-GRAIN BROWN RICE

STOVE TOP
1:2½c. – Add rice to boiling water. Simmer 50 min.
PRESSURE COOKER
1: 1½ c. – 5-7 min.+10

Easily digested! Hearty and nutritious, short grain brown rice is chewy, nutty and rich in fiber. Since it retains its fibrous bran layer, it takes a little longer to cook than white rice. It's great in pilafs, casseroles, soups, stuffing and salads.

½ c. cooked 100 Cal 2 g Protein <1 g Fat 22 g Carb. 1 mg Sodium 2 g Fiber

SUSHI RICE

STOVE TOP
1: 2 c. – Soak 40 min.
Bring to boil. Simmer 45 min.

Sushi rice must be rinsed and drained 3 times before cooking. Sushi rice is short grain Japanese rice developed especially for sushi. Good sushi rice maintains a delicate balance between sticky and dry. Once it is cooked, it is tossed with rice vinegar, sugar and salt. It is best for sushi rolls, called makizushi, or individual pieces of sushi, called nigiri.

½ c. cooked 132 Cal 2 g Protein .2 g Fat 23 g Carb. 0 mg Sodium .9 g Fiber

nuts & seeds

NUTS & SEEDS

SERVING SUGGESTIONS

WALNUTS

Use shortly after purchasing and beware of a bitter taste that occurs in walnuts that have been stored too long. Good source of omega-3s (healthy fats). Grind 1/3 cup walnuts and mix with vinaigrette and pomegranate juice and toss with steamed green beans or vegetables.

1 oz. 172 Cal 7 g Protein 16 g Fat 3.4 g Carb. <1 mg Sodium 1.5 g Fiber

FLAX, BROWN & GOLD

Small seeds rich in EFAs (essential fatty acids). Add to hot or cold cereal, casseroles, sauces and salads. For easier digestion and better nutritional benefit, grind them in a small coffee grinder or with a mortar and pestle. Ground flax seed tastes nutty and a bit like wheat germ. Sprinkle it on foods – uncooked, for maximum benefit. Store in refrigerator or freezer.

1 oz. 154 Cal 5 g Protein 10 g Fat 11 g Carb. <1 mg Sodium 6 g Fiber

PUMPKIN



High in protein and EFAs, and rich in zinc, vitamin A and iron. Use in trail mixes, stir-fries, casseroles and stews. Cook with grains and vegetables or add to pasta and green salads for a nutty crunch!

1 oz. 148 Cal 9.4 g Protein 12 g Fat 3.8 g Carb. 5 mg Sodium 1 g Fiber

SUNFLOWER



High in thiamine and vitamin B6. Toast raw seeds until golden, add to sautéed onions, then toss with green beans and serve. A must for veggie burgers.

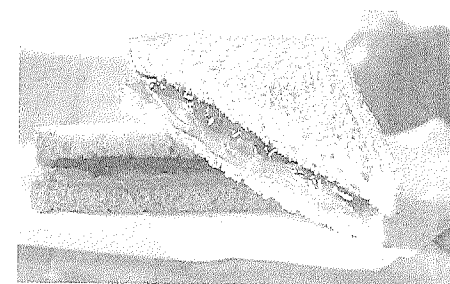
1 oz. 180 Cal 8 g Protein 15 g Fat 6 g Carb. 10 mg Sodium 2 g Fiber

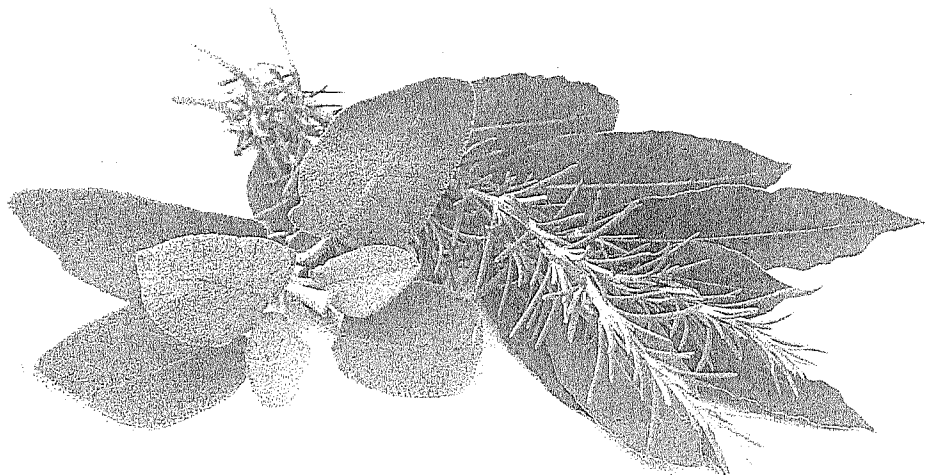
BULK NUT BUTTERS

What tastes better than a PB&J? Not much! Especially when you choose creamy organic peanut butter. Our “grind-your-own” peanut butter is made from organically grown peanuts for the freshest peanut flavor possible. Best of all, it's free of pesticides, chemical fertilizers, GMOs, trans fats and artificial flavors, colors and preservatives.

While most people agree that peanut butter is delicious, sometimes we crave something a little different. In our bulk department, we also feature organic almonds for sweet, creamy and delicious almond butter. Try some on French toast topped with real maple syrup. *Ooh la la!*

Whether you choose peanut or almond, our nut butter mill will do the work for you! Simply select the mill with the nuts you want, place your bulk container beneath the spigot and press the button. Our nut butters are always fresh, and because they're made from 100% ground nuts (you'll see the mill working before your eyes), they're purely delicious.





mixes, herbs & spices

Keep your pantry stocked with bulk mixes, herbs and spices. Many of these mixes are favorites that are also available packaged in our grocery departments. Buying mixes, herbs and spices in bulk gives you many advantages: lower cost, less- or no-waste packaging, guaranteed freshness and you can buy as little or as much as you need.

THE LONG AND SHORT OF IT

When choosing a rice, keep in mind that long grain rice cooks up dry and fluffy and is good in curries, pilafs and paella. Short grain rice is more tender and sticky and is good for sushi rolls, breakfast cereals, puddings and casseroles. Mixing different lengths can add an interesting texture to any dish.

COOKING RICE

- 1. Don't Rinse Most Rice** — Rinsing rice before cooking causes the starches to release more quickly than they should and the rice will not thicken.
- 2. Brown Rice Flavor Option** — Soaking whole brown rice in water for 8 hours in the refrigerator increases its digestibility and enhances flavor. Cook the rice in its soaking water, keeping in mind that soaked rice takes a slightly shorter cooking time by about 10 minutes.
- 3. Measure** — The general ratio is 1 cup of rice to 1½ or 2 cups of water plus ⅓ to ½ teaspoons of sea salt. Place rice, sea salt and water in a heavy pot with a tight-fitting lid.
- 4. Boil/Simmer** — Cover and bring to a boil, then reduce heat to medium low and simmer for 1 hour or until the water has been absorbed.
- 5. Don't Peek!** — Lifting the lid interrupts cooking and can leave the rice dry and undercooked.

- 6. Let Stand and Serve** — When the time's up, let the rice stand, covered, for 10 minutes before serving.

Cooking Brown Rice with Grains or Beans

Brown rice is delicious and cooks well with wheat berries, rye berries, millet, dry corn, adzuki beans, black beans or lentils.

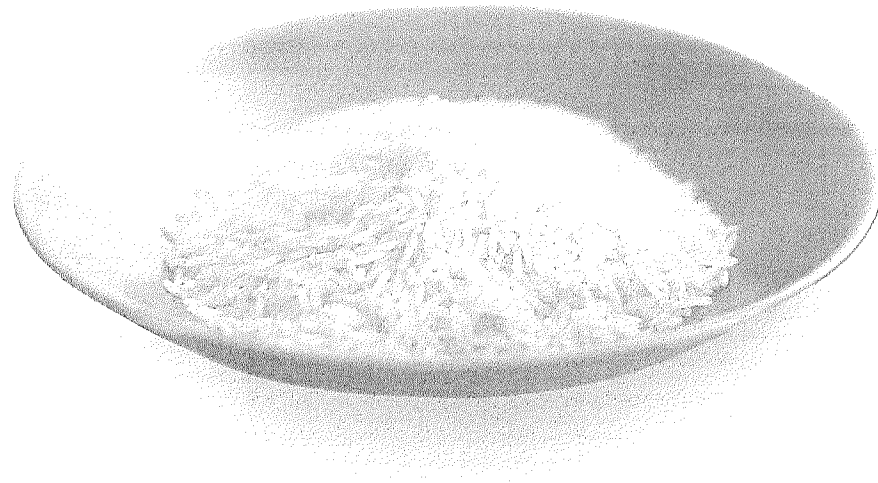
- Rice — 1 cup brown rice : 2 cups water + ½ cup grain or beans: 1 cup water + ¼ teaspoon sea salt
- Soak rice and grains or beans separately overnight (in the refrigerator) in the water amount above. Simmer grains or beans first in their soaking water for 30 minutes. Drain well. Add to the rice and its soaking water and continue simmering for 50 to 60 minutes. Add salt in the last 20 minutes of cooking.

Baked Rice

Preheat oven to 350° F. Dry-toast or sauté 1 cup of rice in sesame oil until slightly brown. Place in a baking dish and pour 2 to 3 cups of boiling water over rice. Cover and bake for 50 minutes. Serves 4. For a pilaf, add ½ cup of diced veggies (raw or sautéed) to rice before cooking.

Roasted Rice

For a nutty flavor, toast rice in a dry skillet over high heat, shaking constantly until kernels are golden. Then follow cooking instructions, shortening the cooking time by 10 minutes.



rice

Rice is the most-consumed food in the world – there are over 7,000 varieties grown and eaten by millions of people for every meal. In Asian folklore, brown rice is said to calm the nervous system, relieve depression and strengthen internal organs. In modern nutrition, it is recommended for those who need extra B vitamins due to stress-related deficiencies. Brown rice is rich in complex carbohydrates, low in fat and packed with vitamins, minerals, amino acids and fiber... and it's inexpensive!

MIXES ARE GREAT FOR

- Quick meals for busy people
- Camping cuisine
- Backpack gourmet
- Last-minute party dips

ABOUT HERBS AND SPICES

What would mealtime be without herbs and spices? Boring, that's what! Without them, we wouldn't taste the sultry flavors of Thai coconut curries, feel the spicy heat of red chiles or savor the warm spice of cinnamon baked in an apple pie. While most spices are found in exotic places like Madagascar, Morocco and Sri Lanka, most herbs can be grown in a kitchen window. Herbs and spices can be from any part of an edible plant including the bark, leaves, stems, fruit, kernels, seeds, buds and berries. Many of the herbs and spices we carry are organic and all of them are non-irradiated, aromatic and full of great flavor. Stock up on your favorites and try a few new ones each time you shop!

NATURAL SWEETENERS

Natural sweeteners are a great alternative to refined sugars and sweeten up everything from a morning latté to grandma's favorite pie recipe. Refined sugar is derived from the juice of the sugar beet or sugar cane, and is chemically processed to remove impurities and to whiten the naturally brown crystals. This process also removes many nutrients, including calcium, magnesium and B-vitamins, which are required to properly digest sugar. While any type of sweetener,

natural or refined, interferes with normal blood sugar levels, natural sweeteners offer a healthier alternative, but should be consumed in moderation. We offer a growing selection of organic and Fair Trade sugar alternatives that make life just a little bit sweeter with less negative impact on the body.

BLACK BEAN FIESTA DIP

Total Time: 10 minutes

Serves: 6 to 8

- 1 ½ c. instant black beans
- 2 c. boiling water
- 2 tsp. Wild Oats Canola Oil
- 1 small onion, diced
- ½ red pepper, diced
- 1 clove garlic, minced
- 1 tsp. red chile powder
- ½ tsp. cumin
- ½ tsp. oregano
- ⅓ c. sour cream
- 1 c. Wild Oats Cheddar Cheese, shredded
- ¼ c. black olives, diced
- 3 Tbsp. chopped cilantro
- 1 Roma tomato, diced

Mix beans and water; set aside. Heat oil in a skillet. Cook onions, red peppers, and garlic for 5 minutes. Add spices. Stir into beans along with half the cheese. Spread beans into a ½-inch deep circle on a large plate. Garnish with sour cream, cheese, olives, cilantro and tomatoes. Serve with Wild Oats Tortilla Chips

Nutrition Note: Fat and sodium nutritional values listed are for mixes before they have been prepared with added oil, butter, salt and/or seasonings.

