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.
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.

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbs</th>
<th>Sodium</th>
<th>Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artichoke</td>
<td>210</td>
<td>9 g</td>
<td>2 g</td>
<td>37 g</td>
<td>.5 mg</td>
<td>5 g</td>
</tr>
<tr>
<td>Brown Rice</td>
<td>202</td>
<td>4 g</td>
<td>&lt;1 g</td>
<td>37 g</td>
<td>16 mg</td>
<td>5 g</td>
</tr>
<tr>
<td>Corn</td>
<td>210</td>
<td>4 g</td>
<td>2 g</td>
<td>46 g</td>
<td>10 mg</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Egg</td>
<td>220</td>
<td>8 g</td>
<td>3 g</td>
<td>40 g</td>
<td>15 mg</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Kamut</td>
<td>180</td>
<td>7 g</td>
<td>2 g</td>
<td>27 g</td>
<td>10 mg</td>
<td>4 g</td>
</tr>
<tr>
<td>Semolina (basic)</td>
<td>210</td>
<td>7 g</td>
<td>1 g</td>
<td>42 g</td>
<td>0 mg</td>
<td>1 g</td>
</tr>
<tr>
<td>Udon</td>
<td>195</td>
<td>6 g</td>
<td>1 g</td>
<td>39 g</td>
<td>660 mg</td>
<td>3 g</td>
</tr>
<tr>
<td>Sesame</td>
<td>190</td>
<td>10 g</td>
<td>2 g</td>
<td>32 g</td>
<td>10 mg</td>
<td>5 g</td>
</tr>
<tr>
<td>Soba</td>
<td>195</td>
<td>6 g</td>
<td>1 g</td>
<td>39 g</td>
<td>530 mg</td>
<td>3 g</td>
</tr>
<tr>
<td>Veggie/Spinach</td>
<td>190</td>
<td>7 g</td>
<td>2 g</td>
<td>36 g</td>
<td>15 mg</td>
<td>5 g</td>
</tr>
<tr>
<td>Whole Wheat</td>
<td>170</td>
<td>9 g</td>
<td>1 g</td>
<td>40 g</td>
<td>10 mg</td>
<td>7 g</td>
</tr>
</tbody>
</table>

**FLOUR**

<table>
<thead>
<tr>
<th>SERVING SUGGESTIONS</th>
</tr>
</thead>
</table>
| UNBLEACHED WHITE FLOUR<br><br>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.  
1/4 c. 100 Cal  6 g Protein  <1 g Fat  22 g Carb  0 mg Sodium  <1 g Fiber  
| WHEAT BRAN<br><br>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.  
1/4 c. 30 Cal  12 g Protein  <1 g Fat  9 g Carb. 0 mg Sodium  6 g Fiber  
| WHOLE WHEAT FLOUR<br><br>High gluten | Made from hard 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.  
1/4 c. 102 Cal  4 g Protein  <1 g Fat  22 g Carb  <1 mg Sodium  4 g Fiber  
| WHOLE WHEAT PAstry FLOUR<br><br>Contains gluten | Made from soft spring wheat berries. Produces a fine crumb that is excellent in pastry crusts.  
1/4 c. 76 Cal  3 g Protein  <1 g Fat  17 g Carb  1 mg Sodium  2 g Fiber  

**Blueberry Almond Banana Bread**

**Total Time: 75 minutes**

- 2 ripe Fair Trade bananas, mashed
- 1 cup Wild Oats Organic Unsalted Butter, softened
- ½ c. raw cane sugar
- 2 Wild Oats Organic Large Eggs
- 2 tsp. vanilla extract
- 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.
# SERVING SUGGESTIONS

<table>
<thead>
<tr>
<th>FLOUR</th>
<th>Serving Suggestions</th>
</tr>
</thead>
<tbody>
<tr>
<td>BROWN RICE FLOUR</td>
<td>Use for pie crusts, batter breads and crackers. Substitute in recipes in small</td>
</tr>
<tr>
<td>Naturally gluten-free</td>
<td>amounts. Brown rice flour produces a dry, fine crumb and must be combined with</td>
</tr>
<tr>
<td></td>
<td>coarse flour like oat, rye or potato when used in breads.</td>
</tr>
<tr>
<td>1/4 c. 144 Cal 7 g Protein 1 g Fat 30 g Carb. 3 mg Sodium 6 g Fiber</td>
<td></td>
</tr>
<tr>
<td>BUCKWHEAT FLOUR</td>
<td>Use in pancakes, waffles, blintzes and pastas. Buckwheat flour has a moist, fine</td>
</tr>
<tr>
<td>Naturally gluten-free</td>
<td>crumb. Do not use in gravies or sauces as it will result in a paste-like consistency.</td>
</tr>
<tr>
<td>1/4 c. 101 Cal 4 g Protein 1 g Fat 21 g Carb. 3 mg Sodium 3 g Fiber</td>
<td></td>
</tr>
<tr>
<td>CORNMEAL, YELLOW</td>
<td>Yellow cornmeal is high in vitamin A. Delicious in pancakes, muffins, corn bread,</td>
</tr>
<tr>
<td>Naturally gluten-free</td>
<td>polenta and tortillas as well as for thickening sauces and gravies.</td>
</tr>
<tr>
<td>1/4 c. 710 Cal 3 g Protein 1 g Fat 23 g Carb. 11 mg Sodium 2 g Fiber</td>
<td></td>
</tr>
<tr>
<td>GLUTEN FLOUR/</td>
<td>Add to bread dough to increase leavening and add to breads with extra bran,</td>
</tr>
<tr>
<td>VITAL WHEAT</td>
<td>raisins or nuts. Some may find gluten hard to digest. Gluten has a very long shelf</td>
</tr>
<tr>
<td>GLUTEN High gluten</td>
<td>life because the wheat germ has been removed.</td>
</tr>
<tr>
<td>1/4 c. 140 Cal 20 g Protein 0 g Fat 12 g Carb. 2 mg Sodium 1.5 g Fiber</td>
<td></td>
</tr>
<tr>
<td>OAT FLOUR</td>
<td>May help lower cholesterol. Oat flour is sweet and great added to cookies,</td>
</tr>
<tr>
<td>Low gluten</td>
<td>piecrusts and muffins. Use in soups and sauces for a dairy-free, milk-like base.</td>
</tr>
<tr>
<td>1/4 c. 140 Cal 4 g Protein 2 g Fat 16 g Carb. 2 mg Sodium 9 g Fiber</td>
<td></td>
</tr>
<tr>
<td>OAT BRAN</td>
<td>Add to baked goods, hot cereals, granola and meat or bean loaves. Has a sweet,</td>
</tr>
<tr>
<td>Low gluten</td>
<td>milk-like flavor and is shown to help lower cholesterol.</td>
</tr>
<tr>
<td>1/4 c. 58 Cal 4 g Protein 1.5 g Fat 15 g Carb. 1 mg Sodium 4 g Fiber</td>
<td></td>
</tr>
<tr>
<td>Grits</td>
<td>A good source of vitamin A. Grits are a coarse ground cornmeal mush that makes</td>
</tr>
<tr>
<td>Naturally gluten-free</td>
<td>great polenta.</td>
</tr>
<tr>
<td>1/4 c. 120 Cal 3 g Protein 1 g Fat 27 g Carb. 11 mg Sodium 3 g Fiber</td>
<td></td>
</tr>
<tr>
<td>RYE FLOUR</td>
<td>Create hearty, fall-flavored European-style breads, rolls and buns. Makes moist,</td>
</tr>
<tr>
<td>High gluten</td>
<td>dense baked goods. Combine with high-gluten flours such as whole wheat or</td>
</tr>
<tr>
<td></td>
<td>unbleached white or add gluten to increase rising ability.</td>
</tr>
<tr>
<td>1/4 c. 90 Cal 2.5 g Protein .5 g Fat 20 g Carb. 1 mg Sodium 3.5 g Fiber</td>
<td></td>
</tr>
<tr>
<td>SEMOLINA FLOUR</td>
<td>Used exclusively in pastas. Contains hard starch granules that hold pastas</td>
</tr>
<tr>
<td>Contains gluten</td>
<td>together while cooking.</td>
</tr>
<tr>
<td>1/4 c. 150 Cal 12 g Protein .5 g Fat 14 g Carb. .5 mg Sodium 1.3 g Fiber</td>
<td></td>
</tr>
<tr>
<td>SOY FLOUR</td>
<td>Because it inhibits fat absorption, soy flour is great when added to</td>
</tr>
<tr>
<td>Naturally gluten-free</td>
<td>breads and butters for fried foods. Soy flour boosts protein content and adds</td>
</tr>
<tr>
<td></td>
<td>moisture to baked goods and extends their keeping ability.</td>
</tr>
<tr>
<td>1/4 c. 82 Cal 11 g Protein .3 g Fat 10 g Carb. 1 mg Sodium 4 g Fiber</td>
<td></td>
</tr>
<tr>
<td>SPELT FLOUR, WHOLE AND</td>
<td>Delicious when used to make tortillas. An ancient grain gaining popularity.</td>
</tr>
<tr>
<td>WHITE AND WHITE</td>
<td>Contains gluten</td>
</tr>
<tr>
<td></td>
<td>1/4 c. 90 Cal 3 g Protein 1 g Fat 21 g Carb. 0 mg Sodium 4 g Fiber</td>
</tr>
</tbody>
</table>