MIXES	SERVING SUGGESTIONS
BEAN AND BARLEY SOUP, ORGANIC	Place 1½ c. soup mix in a large pot. Cover with 5 c. water. Bring to a boil, reduce heat and cover. Simmer 2 hours or until beans are tender. Add 1 c. diced tomatoes, 2 cloves minced garlic, 2 tsp. thyme, 2 tsp. basil and salt and pepper to taste a half hour before the soup is done. Ingredients: green split peas, pearled barley, pinto beans, green lentils, kidney beans, cranberry beans, black turtle beans, white beans.
	½ c. prepared 188 Cal 12 g Protein 0 g Fat 35 g Carb. 0 mg Sodium 7 g Fiber
BEANS, REFRIED INSTANT	Place 1½ c. beans in bowl. Add 2 c. boiling water. Stir well. Cover and let stand for 5 minutes. Add 2 tbsp. olive oil or butter to beans before adding water to increase richness. Ingredients: precooked pinto beans, dehydrated onions, vegetable oil, salt, spices.
	½ c. dry 170 Cal 10 g Protein 2 g Fat 28 g Carb. 400 mg Sodium 9 g Fiber
BLACK BEANS, INSTANT	Place 1½ c. black beans in bowl. Add 2 c. boiling water. Stir well. Cover and let stand 5 minutes. Add 1 or 2 tbsp. butter to beans before adding boiling water. Ingredients: precooked black beans, dehydrated onions, spices, soybean oil, salt, garlic.
	¼ c. dry 120 Cal 8 g Protein .5 g Fat 24 g Carb. 380 mg Sodium 11 g Fiber
BUTTERMILK POWDER, ORGANIC	Mix ¼ c. buttermilk powder with 1 c. water. Keep on hand to add tangy flavor to baked goods, pancakes and waffles.
	1 Tbsp 25 Cal 2 g Protein .5 g Fat 3 g Carb. 34 mg Sodium 0 g Fiber
'CHICKEN' FLAVORED VEGETARIAN BROTH, ORGANIC	Mix 1 tbsp. broth powder with 6 oz. water. Keep on hand for rich, full-flavored broth anytime. Use as a base for soups, stews, sauces and gravies.
	1 rounded tsp. 19 Cal 1 g Protein <1 g Fat 4 g Carb. 438 mg Sodium 0 g Fiber
CURRY LENTIL SOUP, INSTANT	Add ¾ c. hot water to ½ c. soup for 1 serving. For 2 servings, 1 c. soup to ¼ c. water. For 3 servings, 1½ c. soup to 2 c. water. Ingredients: precooked lentils, sea salt, mild red pepper, garlic, herbs, spices, rice vinegar.
	¾ c. 210 Cal 17 g Protein 1 g Fat 36 g Carb. 620 mg Sodium 19 g Fiber
FALAFEL MIX	Mix 1 c. falafel mix with ¾ c. water. Let stand 15 minutes. Form into balls and fry. Ingredients: chick peas (garbanzo beans), yellow peas, wheat germ, spices, onion, salt, garlic, powdered soy sauce, baking soda, parsley.
	3 oz. 250 Cal 15 g Protein 4 g Fat 42 g Carb. 610 mg Sodium 11 g Fiber
HUMMUS	Mix ¼ c. hummus mix with ¾ c. water and 1 tbsp. olive oil. Let stand 2 minutes. Garnish with paprika and fresh parsley. Perfect as a dip or sandwich spread. Ingredients: cooked chickpeas, sesame tahini, natural spices, lemon, salt.
	¼ c. prepared 210 Cal 6 g Protein 10.5 g Fat 25 g Carb. 300 mg Sodium 2 g Fiber

GRAINS ratio grains:water	SERVING SUGGESTIONS
WHEAT, CRACKED STOVE TOP	Use in place of bulgur for making tabbouleh. Similar in taste and texture to bulgur, cracked wheat is delicious in pilafs, as well as in breads and salads. Since it isn't parboiled, it takes a little longer to cook than bulgur wheat.
1 : 2½ c. – Add grains to boiling water. Simmer 25 min.	½ c. cooked 140 Cal 3.3 g Protein .2 g Fat 29 g Carb. 1 mg Sodium 6 g Fiber
WHEAT BERRIES STOVE TOP	High in protein! Wheat berries are kernels of wheat with their outer layer removed. Although they take longer to cook, their rich nutty flavor and high levels of nutrition are worth the wait. Try them in wintry whole grain salads, pilafs and stuffing. Pair with dried cranberries, roasted walnuts and a peppery vinaigrette for a whole-grain salad or side dish.
1 : 3 c. – Soak 60 min. Add grains to boiling water. Simmer 2 hrs. PRESSURE COOKER 1 : 3 c. – 20-30 min.	½ c. cooked 150 Cal 6 g Protein <1 g Fat 34 g Carb. 1.2 mg Sodium 6 g Fiber
WHEAT FLAKES STOVE TOP	Combine with other grains for extra fiber and nutrients. Wheat flakes are kernels of wheat that have been steamed, rolled, and flaked – similar to oatmeal. They are great simmered into a cooked cereal or added to homemade granola for texture and nutty flavor.
1 : 4 c. – 15-20 min. PRESSURE COOKER 1 : 1¾ c. – 8-10 min.	½ c. cooked 81 Cal 3 g Protein <1 g Fat 17.2 g Carb. 0 mg Sodium 3 g Fiber



Southwest Quinoa Chopped Salad with Chicken and Creamy Salsa Dressing

Total Time: 25 minutes Serves: 6

1 c. organic quinoa	1 c. Wild Oats Organic Black Beans, rinsed
1 tsp. sea salt	½ organic red or orange bell pepper, diced
1 c. Wild Oats Medium Salsa	2 ears corn or 1 c. Wild Oats Super Sweet Organic Corn, thawed
½ c. organic sour cream or plain yogurt	1 avocado, chopped
3 Tbsp. chopped cilantro	1 large, ripe organic tomato, chopped
2 tsp. Wild Oats Extra Virgin Olive Oil	1 large head organic romaine, chopped
juice and zest of one lime	chopped cilantro and lime wedges for garnish
sea salt to taste	
2 c. rotisserie chicken, chopped into bite-sized pieces	

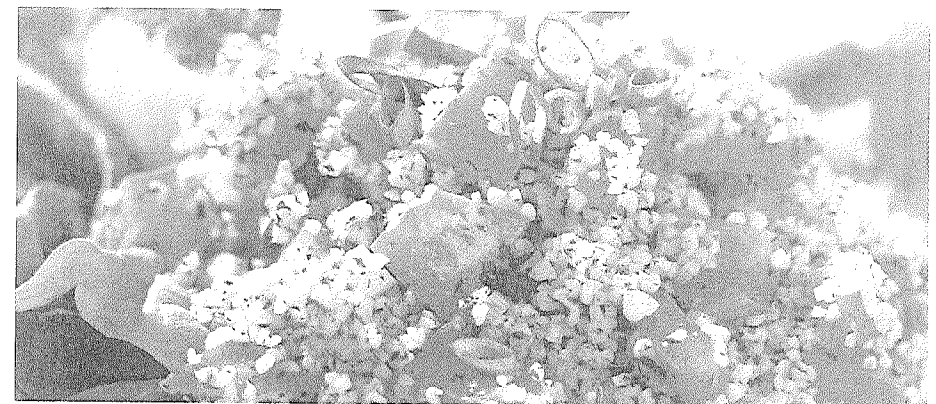
Bring 1½ cups of cold water to a boil. Place quinoa in a fine mesh strainer and rinse thoroughly under cold water. Place quinoa and salt in boiling water. Bring back to a boil. Cover and reduce heat to a simmer. Cook for about 15 minutes. Turn off the heat and let sit covered for about 5 minutes. Drain quinoa in fine mesh strainer and set aside to cool. Place salsa, sour cream, cilantro, olive oil, lime juice and zest in a blender. Pulse until smooth. Season with salt. Place in refrigerator to chill. Toss cooled quinoa with chicken, beans, pepper, corn, avocado and tomato. Add just enough dressing to coat evenly. Divide romaine on six plates and top with quinoa salad mixture. Garnish with wedges of fresh lime and cilantro.

grains

GRAINS	ratio grains:water	SERVING SUGGESTIONS
OATS, STEEL CUT STOVE TOP 1 : 3 c. – Add grains to boiling water. Simmer 30 min. PRESSURE COOKER 1 : 4 c. – 10 min.		Contains cholesterol-lowering bran. Often called Scotch oats, steel cut oats are oat groats chopped into smaller pieces. They are chewier than rolled oats and are delicious simmered in milk and topped with blueberries, almonds and soymilk. ½ c. cooked 102 Cal 3.5 g Protein 2 g Fat 17.5 g Carb. 0 mg Sodium 3 g Fiber
POPCORN STOVE TOP ¼ : 1 tbsp. oil – Cover and shake over medium heat until popping stops.		Delicious as an easy-to-pop snack, popcorn also makes great caramel corn, popcorn balls, popcorn cookie bars and even trail mix. To add a spicy vegan twist to popcorn, melt vegan margarine with salt, nutritional yeast, cumin and chili powder. Pour it over the popcorn; give it a toss and enjoy! ½ c. cooked 30 Cal <1 g Protein 3 g Fat 6 g Carb. 1 mg Sodium 2 g Fiber
QUINOA STOVE TOP 1 : 2 c. – Add grains to boiling water. Simmer 20 min. PRESSURE COOKER 1 : 2 c. – 6 min. +10		Pronounced <i>keen 'wa</i> . An ancient grain packed with nutrition! A complete protein, quinoa is easily digested and quick cooking. Rinse before cooking to remove bitter naturally occurring coating of saponins. It's mild flavor lends itself to many recipes including soups, salads and pilafs. ½ c. cooked 130 Cal 6 g Protein 2.5 g Fat 29 g Carb. 10 mg Sodium 3 g Fiber
RYE BERRIES STOVE TOP 1 : 4 c. – Add grains to boiling water. Simmer 1½ hours. PRESSURE COOKER 1 : 2 c. – 20 min. +10		Higher in protein, phosphorus, iron and potassium than wheat. Rye berries need to be soaked overnight to expedite cooking time. Enjoy simmered into a warm cereal or add to pilafs. ½ c. cooked 98 Cal 4 g Protein 0 g Fat 24 g Carb. 0 mg Sodium 2 g Fiber
RYE FLAKES STOVE TOP 1 : 3 c. – Add grains to boiling water. Simmer 25-30 min.		Rye is a hearty grain grown in colder climates and mainly used for breads and cereals. Rye flakes are great mixed with traditional oatmeal and simmered into a creamy, warm and comforting cereal. Top with raspberries, milk and a drizzle of honey. ½ c. cooked 67 Cal 2 g Protein 0 g Fat 16 g Carb. 0 mg Sodium 1.5 g Fiber
7-GRAIN CEREAL STOVE TOP 1 : 2½ c. – Add grains to boiling water. Simmer 15 min.		Serve with milk, honey or fruit. A hearty and nourishing blend of seven grains that's perfect as a warming winter cereal or added to your favorite muffin, quick bread or pancake mix. ½ c. cooked 140 Cal 6 g Protein 1.5 g Fat 25 g Carb. 0 mg Sodium 5 g Fiber
SPELT BERRIES STOVE TOP 1 : 3 c. – Soak 60 min. Add grains to boiling water. Simmer 2 hrs. PRESSURE COOKER 1 : 3 c. – 20-30 min.		Has a delicious, light and nutty flavor. Tender, nutty berries that add great texture and flavor to whole grain salads. Delicious tossed in pomegranate vinaigrette with caramelized onions, roasted turkey, havarti cheese and topped with fresh sage. ½ c. cooked 100 Cal 4 g Protein 1 g Fat 26 g Carb. 0 mg Sodium 3.5 g Fiber

mixes, herbs & spices

MIXES	SERVING SUGGESTIONS
MULTIGRAIN PANCAKE MIX, ORGANIC	Mix 1 c. pancake mix, 1 c. water and 1 tbsp. vegetable oil together until lumps disappear. Spoon batter onto oiled, preheated griddle. Cook until bubbles form and edges begin to dry. Turn once and cook until golden. Ingredients: whole corn flour, whole wheat flour, unbleached wheat flour, buttermilk solids, whole rice flour, baking powder, whole rye flour, sea salt, potassium bicarbonate. ¼ c. dry 120 Cal 5 g Protein .5 g Fat 23 g Carb. 410 mg Sodium 3 g Fiber
NATURE'S BURGER MIX	Place ½ c. burger mix in bowl. Add ½ c. boiling water. Stir well. Cover and let stand 5 minutes. Form into six, 3 inch patties and pan fry over medium heat in a nostick pan until browned. Ingredients: brown rice, dehydrated vegetables, barley, organic bulgar wheat, oats, sesame seeds, TVP, gluten flour, soy sauce powder, dried yeast, canola oil, yeast extract sea salt, spices, paprika. ½ c. dry 170 Cal 10 g Protein 2 g Fat 28 g Carb. 400 mg Sodium 9 g Fiber
PEA SOUP, INSTANT	For 1 serving, add ¾ c. hot water to ½ c. soup; for 2 servings, 1¼ c. water to 1 c. soup; for 3 servings, 2 c. water to 1½ c. soup. Ingredients: precooked green split peas, carrots, sea salt, onion, garlic, herbs, spices. ¾ c. dry 233 Cal 16 g Protein 1 g Fat 40 g Carb. 500 mg Sodium 16 g Fiber
VEGETABLE BROTH POWDER, ORGANIC	Mix 1 tbsp. broth powder with 6 oz. water. Keep on hand for rich, full-flavored broth anytime. Use as a base for soups, stews, sauces and gravies. 1 rounded tsp 19 Cal 0 g Protein 0 g Fat 4 g Carb. 425 mg Sodium 0 g Fiber
VEGETARIAN CHILI	Add 2¼ c. boiling water to 1 c. chili mix. Stir well. Add 1 c. beans to 1 c. stewed tomatoes. Reduce heat and simmer 25 minutes. Ingredients: texturized vegetable protein, dehydrated vegetables (tomato, onion, garlic, red pepper), cornmeal, barley, salt, chile pepper, vegetable oil, spices, paprika, powdered soy sauce, nutritional yeast, rice malt. ½ c. dry 60 Cal 5 g Protein 0 g Fat 10 g Carb. 280 mg Sodium 3 g Fiber



HERBS & SPICES

SERVING SUGGESTIONS

ALFALFA, ORGANIC WHOLE SEED



Alfalfa seeds are great for sprouting. Enjoy the crisp crunch of fresh sprouts on salads and sandwiches.

ALFALFA LEAF, ORGANIC

Alfalfa leaf is a good source of vitamins A, D, E, and K and can be made into capsules or simmered with peppermint leaves for a nutritive tea.

ALFALFA, ORGANIC LEAF POWDER

Alfalfa leaf powder is a good source of vitamins A, D, E, and K and adds a nutritious boost to fruit and vegetable smoothies, or fresh juices.

ALLSPICE, GROUND ORGANIC

A small berry from the evergreen pimiento tree, allspice tastes like a blend of cloves, cinnamon and nutmeg. It's great in baked goods, spiced cider or wine and for boiling seafood.

ALLSPICE, ORGANIC WHOLE

A small berry from the evergreen pimiento tree, allspice tastes like a blend of cloves, cinnamon and nutmeg. It is great in baked goods, spiced cider or wine and for boiling seafood.

ANISE SEED, ORGANIC WHOLE

Anise is a member of the parsley family and tastes similar to licorice. It's prized for its digestive properties and is delicious in baked goods and liqueurs.

ARROWROOT POWDER

Derived from the arrowroot tuber, arrowroot powder is a natural thickener for sauces, gravies and puddings. It's easy digestibility and bland flavor make it a great substitute for cornstarch. Mix in cold water to dissolve before heating

¼ c. 110 Cal 0 g Protein 0 g Fat 28 g Carb. 0 mg Sodium 1 g Fiber

ASTRAGALUS ROOT, ORGANIC POWDER

Prized as an energy tonic in Chinese medicine, astragalus root powder can be taken by capsule, brewed as a tea or sprinkled over food.