# PASTA

<table>
<thead>
<tr>
<th>PASTA</th>
<th>Serving Suggestions</th>
</tr>
</thead>
<tbody>
<tr>
<td>ELBOWS</td>
<td>Also called macaroni. Drain pasta well and toss with olive oil. Vegan macaroni and</td>
</tr>
<tr>
<td>5-10 minutes</td>
<td>&quot;cheese&quot; can make a satisfying alternative dish.</td>
</tr>
<tr>
<td>FARFALLE</td>
<td>Bowtie-shaped. Toss cooked pasta with sautéed veggies (like sauteed onions and</td>
</tr>
<tr>
<td>5-10 minutes</td>
<td>tomatoes), garlic, olive oil and parmesan cheese for a fun summer salad.</td>
</tr>
<tr>
<td>ORZO</td>
<td>Tiny durum wheat pasta that looks like rice. For a Middle Eastern-style pilaf,</td>
</tr>
<tr>
<td>11 minutes</td>
<td>cook the orzo in vegetable stock and sauté with cooked chickpeas, chopped onion,</td>
</tr>
<tr>
<td></td>
<td>garlic and cumin. When cool, stir in 1/2 cup of yogurt and fresh chopped cilantro.</td>
</tr>
<tr>
<td>RADIATURE</td>
<td>Chinese lantern-shaped pasta; multi-colored and substantial. Delicious covered with</td>
</tr>
<tr>
<td>5-10 minutes</td>
<td>hearty pasta sauces or with sautéed veggies. Or simply toss with balsamic vinegar,</td>
</tr>
<tr>
<td></td>
<td>olive oil, basil, pine nuts and dollops of creamy goat cheese.</td>
</tr>
<tr>
<td>PENNE RIGATE</td>
<td>Tubular pasta with slanted ends; rigate has ridges for carrying sauce. A classic</td>
</tr>
<tr>
<td>5-10 minutes</td>
<td>shape. Always perfect with zesty sauces. Also great with roasted shiitakes, onions</td>
</tr>
<tr>
<td></td>
<td>and red peppers with a splash of balsamic, olive oil and fresh rosemary.</td>
</tr>
<tr>
<td>SHELLS</td>
<td>Cook al dente and mix with your favorite marinara, then top with cheese and</td>
</tr>
<tr>
<td>(or until tender)</td>
<td>cheese and bake, or try shells in place of elbows in your favorite macaroni and</td>
</tr>
<tr>
<td></td>
<td>cheese recipe.</td>
</tr>
<tr>
<td>SOBA</td>
<td>A light Japanese noodle made from buckwheat and wheat. Thin, like spaghetti, but</td>
</tr>
<tr>
<td></td>
<td>with a nutty flavor and substantial texture. Serve with light miso, peanut butter,</td>
</tr>
<tr>
<td></td>
<td>toasted sesame oil, garlic and tamari sauce with sautéed veggies and tofu. Garnish</td>
</tr>
<tr>
<td></td>
<td>with cilantro.</td>
</tr>
<tr>
<td>UDON</td>
<td>Boil 3 quarts of water, add 1/2 pound of pasta, stir, add 1 cup of cold water</td>
</tr>
<tr>
<td></td>
<td>once the water has boiled.</td>
</tr>
<tr>
<td></td>
<td>A thick Japanese noodle made from buckwheat and wheat. Thin, like</td>
</tr>
<tr>
<td></td>
<td>fettuccine. It is delicious with Thai sauces, served alongside tofu and fish dishes.</td>
</tr>
<tr>
<td></td>
<td>For lo mein, fry udon with crushed garlic in sesame oil. Add miso broth or tamari</td>
</tr>
<tr>
<td></td>
<td>and vegetables such as snow peas or carrot slivers.</td>
</tr>
</tbody>
</table>
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.

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).

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 ¼ tablespoon per cup for each 1,000 feet above sea level.
- Decrease oil by ¼ 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 tbsp per cup.