BAC'UNS, ORGANIC BACONLESS SOY BITS

Enjoy the smoky flavor of bacon on salads or soup, without any meat or meat by-products.

BAKING POWDER

A leavening agent that reacts with air and liquids (such as water or milk) to form carbon dioxide gas. We do not carry baking soda containing aluminum. High altitudes: decrease recipe amount of baking powder by ¼ tsp.

1 tsp. 8 Cal 0 g Protein 0 g Fat 2 g Carb. 330 mg Sodium 0 g Fiber

BAKING SODA

An alkaline leavening agent that reacts with such acid substances in batters including fruits, dairy and sweeteners to produce an airy, spongy texture in baking. High altitudes: decrease recipe amount of baking soda by ¼ tsp.

1 tsp. 0 Cal 0 g Protein 0 g Fat 0 g Carb. 821 mg Sodium 0 g Fiber

BASIL, SWEET ORGANIC

A delicious cross between licorice and cloves, basil is essential in many Italian and Mediterranean dishes. Add to tomato sauces, meat rubs, dressings and pasta fillings.

GRAINS ratio grains:water

SERVING SUGGESTIONS

COUSCOUS

STOVE TOP

1 : 1½ c. – Add grains to boiling water. Simmer 7 min.

Made from coarsely ground, precooked semolina. Fast cooking! Couscous is a staple in North African cuisine and a lifesaver for weeknight side dishes. Simply bring water or broth to a boil, stir in herbs and couscous, cover and wait 5 minutes. Add toasted pine nuts, fluff with a fork and enjoy.

½ c. cooked 88 Cal 3 g Protein 0 g Fat 22 g Carb. 4 mg Sodium 2 g Fiber

COUSCOUS, WHOLE WHEAT

STOVE TOP

1 : 1½ c. – Add grains to boiling water. Simmer 18 min.

Traditionally flavored with saffron, tomatoes or harissa. Whole-wheat couscous retains its chewy bran layer, which adds nutty flavor and great texture to traditional pilafs and side dishes. Try tossing with fresh garlic, basil and Parmigiano-Reggiano cheese!

½ c. cooked 129 Cal 5 g Protein 1.5 g Fat 22 g Carb. 0 mg Sodium 5 g Fiber

KAMUT

STOVE TOP

1 : 3 c. – Add grains to boiling water. Simmer 2 hrs.



An ancient Egyptian wheat dating back to 4000 B.C. Kamut is 20 to 40% larger than a typical grain of wheat, and is nutty tasting and rich in vitamins, minerals and amino acids. It's great whole in cereal, salads and pilafs and ground in pastas, crackers and baked goods.

PRESSURE COOKER

1 : 3 c. – 10-12 min.

½ c. cooked 129 Cal 5 g Protein 1.5 g Fat 22 g Carb. 0 mg Sodium 2 g Fiber

MILLET

STOVE TOP

1 : 3 c. – Add grains to boiling water. Simmer 35 min.



Naturally gluten-free, easy to digest and rich in lysine. Millet is also a good source of protein and B vitamins. It's delicious paired with curried vegetables.

½ c. cooked 129 Cal 5 g Protein 1.5 g Fat 22 g Carb. 2 mg Sodium 2 g Fiber

OAT GROATS

STOVE TOP

1:3 c. – Simmer 2 hrs. PRESSURE COOKER 1 : 3 c. – 15-18 min.



High in 7 B vitamins. Oat groats are chewy, nutty and a great alternative to oatmeal. They are also great in muesli and savory dishes like pilaf or stuffing. Add a cup to your favorite stuffing recipe for great texture and delicious nutrition.

½ c. cooked 121 Cal 4.5 g Protein 2 g Fat 22 g Carb. 0 mg Sodium 3 g Fiber

OATS, QUICK

STOVE TOP

1 : 1½ c. – Add grains to boiling water. Simmer 5-8 min.

All types of oatmeal begin as oat groats. Groats are steamed and rolled for traditional oats. Quick oats are thin, precooked oats that cook into a creamy cereal in less than a minute! They are also great in cookies, muffins, pancakes and added to your favorite meatball recipe.

½ c. cooked 70 Cal 3 g Protein 2 g Fat 13 g Carb. 0 mg Sodium 3 g Fiber

OATS, ROLLED

STOVE TOP

1 : 3 c. – Add grains to boiling water. Simmer 20 min.

PRESSURE COOKER

1 : 4 c. – 5 min. +10

Delicious in oatmeal cookies! Often called old-fashioned oats, rolled oats are oat groats that have been steamed, rolled and cut into flakes. They're best simmered into cereal or added to cookies, muffins, homemade granola or meatloaf.

½ c. cooked 70 Cal 3 g Protein 1 g Fat 13 g Carb. 0 mg Sodium 3 g Fiber

grains

GRAINS ratio grains:water

SERVING SUGGESTIONS

AMARANTH

STOVE TOP
1 : 3 c. – Simmer 25 min.
PRESSURE COOKER
1 : 2 c. – 6 min. +10

Ancient Aztec grain. Naturally gluten-free! High in protein and delicately sweet, amaranth is delicious tossed with sautéed pears, blue cheese, toasted walnuts and white balsamic vinaigrette.

½ c. cooked 129 Cal 5 g Protein 1.5 g Fat 22 g Carb. 14 mg Sodium 2 g Fiber

BARLEY, PEARLED

STOVE TOP
1 : 4 c. – Simmer
35-45 min.
PRESSURE COOKER
1 : 4 c. – 15-20 min.

Mild flavored with a chewy texture. Pearled barley has its bran layer removed and is steamed and polished. The result is a tender, slightly chewy grain that's delicious when simmered with chopped tomatoes, carrots, onion and garlic for a hearty nourishing soup.

½ c. cooked 100 Cal 2 g Protein 0 g Fat 22 g Carb. 0 mg Sodium 2.5 g Fiber

BARLEY, WHOLE

STOVE TOP
1:3 c. – Simmer 1½ hrs
PRESSURE COOKER
1 : 3 c. – 20 min.



Very chewy and high in protein, potassium and calcium. High in fiber and rich in nutrition, whole barley is tasty when slow cooked in soups and stews. It takes a bit longer to cook than pearled barley.

½ c. cooked 140 Cal 4 g Protein 1 g Fat 29 g Carb. 0 mg Sodium 6 g Fiber

BARLEY, FLAKES

STOVE TOP
1:3 c. – Add grains
to boiling water.
Simmer 20 min.
PRESSURE COOKER
1 : 2 c. – 4-6 min.

Similar to oatmeal, barley flakes cook into a creamy bowl of warming nutrition. Delicious topped with soymilk, cinnamon and maple syrup.

½ c. cooked 66 Cal 2 g Protein .5 g Fat 14 g Carb. 0 mg Sodium 4 g Fiber

BUCKWHEAT, RAW

STOVE TOP
1 : 3 c. – Add grains
to boiling water.
Simmer 15-20 min.



Not a wheat, but a fruit seed related to rhubarb. Naturally gluten-free! Chockfull of nutritious protein and fiber, buckwheat is typically ground into a flour and added to pancakes, muffins and waffles for great texture and nutty flavor. Raw buckwheat is often bitter and needs to be lightly toasted before using.

½ c. cooked 104 Cal 3.5 g Protein 1 g Fat 12 g Carb. 0 mg Sodium 2.5 g Fiber

BUCKWHEAT, ROASTED

STOVE TOP
1 : 2 c. – Add grains
to boiling water.
Simmer 20-30 min.

Also called kasha. Chockfull of nutritious protein and fiber, roasted buckwheat is typically ground into a flour and added to pancakes, muffins and waffles for great texture and nutty flavor.

½ c. cooked 77 Cal 3.5 g Protein .5 g Fat 12 g Carb. 0 mg Sodium 2.5 g Fiber

BULGUR WHEAT

STOVE TOP
1 : 2 c. – Add grains
to boiling water.
Simmer 20-25 min.

The star of the Middle Eastern dish, tabbouleh! Bulgar is a quick cooking whole wheat that's been cleaned, parboiled, dried and crushed. It's delicious in pilaf, soup, bakery goods, stuffing or casseroles, but it's most easily recognized when tossed with lemon juice, parsley, tomatoes, mint and cucumber for tabbouleh.

½ c. cooked 76 Cal 3 g Protein 0 g Fat 22 g Carb. 5 mg Sodium 3.5 g Fiber

mixes, herbs & spices

HERBS & SPICES

SERVING SUGGESTIONS

BAY LEAF, WHOLE ORGANIC

A whole leaf from the evergreen bay laurel tree, bay leaves are aromatic and add spice and an herbal flavor to soups, stews, stuffings and all types of meat and poultry. Remove bay leaves before serving.

BET, POWDER ORGANIC

Rich in betaine, which may support normal liver and kidney function, beet powder is a healthy boost to smoothies and fresh juices.

BROCCOLI SEED, ORGANIC WHOLE



Broccoli seeds are great for sprouting. Enjoy the crisp crunch of fresh sprouts on salads and sandwiches.

CARAWAY SEED, WHOLE ORGANIC

Known for their nutty, licorice-like flavor, caraway seeds are essential in rye bread and in German, Hungarian and Austrian cuisine.

CARDAMOM, GROUND ORGANIC

A member of the ginger family, cardamom has the same warm spice of ginger and is delicious in sweet baked goods. It's prevalent in Scandinavian and East Indian cuisine and can be used in fruit breads, rice pudding and apple pie.

CARDAMOM PODS, WHOLE GREEN ORGANIC

A member of the ginger family, cardamom has the same warm spice of ginger and is delicious in sweet baked goods. It's popular in Scandinavian and East Indian cuisine and is delicious simmered in spiced cider or crushed and added to fruit breads, rice pudding and apple pie.

CARDAMOM SEED, ORGANIC WHOLE DECORTICATED

A member of the ginger family, cardamom has the same warm spice of ginger and is delicious in sweet baked goods. It's prevalent in Scandinavian and East Indian cuisine and is delicious simmered whole in spiced cider or crushed and added to fruit breads, rice pudding and apple pie.

CAROB ORGANIC POWDER, LIGHT ROAST

From the carob tree, carob powder is often used as a substitute for chocolate in baked goods and confections.

CAYENNE 20,000 SHU, ORGANIC GRIND

Add redhot spice to chili, tacos and other south-of-the border favorites. Cayenne is a great addition to homemade meat, poultry and seafood rubs.

CAYENNE 90,000 SHU

Add redhot spice to chili, tacos and other south-of-the border favorites. Cayenne is a great addition to meat, poultry and seafood rubs.

CELERY SEED, WHOLE ORGANIC

Boldly flavored and pungent, celery seed is best used sparingly. It's found in pickling spices, as well as in soups and stews. Ground and mixed with salt, it is essential for a perfect Chicago-style hot dog.

CHEESE, ORGANIC WHITE CHEDDAR POWDER

Simply mix with milk and a little butter for a creamy, cheesy sauce that's perfect for quick mac-n-cheese.

Scoville Heat Units or SHUs are the units used to measure the level of capsaicin in chili peppers - the higher the number, the hotter the pepper. The scale starts at zero for sweet bell peppers and goes to 16,000,000 for pure capsaicin.

HERBS & SPICES	SERVING SUGGESTIONS
CHILI POWDER, ORGANIC	Rich red chili powder that adds heat and earthy flavor to chili, taco and burrito filling and salsa.
CHILI PEPPERS, GROUND ORGANIC	Rich red chili powder that adds heat and earthy flavor to chili, taco and burrito filling and salsa.
CHIVES, ORGANIC	Add mild onion flavor and green color to baked potatoes, steamed vegetables, pasta, soups and salads.
CILANTRO, ORGANIC	Add bright, lively flavor to salsa, taco and burrito fillings and chili.
CINNAMON, GROUND ORGANIC	Sourced from the inner bark of a tropical evergreen tree, cinnamon adds warm spice to sweet baked goods, savory stews, rice dishes and curries
CINNAMON CHIPS, ½ - 1" ORGANIC	Adds sweet spice to tea, spiced cider and mulled wine.
CINNAMON, SOFT CEYLON 3" ORGANIC	Mild and sweet, Ceylon cinnamon sticks add warm spice to apple cider, mulled wine, tea or chai.
CINNAMON STICKS, 2¾" ORGANIC	Whole cinnamon sticks add warm spice and sweet fragrance to apple cider, mulled wine, tea or chai.
CLOVE, WHOLE ORGANIC	Cloves are the dried bud from the evergreen clove tree. Whole cloves add pungent spice to tea, spiced cider and mulled wine, as well as traditional clove-studded ham.
COCOA, ORGANIC MIX	Enjoy creamy, rich hot cocoa anytime. Mix with regular, soy or rice milk and add a peppermint stick for a festive winter treat.
CORIANDER SEED, GROUND ORGANIC	The seed of the cilantro plant, coriander is related to the parsley family and is an essential spice in Indian curry powder.
CORIANDER SEED, WHOLE ORGANIC	The seed of the cilantro plant, coriander is related to the parsley family and adds lemon, sage and caraway flavor to homemade pickles, curries and Belgian-style beers. Try toasting to bring out the full flavor.
CORNSTARCH	Used as a thickener. Made from ground yellow or white corn that has been highly refined. Substitute for arrowroot powder.
	1 tbsp. 30 Cal 0 g Protein 0 g Fat 7 g Carb. 0 mg Sodium <1 g Fiber
CUMIN SEED, GROUND ORGANIC	Pungent, smoky and slightly nutty, cumin adds rich flavor to Middle Eastern, Asian, Mediterranean and Mexican cuisine
CUMIN SEED, ORGANIC	Pungent, smoky and slightly nutty, cumin adds rich flavor to Middle Eastern, Asian, Mediterranean and Mexican cuisine. Toast the seeds to bring out the full flavor.



Baked Maple Cinnamon Oatmeal

Total Time: 55 minutes, plus cooling time

Serves: 4

3 c. Wild Oats Organic Milk or Organic Vanilla Soymilk

2 Wild Oats Large Organic Eggs, lightly beaten

3 Tbsp. Wild Oats Unsalted Organic Butter, melted

⅓ c. Wild Oats Organic Maple Syrup

2 tsp. vanilla extract

¼ tsp. ground nutmeg

dash of salt

2 c. organic old-fashioned rolled oats

1 c. organic blueberries

⅓ c. toasted almonds or walnuts

Mix together the first 8 ingredients. Fold in oatmeal and pour mixture into a greased 2-quart baking dish. Cover with plastic wrap and refrigerate 6 to 8 hours. Preheat oven to 350°F. Remove plastic wrap and bake 45 minutes, stirring once or twice. Remove from oven and serve warm topped with blueberries, nuts, maple syrup and milk or soymilk.



"Good Morning Grains"

Start your day with nutritious whole grains! A bowl of tasty, hearty whole-grain cereal in the morning can provide long-burning energy. Simply soak grains overnight using the grain-to-liquid ratio indicated in this guide. In the morning, cook them in their soaking water for 50 minutes or pressure cook for 20 minutes; or you can drain the soaking water and cook the grains in fruit juice or soymilk.

- Add sweet, chewy dried fruits or fresh ones – raisins, apples and bananas are delicious in a hot morning cereal.
- Cook with sweet spices such as cinnamon, ginger or allspice. If desired, top with honey or maple syrup.
- Leftovers can be stored for 1 to 2 days.
- Try something new by experimenting with different types of grains – our bulk department is sure to have just what you're looking for!

No time to make a hearty bowl of oats?

We also have a great selection of granola for breakfast in a flash. With a wide variety of flavors from cinnamon spice to raspberry and cream, you'll always find a favorite to fill your bowl with whole-grain goodness. All our granola is made with the finest natural and organic ingredients and without trans fats, high fructose corn syrup or artificial colors, flavors or preservatives for crisp, healthy flavor in every bite.

grains

STORAGE

Store uncooked grains in a cool, dry closed container away from light, heat and moisture. Grains that are properly stored will keep for several months and remain nutritionally intact. If a grain smells musty or bitter, it is probably rancid; discard and replace with fresh grains from Wild Oats Bulk Department.

FDA HEALTH CLAIM – HEART SMART FIBER

Did you know that scientific studies show that adding fiber from whole grains to your diet may help reduce your risk of heart disease? The FDA agreed and created the first claim supporting the role of fiber in supporting a healthy heart. *Diets low in saturated fat and cholesterol that include 3 grams of beta glucan soluble fiber per day may reduce the risk of heart disease.*

DELIGHTFUL WAYS TO ENJOY COOKED GRAINS

- Create a pilaf by sautéing chopped vegetables (like carrots, mushrooms and onions) in a little oil, stirring in cooked grains (such as rice, barley or quinoa) and seasoning with tamari, garlic or your favorite herbs and spices.
- Serve grains simply, with a light sprinkling of nuts and seeds.
- Top with stir-fried veggies, meats and seafood—Asian style.
- Serve as a side dish, with beans, vegetables, meat, poultry or seafood.
- Cook with dried fruit for breakfast.
- Add natural sweeteners (maple syrup, agave nectar or cane sugar) and spices (cinnamon, cardamom or cloves) for satisfying desserts.
- Use in casseroles, croquettes, stuffing and soups.
- Marinate cooked grains and toss into salads.



mixes, herbs & spices

HERBS & SPICES

SERVING SUGGESTIONS

CURRY POWDER, ORGANIC	Essential in Indian cuisine, curry powder is a blend of over 20 spices including cardamom, cinnamon, cloves, chili, coriander, cumin, fennel seed, fenugreek, mace, nutmeg, red and black pepper, poppy and sesame seeds, saffron, tamarind and turmeric.
DILL SEED, WHOLE ORGANIC	Whole dill seed is very pungent and adds traditional flavor to dill pickles, creamy cucumber yogurt dip, poached salmon, pasta salad and vinaigrettes.
DILL WEED, ORGANIC	Light, fresh and easy to identify, dill weed adds herbal flavor to deviled eggs, tuna salad and creamy yogurt dip.
DULSE ORGANIC LEAF FLAKES, ATLANTIC OCEAN	Add briny flavor and nutrition from the sea to soups, chowders, sandwiches and salads.
DULSE ORGANIC LEAF GRANULES	Add briny flavor and nutrition from the sea to soups, chowders, sandwiches and salads.
DUTCH COCOA POWDER	 A rich dark cocoa powder processed with alkali to neutralize cocoa's natural acidity. Great for brownies, cakes, cookies and quick breads.
FENNEL SEED, ORGANIC POWDER	Fennel tastes like licorice and is often compared to anise. It adds mild, yet pungent flavor to Italian sausage and rye breads, and is an essential component of Chinese 5-spice powder.
FENNEL SEED, WHOLE ORGANIC	Fennel tastes like licorice and is often compared to anise. It adds mild, yet pungent flavor to Italian sausage and rye breads, and is an essential component of Chinese 5-spice powder.
FENUGREEK SEED, ORGANIC POWDER	A slightly bitter, aromatic herb, fenugreek is often used in tea and curry powder.
GARAM MASALA, ORGANIC	A blend of toasted spices used to flavor many types of Indian and Thai dishes.
GARLIC FLAKES, ORGANIC	Essential in all types of cuisine, garlic is full-flavored with a very recognizable aroma. It's especially popular in Italian cuisine in sauces, pesto, garlic butter, sausage, pizza toppings and salad dressings.
GARLIC GRANULES, ORGANIC	Essential in all types of cuisine, garlic is full-flavored with a very recognizable aroma. It's especially popular in Italian cuisine in sauces, pesto, garlic butter, sausage, pizza toppings and salad dressings.
GARLIC POWDER, ORGANIC	Essential in all types of cuisine, garlic is full-flavored with a very recognizable aroma. It's especially popular in Italian cuisine in sauces, pesto, garlic butter, sausage, pizza toppings and salad dressings.
GARLIC SALT, ORGANIC	Garlic salt is a blend of garlic powder and salt used to add flavor to many Italian dishes. Sprinkle it on ciabatta bread brushed with olive oil and toast for crisp garlic bread.

HERBS & SPICES

SERVING SUGGESTIONS

GINGER, CRYSTALLIZED PREMIUM ORGANIC	Fresh slices of ginger cooked in a simple syrup and coated with sugar crystals. Excellent to aid digestion or enjoy as a sweet, yet spicy treat. It's delicious chopped and added to apple pie, peach preserves or organic butter.
GINGER ROOT, GROUND ORGANIC	Add the warming spice of ginger to gingerbread, gingersnaps, pear and apple tarts, as well as curries, roasted meats, soups and stews.
HERBS DE PROVENCE, ORGANIC	A traditional blend of herbs from France including basil, fennel, lavender, marjoram, rosemary, sage, savory and thyme. Add flavor to meat, poultry and vegetables, or mix with softened butter for a savory herb spread.
ITALIAN SEASONING, WHOLE ORGANIC	An aromatic blend of traditional Italian seasonings including oregano, basil, rosemary, thyme and marjoram. Keep some on hand to add authentic flavor to pizza, tomato sauce, lasagna and pasta dishes.
JUNIPER BERRIES, WHOLE ORGANIC	A bittersweet, aromatic berry from the juniper shrub. Crush first and use to flavor marinades for beef, pork, game, as well as sausages, stews and stuffing.
KELP GRANULES, ORGANIC	Sprinkle nutrient dense kelp granules on soups, salads, tofu, pasta, stir-fries, dressings, dips and sauces.
KELP POWDER, ORGANIC	Add nutrient dense kelp powder to smoothies or add to plant soil for full, lush and thriving houseplants.
LAVENDER FLOWERS, WHOLE ORGANIC	Breathe in one of the world's most popular fragrances! Add lavender flowers to sugar cookies, olive oil, homemade herbes de Provence or blend with sugar for a fragrant addition to herbal tea.
LEMON BALM, ORGANIC	A member of the mint family, lemon balm is very aromatic with a citrus-y lemon scent. It is great in tea, hot or iced and is delicious in sorbet.
LEMON GRASS, ORGANIC	An essential in Thai cooking, lemongrass is vibrant and zesty with a fresh lemon scent. Add it to green or red coconut curry or in tofu, shrimp or chicken stir-frys.
LEMON PEEL, ORGANIC	Made from the zest of a lemon, lemon peel retains a high percentage of essential oils for big citrus flavor. It's three times more potent than fresh peel and can be reconstituted for soft, fresh flavor.
LEMON PEEL, GRANULES ORGANIC	Made from the zest of a lemon, lemon peel retains a high percentage of essential oils for big citrus flavor. It's three times more potent than fresh peel and can be reconstituted for soft, fresh flavor. Delicious in homemade teas.
LEMON PEPPER ORGANIC	A blend of spicy black pepper and lemon peel for a zesty addition to fish, seafood, chicken, steaks, sauces and vegetables.
MARJORAM, ORGANIC	A member of the mint family, marjoram is very aromatic and pairs nicely with thyme, bay leaves and lavender. It is essential in herbes de Provence and delicious in chicken and pork dishes.

RULES OF THUMB

Yield

1 cup of dry grain, when cooked, is enough for 2 to 4 people.

Doubling Recipes

When multiplying the amount of grain, decrease the amount of liquid by 2 tablespoons per cup of grains.

Cooked Enough?

When testing whether or not your grains are cooked through, keep in mind that most whole grains are best when slightly chewy.

Salt

Like pasta, a little salt in the cooking water will enhance the flavor of your grains. Replacing water with stock or adding herbs to the cooking water will also infuse grains with layers of flavor.

INSTRUCTIONS

- 1. Rinse** — Before you cook grains, rinse them thoroughly in cold water until the water runs clear. Strain them to remove any dirt or debris.
 - Pre-soaking (optional) — Reduce cooking time (and save 40% more energy) by soaking hard grains in the refrigerator for 6 to 8 hours. Rinse well, bring a large pot of water to a boil, add soaked grains and salt and cook to desired doneness.
- 2. Boil/Simmer** — As a general rule, bring water to a boil, add grains and return to a boil. Then reduce heat, cover and

simmer until the grains are done. Resist the urge to lift the cover — the momentum of the steam will be lost. Use broth instead of water for added flavor.

- 3. Test** — Test grains for doneness. Most grains are slightly chewy when cooked.
- 4. Fluff** — Many grains benefit from fluffing. When grains are done cooking, remove from heat and gently lift and separate them with a fork. Re-cover and allow to sit for 5 to 10 minutes before serving.

ABUNDANT WATER TECHNIQUE

A simple, effective way to cook grains is with the abundant water technique in which you cook the grains as if they are pasta. Simply drench your grains in water — a few inches above the grain level should do — and cook until done. Then drain the excess water from the pot with a colander. This technique makes it easy to avoid burning your grains.

If you're concerned about gluten intolerance or Celiac Disease please see page 3.



grains

Variety is the spice of life! Adding whole grains to your diet is good for body and soul. Whole grains – the seeds and fruits of cereal grasses – are packed with energy. Most processed grains are stripped of their nutritious outer layer (bran) and the germ, which removes most of their key nutrients, such as vitamin E, protein and fiber. Whole grains, on the other hand, supply the nutrients that your body needs to properly digest and assimilate their beneficial nutrients.

HERBS & SPICES

SERVING SUGGESTIONS

MUSTARD SEED, WHOLE YELLOW ORGANIC



Whole yellow mustard seeds add zesty mustard flavor to homemade pickles, relish and chutney. Also delicious in sauces and marinades. Soak in water before using to extract full mustard flavor.

MUSTARD SEED, WHOLE BROWN ORGANIC



Whole brown mustard seeds are hotter and spicier than their yellow counterparts. Add full mustard flavor to sauces, marinades, pickling spices and deviled eggs. Soak in water before using to extract full mustard flavor.

MUSTARD SEED, YELLOW GROUND ORGANIC

Ground yellow mustard seeds add zesty flavor and that extra zing to sauces, marinades and cheese-based soups.

NUTMEG, ORGANIC GROUND

Nutmeg adds warm, sweet spice to baked goods, cream sauces, eggnog and is delicious in mulled cider or wine.

NUTMEG, ORGANIC WHOLE

Nutmeg adds warm, sweet spice to baked goods, cream sauces, eggnog and is delicious in mulled cider or wine. Grated fresh nutmeg has the best flavor.

NUTRITIONAL YEAST FLAKES OR POWDER

Not to be confused with brewer's yeast, nutritional yeast is a popular nutritional supplement that's low in fat and sodium, and rich in protein, B-complex vitamins, amino acids, choline and inositol - making it a good choice for vegans. It's nutty flavor and creamy texture makes it a wonderful popcorn topping and a perfect cheese substitute for vegan mac-n-cheese.

1/2 c. 16 grams 61 Cal 8 g Protein 1 g Fat 5 g Carb. 5 mg Sodium 10 g Fiber

ONION FLAKES, ORGANIC

Great to have on hand to add sweet onion flavor to meatloaf, sauces, soups, stews and Italian, Indian and Mexican dishes.

ONION, ORGANIC GRANULES, WHITE

Dried onions are often sweeter and milder than fresh onions. They are great to have on hand for marinades and rubs, or to add to meatloaf, sauces, soups, stews and Italian, Indian and Mexican dishes.

ORANGE PEEL GRANULES, ORGANIC

Made from the zest of an orange, orange peel retains a high percentage of essential oil for big citrus flavor. It's three times more potent than fresh zest and can be reconstituted for soft, fresh flavor. Delicious in homemade teas.

ORANGE PEEL, ORGANIC POWDER

Made from the zest of an orange, orange peel powder retains a high percentage of essential oil for big citrus flavor. It's three times more potent than fresh zest and is delicious in homemade teas.

OREGANO LEAF, ORGANIC

A fragrant herb that plays an important role in Greek and Italian cuisine. Oregano is stronger when dried and adds rich earthy flavor to sauces, soups, stews and grilled meats.

ORANGE PEEL, ORGANIC

Made from the zest of an orange, orange peel retains a high percentage of essential oils for big citrus flavor. It's three times more potent than fresh zest and can be reconstituted for soft, fresh flavor. Delicious in scones, muffins and quick breads.