REPLACING 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 ¼ 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 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.
NUTS & SEEDS

**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 in 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/ FILLERTS**
A member of the birch family, the hazelnut is the sweetest of all nuts. Roasted, they are delicious in stuffings and cookies, and are great in pesto or as an addition to pilafs. Try adding toasted 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 | 5.7 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 tamarind, 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 toasted 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 | 1.5 g Fiber |

**PINE NUTS**
Also known as piñons or pine nuts, 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. Priced since ancient times, pistachios are now grown mainly in Iraq, 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

**RICE**

**SERVING SUGGESTIONS**

**SWEET RICE**

| STOVE TOP |
| 1 1/2 c. – Add rice to boiling water. Simmer 45 min. |
| PRESSURE COOKER |
| 1 1/2 c. – 5-7 min. +10 |

**WILD RICE**

| STOVE TOP |
| 1 1/4 c. – Add rice to boiling water. Simmer 1 hr. |
| PRESSURE COOKER |
| 1 3 c. – 20-25 min. |

**WILD BLEND RICE**

| STOVE TOP |
| 1 3 c. – Add rice to boiling water. Simmer 1 hour. |
| PRESSURE COOKER |
| 1 3 c. – 20-25 min. |

**PRESSURE COOKING RICE**

**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
3/4 c. Wild Oats Organic Unsalted Butter
2 cloves garlic, minced
1/2 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.

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RICE ratio rice:water

Delicious in puddings and naturally gluten-free! Delicately sweet and the perfect choice in vanilla rice pudding and Asian-style desserts.
## RICE<br>**RICE** ratio rice:water:<br>ARBORIO RICE<br>STOVE TOP 1: 2¼ c. – Simmer 45 min.<br>PRESSURE COOKER 1¾: 3¾ c. – 7 min.<br>BASEMATI RICE, BROWN AND WHITE<br>STOVE TOP 1 1½ c. – Simmer 45 min.<br>WH 1 1¾ c. – Simmer 15 min.<br>PRESSURE COOKER 1: 1 ½ c. – 5–7 min. + 10<br>JASMINE RICE<br>STOVE TOP 1: 2 c. – Bring to boil, Simmer 20 min.<br>PRESSURE COOKER 1: 1 ¾ c. – 4 min. + 10<br>LONG- GRAIN BROWN RICE<br>STOVE TOP 1: 2 c. – Bring to boil, Simmer 45 min.<br>PRESSURE COOKER 1: 1 ¾ c. – 12–15 min. + 10<br>ROSE RICE<br>STOVE TOP 1: 2 c. – Bring to boil, Simmer 50 min.<br>PRESSURE COOKER 1: 1 ½ c. – 5–7 min. + 10<br>SHORT- GRAIN BROWN RICE<br>STOVE TOP 1 2¼ cdc. – Add rice to boiling water, Simmer 50 min.<br>PRESSURE COOKER 1: 1 ½ c. – 5–7 min. + 10<br>SUSHI RICE<br>STOVE TOP 1: 2 c. – Soak 40 min, Bring to boil, Simmer 45 min.<br>### SERVING SUGGESTIONS<br>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.<br>Aromatic long-grain rice. Praised for its perfumed fragrance, basmati is aged rice that’s essential in many Indian and Middle Eastern dishes. Nutty flavor and delicate texture make it perfect in saffron-scented pilaf or in honey sweetened rice pudding.<br>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 soy milk for rice pudding.<br>Nutty flavor and cooks up fluffier and dryer than medium- or short-grained rice. Heart 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.<br>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.<br> Easily digested! Nutty 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.<br>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.
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, pilaf 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 1 1/2 or 2 cups of water plus 1/2 to 1 1/2 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, aczuki beans, black beans or lentils.

- Rice — 1 cup brown rice : 2 cups water + 1/2 cup grain or beans: 1 cup water + 1/4 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 1/2 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 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!

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

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 are a great alternative to refined sugars and sweeten up everything from a morning latte 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
- ½ c. sour cream
- 1 c. Wild Oats Cheddar Cheese, shredded
- ¾ 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 9-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, herbs & spices