HERBS & SPICES

SERVING SUGGESTIONS

PAPRIKA GROUND, ORGANIC	A mild seasoning made from sweet red peppers, paprika is used to add mild flavor and deep red color to potatoes, rice, cream soups, sauces, deviled eggs and all types of meat.
POPPY SEED, WHOLE ORGANIC	Harvested from the <i>Papaver somniferous</i> plant, poppy seed is used to garnish breads and rolls and is found in muffins, quick bread and in traditional Indian and Turkish spice blends.
PARSLEY LEAF FLAKES, ORGANIC	Garnish egg dishes, sauces, vegetables and meats with fresh flavor and a green accent.
PEPPER, BLACK ORGANIC FINE GRIND	Sourced from the <i>piper nigrum</i> vine, black pepper is a popular tabletop seasoning and adds sharp, spicy flavor to everything from eggs and meats to vegetables and strawberries and vanilla ice cream drizzled with balsamic vinegar.
PEPPER, BLACK COARSE GRIND ORGANIC	Sourced from the <i>piper nigrum</i> vine, black pepper is a popular tabletop seasoning and adds sharp, spicy flavor to everything from eggs and meats to vegetables and strawberries and vanilla ice cream drizzled with balsamic vinegar.
PEPPER, BLACK MEDIUM GRIND ORGANIC	Sourced from the <i>piper nigrum</i> vine, black pepper is a popular tabletop seasoning and adds sharp, spicy flavor to everything from eggs and meats to vegetables and strawberries and vanilla ice cream drizzled with balsamic vinegar.
PEPPER, WHITE ORGANIC FINE GRIND	White pepper is slightly hotter than black pepper and adds zesty heat and peppery flavor to white sauces and light colored soups. It is also an important addition to most Asian cuisines.
PEPPERCORNS, BLACK ORGANIC	Sourced from the <i>piper nigrum</i> vine, black pepper is a popular tabletop seasoning and adds sharp, spicy flavor to everything from eggs and meats to vegetables and strawberries and vanilla ice cream drizzled with balsamic vinegar.
PEPPERCORNS, WHITE ORGANIC WHOLE	White pepper is slightly hotter than black pepper and adds zesty heat and peppery flavor to white sauces and light colored soups. It is also an important addition to most Asian cuisines.
PEPPERMILL, ORGANIC 4 PEPPER BLEND	A pungent and flavorful blend of black, white, red and green peppercorns, an excellent substitute for black pepper and a definite must have on any dining table.
PEPPERMINT LEAF, ORGANIC	Refreshing and fragrant, peppermint leaf is satisfying when brewed as a tea and is thought to ease troubled tummies; it also adds a fresh scent to homemade potpourri.
PIZZA SEASONING, ORGANIC	Add a zesty touch to your favorite pizza, marinara sauce or sausage with a savory blend of salt, fennel, oregano, garlic, black pepper, basil, white onion, crushed red pepper and cayenne pepper.
POULTRY SEASONING, ORGANIC POWDER	Add depth of flavor to stuffing, gravy and chicken salad with a savory blend of sage, white pepper, red and green bell peppers, lemon peel, rosemary, dill, allspice, thyme, marjoram and ginger.

BEANS ratio beans:water

SERVING SUGGESTIONS

PINTO BEANS Soak. STOVE TOP 1 : 4 c. – Simmer 2 hrs PRESSURE COOKER 1 : 3 c. – 1-3 min. +10	Pinto is Spanish for painted and describes the rust colored streaks found on pinto beans. A staple in Southwestern and Mexican cuisine, pinto beans are delicious in soups, stews and refried beans. Their mild flavor pairs nicely with chiles, cumin, sautéed onions and fiery salsa.	½ c. cooked 120 Cal 8 g Protein 0 g Fat 21 g Carb. 0 mg Sodium 8 g Fiber
RED BEANS Soak. STOVE TOP 1 : 4 c. – Simmer 2 hrs PRESSURE COOKER 1 : 2 c. – 5-8 min. +10	Also popular in Southwestern and Mexican cuisine, red beans can be interchanged with pinto and kidney beans. Essential for chili con carne and refried beans, red beans are medium-sized, versatile and the star in Louisiana's culinary claim to fame: red beans and rice. For a Cajun treat, simmer red beans with celery, onions, thyme, cayenne, bay leaves and smoked sausage (vegetarian or meat).	½ c. cooked 110 Cal 8 g Protein 0 g Fat 20 g Carb. 0 mg Sodium 6 g Fiber
SOYBEANS Soak. STOVE TOP 1 : 3 c. – Simmer 3-4 hrs PRESSURE COOKER Beige 1 : 3 c. 5-8 min. +10 Black 1 : 3 c. 16-18 min. +10	 The only legume containing 9 essential amino acids making soybeans a complete protein! An excellent source of protein, soybeans are a delicious addition to stir-frys, soups, stews, chili or savory spreads. They take longer to cook than most beans and are a good candidate for pressure-cooking. They are also used to make soymilk. One pound of soybeans yields almost two gallons of milk.	½ c. cooked 150 Cal 14 g Protein 8 g Fat 9 g Carb. 2 mg Sodium 5 g Fiber
SOYBEANS, DRY-ROASTED, SALTED Ready-to-eat	A crunchy, heart healthy snack that's great eaten right out of the bag, sprinkled on salads, folded into pilafs or added to tuna salad. They're nutty and deliciously good for you too!	½ c. 150 Cal 14 g Protein 8 g Fat 9 g Carb. 2 mg Sodium 5 g Fiber

BEAN SEASONING TIPS

Seasonings to Use While Cooking: Cook beans from the start with the following basic seasonings:	The Finishing Touch: Just before serving cooked beans, add a final spike of flavor with the following:
<ul style="list-style-type: none"> • chopped onion and garlic cloves • traditional digestive spices: bay leaf, cumin and epazote 	<ul style="list-style-type: none"> • fresh lemon and grated parmesan • a dollop of yogurt • fruity olive oil and balsamic vinegar • miso and roasted sesame seeds • fresh parsley, basil, cilantro or rosemary • fresh chopped garlic • freshly ground black pepper • sprinkle of toasted pine nuts • crumbled feta or goat cheese • chopped almonds, walnuts or peanuts
Add Spices Only After Beans Are Cooked: Add your favorite spices 30-45 minutes before beans are done. Adding spices too early can cause flavors to break down and disappear. Some spices, especially salt and citrus- or vinegar-based seasonings, will toughen beans if they are added before the beans have cooked thoroughly.	Note: When pressure cooking beans, add spices when cooking is complete.

beans

BEANS ratio beans:water

KIDNEY BEANS

Soak.
STOVE TOP
1 : 4 c. – Simmer 1½ hrs
PRESSURE COOKER
1 : 2 c. – 5-8 min. +10



Retains shape when cooked. Probably the most recognized of all bean varieties, kidney beans are firm, medium-sized with maroon skin and creamy white insides. Their robust flavor works well in beefy red chili, hearty vegetable stews and sprinkled on salads.

½ c. cooked 110 Cal 8 g Protein 0 g Fat 20 g Carb. 0 mg Sodium 6 g Fiber

LENTILS

No soak.
STOVE TOP
1:2 c. – Simmer 20-45 min.
PRESSURE COOKER
1 : 2 c. – 8-10 min.

The quickest cooking legume! Technically not a bean, lentils are in a category all their own called *pulses*. Their tiny size makes for quick cooking and their natural spice adds depth of flavor to Middle Eastern, Ethiopian and East Indian dishes, especially dal. Try them simmered with carrots, onions, potatoes, thyme and garlic for a nourishing, hearty soup.

RED ½ c. cooked 120 Cal 9 g Protein 0 g Fat 22 g Carb. 15 mg Sodium 6 g Fiber
GREEN ½ c. cooked 110 Cal 9 g Protein 0 g Fat 20 g Carb. 0 mg Sodium 8 g Fiber

LIMA BEANS, LARGE

Soak.
STOVE TOP
1 : 4 c. – Simmer 1½ hrs
PRESSURE COOKER
1 : 2 c. – 1-3 min. +10

Lima beans are called butter beans in the South. Light green, plump and savory, lima beans are fresh and sweet tasting even after they are dried. They are delicious in soups, salads or simply boiled, then sautéed in butter and fresh thyme. Try mixing them with fresh corn and red peppers for traditional succotash.

½ c. cooked 108 Cal 7 g Protein .4 g Fat 20 g Carb. <1 mg Sodium 7 g Fiber

MUNG BEANS

No soak.
STOVE TOP
1 : 4 c. – Simmer 1¼ hrs
PRESSURE COOKER
1 : 3 c. – 10-12 min. +10



Great sprouted! Traditionally used for sprouting, mung beans cook fast and are a sweet and delicious addition to Asian-style broth soups. Try them in homemade chicken broth with soba noodles, Asian greens, cilantro, peanuts, lime and chili oil.

½ c. cooked 106 Cal 8 g Protein .4 g Fat 20 g Carb. 0 mg Sodium 6 g Fiber

NAVY BEANS

Soak.
STOVE TOP
2 : 4 c. – Simmer 2½ hrs
PRESSURE COOKER
1 : 2 c. – 3-4 min. +10

These small white beans prized for their versatility and mild flavor, and have been a staple in U.S. Navy cuisine since the 1800's. Use in soups, baked beans, salads and creamy spreads. Try them tossed with crisp romaine, seared tuna, tomatoes and basil vinaigrette.

½ c. cooked 130 Cal 8 g Protein .4 g Fat 24 g Carb. <1 mg Sodium 8 g Fiber

PEAS, WHOLE

Soak.
STOVE TOP
1 : 3 c. – Simmer 1½ hrs
PRESSURE COOKER
1 : 2 c. – 4-6 min. +10

Called "soup peas" in the U.S. and "mushy peas" in Great Britain. Light green, sweet and tender, whole peas are a great source of protein and essential in traditional pea soup. Start with caramelized onions, organic carrots, peas and chicken stock. Add a ham hock and simmer until the peas fall apart for a warming wintry evening treat.

½ c. cooked 70 Cal 4 g Protein 4 g Fat 12 g Carb. 1 mg Sodium 2 g Fiber

PEAS, SPLIT GREEN & YELLOW

No soak.
STOVE TOP
1 : 2 c. – Simmer 45 min.
PRESSURE COOKER
1 : 2 c. – 6-10 min.

Green peas are traditionally used for split pea soup, while yellow peas are used like dal in many types of cuisine. Try simmering green peas with sautéed onion and garlic until soft. Purée, chill and top with crème fraiche and fresh mint.

½ c. cooked 120 Cal 8 g Protein 0 g Fat 21 g Carb. 0 mg Sodium 8 g Fiber

SERVING SUGGESTIONS

mixes, herbs & spices

HERBS & SPICES

SERVING SUGGESTIONS

PUMPKIN PIE SPICE, ORGANIC

Make perfectly spiced pumpkin pie just like mom used to make with a blend of cinnamon, allspice, nutmeg, ginger, mace and cloves. Also, delicious in gingerbread and carrot cake.

RADISH SEEDS, ORGANIC



Radish seeds are great for sprouting. Enjoy the crisp crunch of zesty sprouts on salads and sandwiches.

RED CHILI PEPPER

Dried seeds from hot red peppers, red chili flakes add zing and heat to any dish. Sprinkle on pizza or in marinara sauce, or add to hot oil for a spicy boost to any dish.

ROSEMARY LEAF, WHOLE ORGANIC

An aromatic herb that adds earthy pine-like flavor to everything from lamb and poultry to eggs and flatbreads. Crush to release fragrant essential oils.

SAGE LEAF, RUBBED ORGANIC

Rubbed sage is made from whole sage leaves that are "rubbed" to create a fluffy, cotton-like texture that adds warm earthy flavor to sauces, seafood, pork, corn muffins and of course, traditional Thanksgiving stuffing.

SAGE, ORGANIC LEAF POWDER

Rubbed sage is made from sage leaves ground to create a fine powder that adds warm earthy flavor to sauces, corn muffins and traditional Thanksgiving stuffing.

SEA SALT, REFINED

Smooth taste. Purified sea salt harvested in ponds, then evaporated in kilns. Magnesium carbonate, a naturally occurring mineral, is added for flow. Certified kosher.

1 oz. 0 Cal 0 g Protein 0 g Fat 0 g Carb. 2255 mg Sodium 0 g Fiber

SEA SALT, UNREFINED

One of the best sources of essential and trace minerals, sea salt is rich in calcium, magnesium and potassium. Unlike refined salt, which is baked to 1200° F, sea salt is moist with crystal-like granules that impart a smooth flavor and crunchy texture on the tongue. Delicious on grilled beef, popcorn, roasted potatoes and garden-fresh tomatoes.

1 oz. 0 Cal 0 g Protein 0 g Fat 0 g Carb. 2255 mg Sodium 0 g Fiber

SESAME SEED, WHOLE NATURAL OR ORGANIC



A tiny seed with big nutrition and nutty flavor, sesame seeds are rich in manganese, copper and calcium, and contain powerful antioxidants called lignans. A traditional topping for breads, crackers and bagels, sesame seeds are also delicious ground into a paste called tahini or toasted and sprinkled over salads and steamed vegetables.

SPEARMINT LEAF, ORGANIC


Refreshing and fragrant, spearmint leaf is satisfying when brewed as an herbal tea and is prized for its digestive properties; it also adds a fresh scent to potpourri.

SPINACH, ORGANIC POWDER

Add mild spinach flavor and bright green color to homemade pasta and breads. Or add a boost of phytochemicals to a smoothie or freshly squeezed juice.






HERBS & SPICES

SERVING SUGGESTIONS

SPIRULINA POWDER, ORGANIC	Rich in vitamin A, spirulina powder adds a boost of phytochemicals to smoothies or freshly squeezed juices.
STEVIA POWDER, GREEN ORGANIC	Stevia is an all-natural dietary supplement derived from the leaves of the <i>stevia rebaudiana bertonii</i> plant and has been used as a sweetener in South America for centuries. It is 30 times sweeter than sugar.
TACO SEASONING, ORGANIC	A blend of zesty spices including onion, chili peppers, corn flour, garlic, paprika, cumin, tomato powder, cayenne pepper and oregano for south-of-the border flavor in taco and burrito filling, refried beans, rice and salsa.
TAPIOCA, ORGANIC GRANULATED	Tapioca is derived from the root of the cassava plant and is used as a thickener for sauces, soups, pie fillings and puddings.
TARRAGON, ORGANIC LEAF	Sweet and herbal with a flavor similar to licorice, tarragon is essential in béarnaise sauce and is excellent in vinaigrettes, stews, egg dishes and seafood entrées. A little goes a long way!
TEXTURIZED VEGETABLE PROTEIN GRANULES (TVP)	TVP is made from defatted soy flour and is a high protein, low-fat meat alternative. A 1/4-cup serving contains only 120 calories and provides 21 grams of protein. Simply mix 1-cup TVP with 1-cup boiling water, let stand 7 minutes and add to stew, chili or taco filling. 1/4 c. dry 72 Cal 11 g Protein <1 g Fat 7 g Carb. 3 mg Sodium 4 g Fiber
THYME LEAF, WHOLE ORGANIC	A staple in French cuisine and a must have in bouquet garni, thyme adds earthy floral flavor to fish, poultry, meat, eggs, soups and stews.
TOMATO POWDER, ORGANIC	Add the rich flavor of ripe tomatoes to sauces or anything that calls for tomato paste. It's easy, convenient and a spice rack essential.
TURMERIC ROOT, GROUND ORGANIC	A member of the ginger family, turmeric is prized for its deep golden color and mild curry-like flavor. It's often used in place of saffron.
VANILLA BEAN, ORGANIC BOURBON WHOLE	Vanilla beans are the fruit of an orchid and prized for their rich, aromatic sweetness. Slice a whole bean in half and scrape out the tiny seeds and mix into crème brûlée, baked goods and homemade ice cream. Place a whole bean in a tightly covered container filled with raw cane sugar for a vanilla-infused addition to coffee or tea. 
WHITE ONION POWDER, ORGANIC	Made from dried onions, onion powder is finely ground and a great addition to marinades and rubs, or to add to meatloaf, sauces, soups, stews and Italian, Indian and Mexican dishes.
WHITE ONIONS, MINCED ORGANIC	For fresh onion flavor anytime, reconstitute dried onions in a little warm water for 20 minutes, drain and add savory onion flavor to your favorite meatloaf, sauce, soup, stew or Italian, Indian and Mexican recipes.

BEANS ratio beans:water

SERVING SUGGESTIONS

ADZUKI BEAN No soaking. STOVE TOP 1 : 3 c. – Simmer 1½ hrs PRESSURE COOKER 1 : 2½ c. – 10-12 min. +10	 Very low fat content! Also known as azuki beans, adzuki beans are small, rust colored and very sweet. Traditionally used to make Japanese confections, adzuki beans are also great in chili, stews, soups and wrapped in burritos.
ANASAZI BEAN Soak. STOVE TOP 1 : 4 c. – Simmer 1½ hrs PRESSURE COOKER 1 : 1¾ c. – 2-4 min. +10	 Related to the pinto bean, but much sweeter. Sweet, tender and fresh tasting, anasazi beans are a smooth reddish brown bean with white “painted horse” markings. They are a delicious substitute for pinto beans in any type of Mexican dish and their sweetness pairs nicely with hot chilies, tangy cilantro and lime.
BLACK-EYED PEAS No soaking. STOVE TOP 1 : 4 c. – Simmer 1¼ hrs PRESSURE COOKER 1 : 1¾ c. – 10-12 min. +10	 A good natural source of selenium. Traditionally eaten on New Years Day for good luck, black-eyed peas are a small beige bean marked with a “black-eye.” They are quite popular in southern cuisine, especially in Hoppin’ John, a dish made with black-eyed peas, rice, ham, green peppers, onions and spices.
BLACK BEANS No soaking. STOVE TOP 1 : 3 c. – Simmer 1½ hrs PRESSURE COOKER 1 : 1¾ c. – 3-6 min. +10	 High in magnesium and fiber and very low in fat! A staple in Southwestern and Mexican cuisine, black beans, also called turtle beans, add earthy flavor to soups, chili and refried beans. Their mild flavor pairs nicely with red chiles, cumin, sautéed onions and fiery salsa.
CANNELINI BEANS Soak. STOVE TOP 1 : 3 c. – Simmer 1½ hrs PRESSURE COOKER 1 : 1¾ c. – 3-4 min. +10	Also known as white kidney beans. A popular Italian bean, cannellini beans are white, tender and similar in size to kidney beans. Try them simmered in soups, tossed in salads or blended with olive oil, sun dried tomatoes, roasted garlic and basil for a heart-healthy spread.
GARBANZO BEANS Soak. STOVE TOP 1 : 4 c. – Simmer 3 hrs PRESSURE COOKER 1 : 3 c. – 9-14 min. +10	 Also known as chickpeas, these round beans keep their unique shape when cooked. Essential in making hummus, garbanzo beans are prized for their nutty flavor, great texture and versatility. Enjoy as a salad topping, simmered in minestrone soup or in spicy African peanut stew.
GREAT NORTHERN BEANS Soak. STOVE TOP 1 : 3 c. – Simmer 2 hrs PRESSURE COOKER 1 : 2 c. – 4-8 min. +10	Grown exclusively in the Midwest. You’ll recognize these large, white tender beans from slow-cooked, tangy baked beans. Their mild flavor takes on a smokiness and their tender texture holds up even after hours of baking.
	1/2 c. cooked 110 Cal 8 g Protein 0 g Fat 20 g Carb. 0 mg Sodium 7 g Fiber
	1/2 c. cooked 110 Cal 8 g Protein 0 g Fat 20 g Carb. 0 mg Sodium 7 g Fiber
	1/2 c. cooked 110 Cal 7 g Protein 1 g Fat 18 g Carb. 0 mg Sodium 6 g Fiber
	1/2 c. cooked 110 Cal 7 g Protein 0 g Fat 20 g Carb. 0 mg Sodium 6 g Fiber
	1/2 c. cooked 100 Cal 8.8 g Protein 1 g Fat 22.5 g Carb. <1 mg Sodium 5 g Fiber
	1/2 c. cooked 130 Cal 7 g Protein 2 g Fat 22 g Carb. 5 mg Sodium 5 g Fiber
	1/2 c. cooked 100 Cal 7 g Protein 0 g Fat 19 g Carb. 0 mg Sodium 6 g Fiber

HOW TO PREPARE DRIED BEANS

- Sort & Rinse.** Spread beans out on a clean kitchen towel or baking sheet and removed shriveled beans and pebbles. Place in a colander and rinse in cold water.
- Soak.** Most beans should be soaked for digestibility. (Exceptions include short-cook beans such as lentils, split peas, mung beans and split garbanzos.) Use 4 to 5 cups of water per cup of beans (or fill water 3 inches above the top of the beans). Following are two options for soaking:
Power Soak: Boil beans in water for 3 minutes in a heavy-bottomed pot. Cover and set aside for 1 hour. Drain and discard water. Rinse beans. Proceed with cooking. This method reduces hard-to-digest complex sugars by 80%.
Long Soak Method: Soak beans for 8 hours in the refrigerator. Drain and discard water. Rinse beans. Proceed with cooking. While this method is better than no soaking at all, it does not remove the complex sugars as well as the short soak/boil method does.
 The water you soak your beans in contains the complex sugars removed from the beans as well as some vitamins and minerals. However, only seasoned bean eaters will want to use this water to cook the beans. **Tip:** Use the soaking water to water your plants.
- Cook Beans.** Cook beans in fresh water in a large covered pot. Use 3 to 4 cups of water for each cup of dry beans. Water should be about 1 inch above the top of the beans. Do not salt or add acidic flavorings until the beans are cooked all the way through; otherwise the beans will toughen during the cooking process. At this point, you can add epazote or spices. (For seasoning tips, see page 13.) Bring beans to a boil for 15 minutes, then reduce to medium low and cover. Simmer gently until the water is absorbed and the beans are tender (up to 3 hours). Do not cook beans at a rolling boil as they will burst and become mushy. Stir often, making sure the water hasn't evaporated. If necessary, add more hot water and be sure to discard any foam that collects on top. Cool beans in shallow containers in the refrigerator. **Tip:** A tablespoon of oil or butter per cup of beans will decrease foaming.

NATURAL SWEETNERS

SERVING SUGGESTIONS

SUCANAT,
ORGANIC



Sucanat stands for Sugar Cane Natural and is made from 100% organic Fair Trade sugar cane. It's minimally processed without the use of chemicals using a simple process where sugar cane is crushed, the juice extracted and then evaporated. The result? Dark brown crystals rich in iron, calcium, vitamin B6, potassium and chromium, which impart a deep molasses flavor to baked goods, coffee, tea, marinades and barbecue sauces.

TURBINADO

Turbinado sugar is made by crushing 100% organic sugar cane. The cane juice, rich in molasses, vitamins and minerals, is placed in a centrifuge (or turbine) and spun into large crystals. It's delicious stirred into tea or coffee, added to cereal, or sprinkled over baked goods for a crunchy topping.

UNREFINED
SUGAR,
ORGANIC



Unrefined sugar is made from 100% organic Fair Trade evaporated sugar cane juice. The result? Delicate molasses flavored crystals that can be substituted, one to one, for refined sugar in all your favorite recipes. A perfect everyday sweetener, unrefined sugar is delicious stirred into hot tea or coffee, icy lemonade or sprinkled over cereal, fruit or dessert.

FRUCTOSE

Fructose is a naturally occurring sugar found in honey, fruit and some vegetables, including beets and sweet potatoes. It has a low glycemic index when compared to sucrose, and is almost twice as sweet as other types of sugars, including sucnanant and turbinado sugar. Try it as a substitute for sucrose in all types of recipes, including baked goods and beverages.

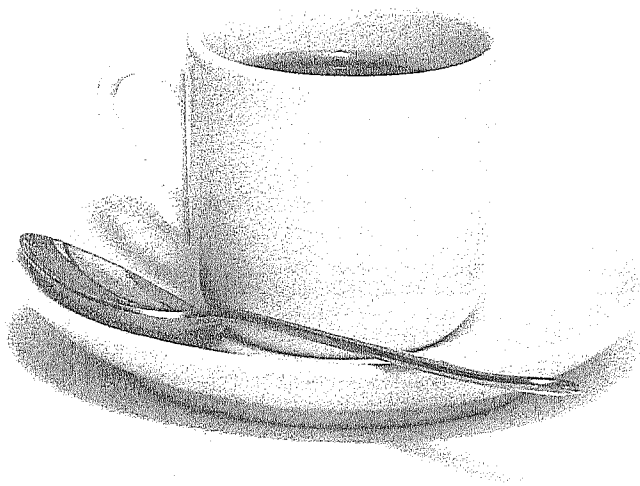
Spice Rub for Barbecue Beef, Chicken or Pork

Total Time: 5 minutes

Makes: about 1 cup

- | | |
|------------------------------|--------------------------|
| ½ c. kosher salt | 1 Tbsp. garlic powder |
| ¼ c. brown sugar | 1 Tbsp. fennel, crushed |
| 3 Tbsp. cracked black pepper | 1 Tbsp. onion powder |
| 1 Tbsp. paprika | 1 tsp. cayenne pepper, |
| 1 Tbsp. red chili powder | 1 tsp. red pepper flakes |
| 1 Tbsp. cumin | 1 tsp. dry mustard |
| 1 Tbsp. coriander, crushed | |

Mix all ingredients together in a bowl. Place in an airtight container and use within six months. To use, rub liberally over chicken, beef or pork. Cover and refrigerate for at least an hour. Grill or roast to desired doneness.



coffee, tea & water

With so many choices for thirst-quenchers available – from sport drinks to exotic juice blends – sometimes it’s refreshing to get back to the basics. Coffee and tea are everyday favorites enjoyed around the world. And water is not just a favorite, it’s essential to a healthy body and a perfectly brewed cup of tea or coffee. We carry a great assortment of “buds” and “beans” for your drinking pleasure, and feature reverse osmosis purified water for essential refreshment every day.

Although a bean’s protein is considered incomplete because it is low in the amino acid methionine, it is transformed into a high quality complete protein if you eat grains and/or seeds at some point during the same day. Beans are one of the best sources of soluble fiber, which has been shown to lower cholesterol and stabilize blood sugar. Insoluble fiber is also considerable in beans, which helps move potential carcinogens through your system quickly.

RULES OF THUMB

Yield

1 c. dry = 2 to 2½ c. of cooked beans

Soaked Enough?

Slice a bean in half. If the center is opaque, soak more. You know the bean has been soaked long enough when it is translucent.

Cooked Enough?

A bean is fully cooked when you can mash it with a fork.

Easiest Beans to Digest

Anasazi, adzuki, black eyed peas, lentils and mung.

Most Difficult Beans to Digest

Navy, lima, whole cooked soybeans.

DIGESTIBILITY: THE KEY TO ENJOYING BEANS

Never eat a crunchy bean. Undercooked beans contain oligosaccharides – complex sugars that cause gas and stomach distress. Humans cannot digest these sugars in their stomachs, so they travel to the

intestines where bacterial enzymes break them down, producing methane, hydrogen and carbon dioxide. You can easily prevent this discomfort by presoaking, discarding soaking water and thoroughly cooking beans so they break down the indigestible compounds. Here are some other tips for enhancing bean digestibility:

Cook with spices. Digestive spices are bay leaf, cumin, anise, fennel and epazote.

A little goes a long way. A good ratio of beans to grains in a meal is about 1 to 4, so you don’t need to eat a lot of beans to reap the nutritional benefits!

Acidophilus to the rescue. If beans are new to your diet, it’s important to introduce them gradually to allow your intestinal bacteria to adjust and make bean digestion more efficient. Acidophilus, an intestinal-friendly bacterium, can be found in yogurt or supplement form and helps keep your lower digestive tract functioning well. It can also help soothe disruptions caused by beans.

Epazote, or Mexican tea, is an herb native to Central America and southern Mexico. Epazote is known for its pungent flavor and its ability to prevent stomach upset caused by eating beans. When eaten raw, many describe it as having a licorice-like flavor – similar to anise or fennel. (wikipedia.com)



beans

A near perfect health food, beans are high in complex carbohydrates, amino acids, fiber, iron and folic acid, yet contain little or no fat and no cholesterol. Soybeans are the exception – see our soybean entry in the table on page 13. Beans have been shown to lower cholesterol, lower the risk of cancer and normalize blood sugar. They are jam-packed with healthful components—such as phytochemicals and protease inhibitors—that are now being studied as anticancer agents.

ABOUT COFFEE

Looking for a morning pick-up? Look no further than our bulk department, where we feature unique blends and single origin coffee beans and loose-leaf teas. We also offer Fair Trade-certified coffees and teas that make a world of difference. (See page 3 to learn more about Fair Trade.)

Because our bulk coffee is sold whole bean-style, you'll find grinders in our bulk department. Simply take the amount you need, grind it if desired and write the bin number on the bag. For ultimate freshness, you can always take your whole bean coffee home and grind it yourself. Coffee's enemies are moisture, air, light and heat, so be sure to store coffee in an airtight container in a dry, cool, dark place. Never refrigerate or freeze coffee; the oils inside the beans can pick up odors from other foods.

ABOUT TEA

Tea is the most popular beverage in the world, and while it has its roots in China, tea is enjoyed across the globe. Originating in 3000 B.C., tea has evolved into a unique drink that is used to celebrate, commemorate, and to simply satisfy thirst. In Britain, it's enjoyed during "high tea" and is served with dainty sandwiches and buttery scones. In the United States, tea is a summertime staple and is served iced with fresh lemon.

Whether you enjoy your tea dressed up or casual; it's important to note that all true tea – black, green, oolong or white –









comes from the *Camellia sinensis* plant. The difference between the various types of tea is how the leaves are processed. Black tea is fermented, green tea is not fermented and oolong is processed using a combination of both. White tea is the steamed and dried bud of the *Camellia sinensis* plant. It is important to note that herbal teas are not 'true' teas, but a combination of herbs and spices. We carry a great selection of organically grown true teas and herbal teas, so it's easy to steep and sip your way to a new favorite!

ABOUT WATER

Health professionals say that adults need to drink about 8 glasses of pure, clean water a day. The benefits of drinking clean water are numerous, one of which is the safeguard from waterborne diseases. At Wild Oats, we feature clean inexpensive water in bulk! It's purified through the process of reverse osmosis, so you know that the water your family is consuming is safe and clean.

Liquid Assets

Looking to add value to your diet? Both coffee and tea percolate with the health benefits of polyphenols, antioxidants studied for their potential to protect against free radical damage, reduce the risk for certain cancers and support a healthy heart. Studies caution against the effects of too much caffeine, so limit your consumption to one cup of coffee or two cups of black or green tea per day.

TEA	SERVING SUGGESTIONS	
ASSAM TEA, ORGANIC		Bold, strong-flavored tea with malty overtones and a rich, deep color.
BANCHA LEAF, ORGANIC		A delicate sweet tea with bright yellow color and refreshing rich flavor. Lower in caffeine than most tea.
BLACK CHAI, ORGANIC		Traditional blend of black tea and spices including clove, star anise, ginger, cardamom and cinnamon. Enjoy with a splash of soy milk and a drizzle of honey.
CEYLON ORANGE PEKOE, ORGANIC		This strong, fragrant, full-bodied tea is made from delicate, gold-tipped tea leaves. It's well-balanced, smooth and delicious mixed with milk and a drizzle of honey.
CHAI GREEN TEA, ORGANIC		A twist on tradition with a blend of green tea and spices including clove, star anise, ginger, cardamom and cinnamon. Enjoy with a splash of soy milk and a drizzle of honey.
CHINA BLACK ORANGE PEKOE, ORGANIC		Named for its rich orange color, orange pekoe is made using leaf buds and is classified according to the amount of leaves picked with each bud. Tea made from only buds is considered to be the highest quality.
DARJEELING TEA, ORGANIC		Black tea from India prized for its "bite" and rich golden color.
DRAGONWELL, ORGANIC		Very smooth, drinkable, lushly-flavored traditional green tea.
EARL GREY, ORGANIC		Traditional black tea flavored with bergamot orange.
EARL GREY GREEN, ORGANIC		Green tea flavored with bergamot orange.
ENGLISH BREAKFAST, ORGANIC		Wake up and enjoy the rich smoky flavor of this full-bodied English breakfast classic.
GENMAICHA, ORGANIC		One of the most popular teas in Japan, genmaicha is a blend of bancha green tea and roasted brown rice. Prepare with very hot (not boiling) water and steep for 30 seconds.
GREEN RASPBERRY W/FRUIT, ORGANIC		Light and herbaceous green tea flavored with lush raspberry.
GREEN STRAWBERRY W/FRUIT, ORGANIC		Light and herbaceous green tea flavored with ripe strawberry.
GUNPOWDER GREEN TEA, ORGANIC		Tightly rolled green tea leaves that explode with flavor when steeped in hot water.
IRISH BREAKFAST, ORGANIC		Hearty combination of Assam and Ceylon black teas for a hearty start to any day.

SPROUTING EQUIPMENT	
Seeds	Larger Beans/Grains
Quart glass jar	Large bowl with cover
Piece of cheesecloth or clean nylon stocking	Stainless steel strainer
String or rubber band (or buy a ready-to-go sprouting jar)	

HOW TO GROW SPROUTS

- Measure** — For one quart of finished sprouts, measure seeds as follows:
 - Small seeds: 2 to 3 rounded tablespoons
 - Medium seeds: ¼ to ½ cup
 - Large beans and grains: 1 cup
 - Sunflower seeds: 2 cups
- Soak** — Cover seeds/beans with room temperature water and let them soak.
 - Small seeds: 8 to 12 hours
 - Medium: 10 to 16 hours
 - Large: 12 to 24 hours
- Strain** — After the initial soak, secure the cheesecloth, nylon or sprout lid over the opening of the jar with a string or rubber band. Strain the water out of the jar through the fabric (the seeds will remain in the jar) or through a mesh strainer if using the bowl method.
- Rinse and Drain** — Rinse the seeds thoroughly through the top of the jar or the strainer. Immediately pour out the water and drain well.
- Wrap/Repeat** — Continue rinsing the seeds 2 or 3 times a day for 5 to 7 days (4 to 5 in warm climates) until the sprouts nearly fill the jar. Wrap the jar or bowl in a towel for the first 1 to 3 days to keep out the light. This will sweeten the flavor. For the last 2 to 3 days, place

your jar in a sunlit area to activate the sprouts' green chlorophyll.

- Eat/Store** — Drain the sprouts well, place in a container and cover with a moist paper towel. Refrigerate and enjoy within 7 days.

RISKS ASSOCIATED WITH RAW SPROUTS

Sprouts present a risk if eaten raw or lightly cooked due to the possibility of contaminated seeds. If pathogenic bacteria are present in or on the seeds, they can grow to high levels during sprouting—even under the cleanest conditions.

If you've eaten raw sprouts and are experiencing stomach discomfort or other symptoms of food borne infections, consult your healthcare provider.

Consumer Advisory: The FDA has advised that raw sprouts, particularly alfalfa and clover, may harbor bacteria responsible for certain food borne illnesses. Those who wish to reduce this risk are advised not to eat raw or lightly cooked sprouts. This advice is particularly important for children, the elderly, pregnant women and persons with weakened immune systems.



about sprouting



Sprouts are a rich source of protein, vitamins and minerals. The sprouting process transforms almost any seed, bean or grain into a superfood within 2 to 5 days by multiplying its vitamins and enzymes dramatically.

Why Sprout?

- 1. Nutritional Content** — Vitamin and mineral content doubles or triples.
- 2. Increased Digestibility** — A seed's carbohydrates and proteins are transformed as it uses them as energy for germination. Complex carbohydrates are turned into simple sugars and proteins are changed into free amino acids and peptones. Living enzymes that assist in digestion are activated.
- 3. Delicious and Fun!** — Sprouting is like a mini-harvest of fresh veggies.

Enjoy crisp fresh sprouts on salads and sandwiches. Discover spicy mustard sprouts, zesty radish sprouts and nutty sunflower sprouts.

- 4. Easier on Allergies** — When wheat or other seeds are sprouted, they are less likely to produce an allergic reaction in some people as they are not germinated. Please check with your doctor or health practitioner.









How to Enjoy Sprouts

Raw — In salads, sandwiches or as toppings for soups, stews or grains.

Cooked — Bean sprouts are best when cooked. Stir-fry, lightly sauté or add to prepared foods like veggie burgers, nut-loafs or casseroles. Sprouted grains can be dried, ground and used as a nutritious flour substitute in many recipes.

TEA

SERVING SUGGESTIONS

JASMINE, ORGANIC		Traditional oolong tea infused with the delicate perfume of jasmine flowers.
KUKICHA TWIG, ORGANIC		Made from the stems and leaves of the sencha plant and roasted for full-bodied flavor in every sip.
NILGIRI TEA FAIR TRADE, ORGANIC		One of the world's finest black teas with a rich, yet subtle flavor and a fragrance like no other. It cannot be over-steeped and is delicious with a splash of milk and a spoonful of raw cane sugar.
ROOIBOS, ORGANIC		Deep reddish-brown tea that's sweet, slightly nutty and rich in antioxidants.
SE CHUNG SPECIAL OOLONG, ORGANIC		Prized for its fresh peach aroma, this tea is fresh tasting with astringent notes.
SENCHA LEAF, ORGANIC		Premium green tea from Japan known for its smoothness and mild pleasant flavor.
WHITE PEONY TEA, ORGANIC		A delicate tea made from unopened tea buds. Prized for its high antioxidant properties.
WHITE TANGERINE FLAVORED, ORGANIC		A delicate tea made from unopened tea buds flavored with tangy tangerine. Prized for its high antioxidant properties.

Fair Trade Coffee Varieties

Daylight Blend (Caffinated & decaf)
 Wild Blend (Caffinated & decaf)
 French Roast (Caffinated & decaf)
 Classic Colombian
 Mayan Mountain
 Ethiopian Yirgacheffe
 La Esperanza
 Guatemalan Gold
 Mexican Select
 Peruvian Select
 Sumatran Reserve
 Breakfast Blend (Caffinated & decaf)
 Mocha Java
 Rainforest Blend
 House Blend
 Turkish Roast
 Hazelnut Select
 Viennese Cinnamon

Orange Pekoe Citrus Spice Iced Tea

Total time: 15 minutes plus time to chill.

Makes: 8 cups

8 c. water
 3 Tbsp. bulk organic Ceylon orange pekoe tea
 ½ Tbsp. organic lemon peel granules
 ½ Tbsp. organic orange peel granules
 3 cinnamon sticks
 8 cloves
 5 cardamom pods, slightly crushed
 ⅓ c. honey
 1 c. Wild Oats Organic Orange Juice
 orange slices for garnish
 Bring water to a boil. Stir in tea, lemon, orange, cinnamon, cloves, cardamom and honey. Boil for two minutes. Strain and cool to room temperature. Stir in orange juice and serve over crushed ice garnished with an orange slice.



dried fruits

Got a sweet tooth? Our certified organic bulk dried fruits are additive-free and sweetened by Mother Nature. Their chewy, tangy natural goodness is sure to satisfy any craving. Worried about compounded pesticides or fungicides that were added to the fruit before they were picked? Simply choose certified organic, which is guaranteed additive-free. We offer a wide selection of organic dried fruits so you'll be able to make an informed choice each and every time you shop our bulk department.

INSTRUCTIONS FOR PRESSURE COOKING

1. Read the instructions included with your pressure cooker.
2. Place unsoaked grains or pre-soaked beans in the pressure cooker. (Pre-soaking grains or brown rice in the refrigerator overnight shortens their stated cooking time by 40%. See page 10 for bean soaking tips.)
3. Add the water or cooking liquid. Use salted water for grains (exceptions are amaranth, kamut, spelt, triticale, wheat berries and wehani rice) and unsalted water for beans (except for lima and black beans, which need salt to help keep their skins intact).
4. Lock the lid in place and set any other locking mechanisms according to your pressure cooker's instructions.
5. Heat the flame tamer on high heat for about 1 minute. Set your pressure cooker on the flame tamer.
6. Bring your cooker to high pressure over high heat. (The amount of time that this will take depends on the manufacturer, so check your instructions for the exact time.) Begin timing when the pressure is up. On older models, this is when the pressure weight jiggles or hisses. On newer models, it's when the heat indicator reads "high."
7. Lower heat to medium or medium low – just high enough to maintain high

pressure. Cook food according to the times in each section of this book.

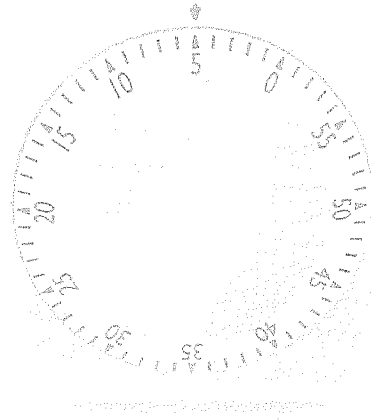
8. Release pressure when time is up. Follow the manufacturer's instructions or our easy tips below.

Natural Release Method: Allow heat to lower naturally by removing the cooker from heat and waiting for the indicator to go down (this can take anywhere from 3 to 20 minutes). For beans, this is especially important as the quick release method (see below) can cause beans to burst. For grains, the quick pressure release method is recommended after 10 minutes of natural pressure release time.

Quick Release Method: Place cooker in sink (make sure it's tilted away from you for safety) and allow very cold water to run over it until the pressure drops (about 15 to 60 seconds). Some cookers allow you to vent the steam on the stovetop, but we recommend the cold water method.

If the beans and grains aren't tender after the pressure is down, they can be simmered on the stovetop with the lid on but not locked down. Test often and add liquid if necessary. If the beans are still hard, you may want to return them to high pressure with the lid locked for a few more minutes, then let the pressure come down again naturally.

Foam Reduction Tip: For beans and especially grains, add 1 tablespoon of oil or butter per cup of grains or beans to the cooking liquid.



cooking times

The cooking times you'll see listed in this guide are for soaked beans and grains unless noted otherwise. Pressure cooking times indicate the duration of cooking at high pressure. If there is a "+ time" listed, follow the quick pressure release method by running the pot under cold water at the end of cooking time. **Note:** A quick cool down can cause beans to burst.

Pressure Cooking Tips

Whether you live at a high altitude or are just too busy to spend hours in the kitchen, pressure cooking could be a quick solution to your healthy eating needs. With pressure

cooking, you can create soul-satisfying bean and grain dishes in 30% or less of the usual cooking time. Other vital equipment includes an accurate timer and a flame tamer. The heavyweight disk of the flame tamer absorbs the heat and distributes it evenly and gently. It also stabilizes oversized cookware on your burner.

Note: The times listed in this guide are general, so err on the undercooked side. Times are recommended for gas stoves; electric cook tops may require a slight adjustment.

CLEAN ENERGY

Offering instant energy without refined sugar, dried fruits are fun and delicious. They love to travel – in backpacks, purses and lunch boxes – and they won't easily spoil. Create your own trail mix with dried fruits, nuts and seeds.

When locally grown produce is not in season, dried fruits are a great way to include fruit in your diet. High in fiber, fruits help to maintain a healthy digestive tract.

FOOD SENSITIVE? CHOOSE ORGANIC

Many people are sensitive or allergic to food additives, and because dried fruits are concentrated, some pesticides, herbicides and fungicides on them may be compounded. While we strive to offer the cleanest products available, our selection may vary when crops and suppliers fluctuate. Therefore, the safest choice is to eat certified organic dried fruit.

SUFFERING SULFITES

Some dried fruits may be treated with sulfur dioxide, which can be a health concern for some people. Sulfur dioxide is used to keep dried fruits plump and colorful. For instance, a treated apricot will be plump and bright orange, while an untreated apricot may be shriveled and brown (but still tastes great!). The main concern lies with possible serious allergic reactions caused by ingestion of compounds. Reactions can range from headaches and nausea to rashes and respiratory failure, which makes asthmatics especially susceptible. Be sure to read dried fruit labels carefully.

OUR SULFUR DIOXIDE STATEMENT

We believe in providing you with a wide variety of foods that are free from sulfur dioxide. Occasionally, we will carry a sulfured product if a sulfite-free variety is not available. If a food is treated with sulfur dioxide, the label will state, "sulfites added" or "contains sulfites." If you are allergic to sulfites, your safest route is to choose only prepackaged dried fruits labeled "made without sulfites" and to avoid raisins, grapes and vinegars derived from grapes.

STORING DRIED FRUITS

Make sure dried fruits are cool before storing; warm fruits sweat and mold can grow on the fruit. Store dried fruits in clean, dry containers in a cool, dry, dark pantry or cupboard. Dried fruits can be stored from 4 months in dry storage and up to 1 year in the freezer.

RECONSTITUTING DRIED FRUITS

Fruits cured with fruit juice or sucrose (papaya spears and strawberries, for example) may not reconstitute well. Organic, unsweetened fruits rehydrate the best. There are two methods of rehydrating:

1. Place fruit in a Pyrex™ measuring cup or glass bowl. Add boiling water or fruit juice in a 2:1 ratio to fruit. Allow to sit for 15 to 45 minutes. Drain liquid.
2. Cover fruit with apple juice. Refrigerate overnight.

dried fruits

FRUIT	SERVING SUGGESTIONS
APPLES	Dried apples contain pectin which aids digestion and may help reduce cholesterol. To soften, soak in warm water for about an hour. Use in baked goods and hot cereals. ¼ c. 138 Cal 0 g Protein 0 g Fat 37 g Carb. 20 mg Sodium 5 g Fiber
APRICOTS	High in beta-carotene, fiber, copper and cobalt. Good in grain salads and baked goods such as muffins and cookies. ¼ c. 135 Cal 2 g Protein <1 g Fat 35 g Carb. 5 mg Sodium 4.5 g Fiber
BLUEBERRIES	A delicious, tangy substitute for raisins. Substitute in recipes that call for raisins, or reconstitute and add to waffle or pancake batter. ¼ c. 80 Cal 0 g Protein 0 g Fat 20 g Carb. 0 mg Sodium 5 g Fiber
CHERRIES	A sweet, unexpected substitute for raisins. Dried cherries add delicious tartness to baked goods, granolas and snack mixes. ¼ c. 140 Cal 1 g Protein 0 g Fat 34 g Carb. 0 mg Sodium 2 g Fiber
CRANBERRIES	Tart and tangy source of vitamin C. Good in stuffing, baked goods, hot cereals and snack mixes. Make a cranberry sauce by boiling dried cranberries in orange juice and adding cinnamon and cloves. ½ c. 120 Cal 0 g Protein 5 g Fat 29 g Carb. 0 mg Sodium 2 g Fiber
COCONUT	Tropical treat that adds great texture to any recipe. Add to cookies, bars and cakes. Mix with other fruits for a snack mix. Delicious in granola or toasted in a 300° F oven and sprinkled on fruit salad. ¼ c. 97 Cal 2 g Protein 8 g Fat 14 g Carb. 22 mg Sodium 4 g Fiber
DATES	Very moist and high in potassium. Use in cookie bars and quick breads or as a snack by themselves. Keep refrigerated. ¼ c. 122 Cal 1 g Protein .5 g Fat 33 g Carb. 5.5 mg Sodium 3 g Fiber
FIGS, WHITE CALIMYRNA	The sweetest of all figs! A delicious snack. Also great in fruit compotes, cookie bars and fruitcakes. ¼ c. 145 Cal 1.5 g Protein .5 g Fat 37 g Carb. 7.5 mg Sodium 5 g Fiber
FIGS, MISSION	Plump, moist and sweet! Great with cheese and crackers, in baked goods and in fruit compotes. ¼ c. 105 Cal 1.5 g Protein 1 g Fat 97 g Carb. 10 mg Sodium 5 g Fiber
MANGO	Very high in vitamins A and C and a good source of potassium. Great in fruit salads, chicken salad and stir-frys. ¼ c. 190 Cal 1 g Protein 0 g Fat 47 g Carb. 0 mg Sodium 1 g Fiber

using this guide

NUTRITIONAL VALUES

The nutritional values listed in this guide are intended to provide a general guideline and means of comparison. However, because of variations in suppliers, we cannot guarantee the accuracy of nutritional values. If you have special dietary requirements or restrictions, consult a nutritionist or your health provider, or call our answer line at 1-800-494-WILD(9453).

GLUTEN INTOLERANCE AND CELIAC DISEASE

While many of our bulk options are naturally gluten-free, the close proximity of our bulk bins may result in cross contamination. If you are gluten intolerant or have celiac disease, we recommend purchasing packaged gluten-free products in our grocery department. Please visit our website at www.wildoats.com for a complete list of gluten-free products and to download our Gluten Free Living Guide. We have gone to great lengths to ensure the information in this guide is accurate and up-to-date. The standards for what is safe or restricted as stated in this brochure are in line with American Dietetic Association guidelines, and those agreed upon by leaders in the celiac community. You should also be aware that some people have sensitivities that are not necessarily related to gluten, but cause an adverse reaction to some of the same foods.




Gluten-Free Disclaimer

To help easily identify our gluten-free offerings, we've created a special gluten-free label located on products throughout the store. Think of it as a road sign to help navigate your gluten-free lifestyle and learn what's safe to put in your cart and, ultimately, in your body. If you feel uncertain about whether a product contains gluten, please consult the package or call the manufacturer.

SYMBOLS



As you make your way through this guide, you'll notice symbols that denote whether a particular item is Fair Trade or good for sprouting, for example. Take notice of these symbols and use them to help you decide which products are right for you.



WHAT'S FAIR TRADE?

Fair Trade is a term used to describe a socially responsible movement that demands farmers receive fair prices for their products. Fair Trade can also describe products that are produced by these farmers. When you see the Fair Trade symbol, you can rest easy knowing that you are supporting hardworking farmers who have received fair prices for their products. Equally important, Fair Trade items are often organic and therefore of the highest quality. To learn more about Fair Trade, go to www.transfairusa.com.



how to shop in bulk

Choose the Amount You Need and Write Down the PLU

That's the beauty of bulk... you can get as much or as little as you need! Simply fill your container or plastic bag with the necessary amount, then write the PLU # (that's the number you'll see on the front of the bin) on the bag or on the provided tag. This makes it simple for our cashiers to ring up your items and prevents inaccurate pricing.

Bring Jars and Containers

While we provide plastic bags and containers for your use in the bulk department, all of our customers have the option of bringing in their own. If you

decide to bring in a container from home, please ask a cashier to weigh it before you fill it, then write the weight on the bottom for next time. Our cashier will subtract that weight when you check out. Please make sure your containers are washed and completely dry to avoid contamination.

Fresh Selection

Please note that while all items in this guide may not be available in all of our markets, we'll be happy to place a special order for you. Contact our bulk department manager for special orders and for up-to-date ingredient information.

FRUIT

SERVING SUGGESTIONS

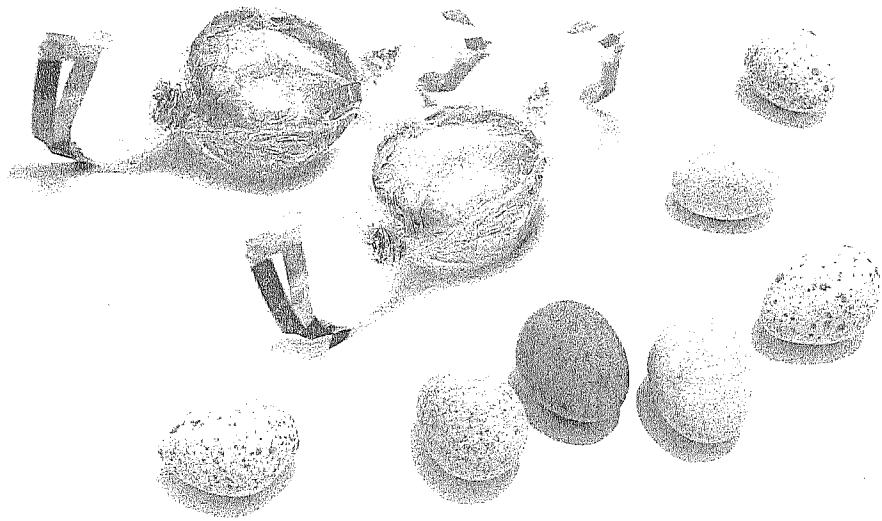
PAPAYA	Very high in vitamins A and C. Contains the enzyme papain, a digestive enzyme that supports healthy digestion. Good in fruit salads and salsas. 1-2 pieces 210 Cal 1 g Protein 0 g Fat 46 g Carb. 0 mg Sodium 1 g Fiber
PINEAPPLE	Contains bromelain, an enzyme that supports healthy digestion. Great as a sweet snack, dessert or added to trail mix! ¼ c. 130 Cal 2 g Protein 0 g Fat 32 g Carb. 0 mg Sodium 0 g Fiber
PRUNES	A good source of fiber, iron and beta-carotene. Great with cheese and crackers, in baked goods and in fruit compotes. ¼ c. 130 Cal 1.5 g Protein .5 g Fat 35 g Carb. 2.5 mg Sodium 4 g Fiber
RAISINS	Rich in iron. Use in baked goods, hot and cold cereals and snack mixes. Always choose organic raisins as conventional grapes are often treated with high levels of pesticides and fungicides. ¼ c. 170 Cal 2 g Protein 0 g Fat 44 g Carb. 5 mg Sodium 3 g Fiber
STRAWBERRIES	A good source of vitamin C. Wonderful in cakes, muffins and trail mixes. ¼ c. 120 Cal <1 g Protein 0 g Fat 29 g Carb. 0 mg Sodium 2 g Fiber

Spiced Dried Fruit Compote with Vanilla Bean Yogurt

Total Time: 40 minutes Serves: 6

4 c. mixed dried fruit (apples, cherries, apricots, figs and prunes)	1 tsp. freshly ground nutmeg
1 c. Wild Oats Organic Frozen Peaches	½ tsp. coriander
2 c. Wild Oats Black Cherry Juice	¼ tsp. cloves
juice of one lemon	2 tsp. vanilla
½ c. honey	1 c. organic vanilla yogurt
3 cinnamon sticks	1 vanilla bean
1 tsp. cardamom	¼ c. toasted, sliced almonds

Chop fruit into bite-sized pieces and place in a saucepan with the peaches. Add cherry juice and enough water to cover the fruit. Simmer for about 20 minutes or until the fruit is soft. Add lemon juice, honey, cinnamon, cardamom, nutmeg, coriander, cloves and vanilla and simmer for about 10 minutes, or until the juice has thickened. Slice vanilla bean lengthwise and scrape out the insides. Mix with vanilla yogurt, set aside. Remove fruit from heat, ladle into bowls and top with yogurt and almonds.



snacks & confections

Whether you're going on a cross-country road trip or a picnic in the mountains, there's one thing that's always necessary: snacks! From crunchy, savory sesame sticks to sweet, wholesome trail mixes, you'll find the snack you crave and just the amount you need. And it's not only snacks that we carry in bulk—we have candy too—it's all naturally sweetened and free of trans fat and high fructose corn syrup. Best of all, we have a wide variety of delicious confections that will tickle your taste buds and tame your cravings.

Wild Oats bulk snacks and candies also make great gifts. Give out handfuls of wrapped candy for Halloween or turn your coworkers on to healthy, all natural snacks the next time you have a big meeting. Our snacks and candies are great for entertaining; follow up an Asian dish with a few zesty ginger chews or put out bowls of yogurt-covered pretzels during a movie. Your guests will love it!

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5 reasons to buy bulk

Freedom of Choice

Since you are free to buy only the amount you need, this leaves you with the opportunity to experiment with new ingredients and explore delicious recipes from around the world!

Buying Organic

Many of our bulk items are organically grown, so they're free of pesticides, herbicides and other chemicals. When you buy organic bulk, you're supporting sustainable and environmentally sound agriculture.

Economically Smart

You're paying only for the food, not for packaging and advertising. So, creating

meals with bulk ingredients and fresh seasonal vegetables and fruits costs much less than eating processed foods.

Ecologically Sound

You save 5¢ each time you bring in your own container or bag to fill with bulk foods – and gain the satisfaction of helping to keep paper and plastic waste out of landfills.

Freshness

Our bulk department is one of the most popular, so our bulk bins are replenished often, guaranteeing the best in freshness.