<table>
<thead>
<tr>
<th>MIXES</th>
<th>SERVING SUGGESTIONS</th>
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<tbody>
<tr>
<td><strong>BEAN AND BARLEY SOUP, ORGANIC</strong></td>
<td>Place 1 1/2 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, pearl barley, pinto beans, green lentils, kidney beans, cranberry beans, black turtle beans, white beans.</td>
</tr>
<tr>
<td>1/4 c. prepared</td>
<td>180 Cal 12 g Protein 0 g Fat 25 g Carb 3 mg Sodium 7 g Fiber</td>
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<tr>
<td><strong>BEANS, REFRIED INSTANT</strong></td>
<td>Place 1 1/2 c. beans in a bowl. Add 2 c. boiling water. Stir well. Cover and let stand 5 minutes. Add 1 tbsp. olive oil or butter to beans before adding water to increase richness. Ingredients: precooked pinto beans, dehydrated onions, vegetables, salt, spices.</td>
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<tr>
<td>1/4 c. dry</td>
<td>170 Cal 10 g Protein 2 g Fat 26 g Carb 400 mg Sodium 9 g Fiber</td>
</tr>
<tr>
<td><strong>BLACK BEANS, INSTANT</strong></td>
<td>Place 1 1/2 c. black beans in a 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.</td>
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<tr>
<td>1/4 c. dry</td>
<td>120 Cal 8 g Protein 5 g Fat 24 g Carb 380 mg Sodium 11 g Fiber</td>
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<tr>
<td><strong>BUTTERMILK POWDER, ORGANIC</strong></td>
<td>Mix 1/4 c. buttermilk powder with 1 c. water. Keep on hand to add tangy flavor to baked goods, pancakes and waffles.</td>
</tr>
<tr>
<td>1 Tbsp</td>
<td>25 Cal 2 g Protein 5 g Fat 3 g Carb 34 mg Sodium 0 g Fiber</td>
</tr>
<tr>
<td><strong>'CHICKEN' FLAVORED VEGETARIAN BROTH, ORGANIC</strong></td>
<td>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.</td>
</tr>
<tr>
<td>1 rounded tsp.</td>
<td>19 Cal 1 g Protein &lt;1 g Fat 4 g Carb 438 mg Sodium 0 g Fiber</td>
</tr>
<tr>
<td><strong>CURRY LENTIL SOUP, INSTANT</strong></td>
<td>Add 1/4 c. hot water to 1/2 c. soup for 1 serving. For 2 servings, 1 c. soup to 1 1/4 c. water. For 3 servings, 1 1/4 c. soup to 2 c. water. Ingredients: precooked lentils, sea salt, mild red pepper, garlic, herbs, spices, rice vinegar.</td>
</tr>
<tr>
<td>1/4 c.</td>
<td>210 Cal 17 g Protein 1 g Fat 36 g Carb 620 mg Sodium 19 g Fiber</td>
</tr>
<tr>
<td><strong>FALAFEL MIX</strong></td>
<td>Mix 1 c. falafel mix with 3/4 c. water. Let stand 15 minutes. Form into balls and fry. Ingredients: chick peas (garbanzo beans), yellow peas, wheat germ, spices, onion, salted, garlic, powdered soy sauce, baking soda, parsley.</td>
</tr>
<tr>
<td>3 oz.</td>
<td>250 Cal 15 g Protein 4 g Fat 42 g Carb 610 mg Sodium 11 g Fiber</td>
</tr>
<tr>
<td><strong>HUMMUS</strong></td>
<td>Mix 1/2 c. hummus mix with 1/4 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.</td>
</tr>
<tr>
<td>1/4 c. prepared</td>
<td>210 Cal 6 g Protein 10.5 g Fat 25 g Carb 300 mg Sodium 2 g Fiber</td>
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<thead>
<tr>
<th>GRAINS</th>
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<tbody>
<tr>
<td><strong>WHEAT, CRACKED</strong></td>
<td>Use in place of bulgur for making tabbouleh. Similar in taste and texture to bulgur, cracked wheat is delicious in pilaf, as well as in breads and salads. Since it isn't parboiled, it takes a little longer to cook than bulgur wheat.</td>
</tr>
<tr>
<td>STOVE TOP</td>
<td>1 1/2 c. – Add grains to boiling water. Simmer 25 min.</td>
</tr>
<tr>
<td>1/4 c. cooked</td>
<td>140 Cal 3.3 g Protein 2 g Fat 29 g Carb 1.1 mg Sodium 6 g Fiber</td>
</tr>
<tr>
<td><strong>WHEAT BERRIES</strong></td>
<td>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, pilaf and stuffing. Pair with dried cranberries, toasted walnuts and a peppery vinaigrette for a whole-grain salad or side dish.</td>
</tr>
<tr>
<td>STOVE TOP</td>
<td>1 1/4 c. – Soak 60 min. Add grains to boiling water. Simmer 2 hrs. PRESSURE COOKER</td>
</tr>
<tr>
<td>1/4 c. cooked</td>
<td>150 Cal 6 g Protein &lt;1 g Fat 34 g Carb 1.2 mg Sodium 6 g Fiber</td>
</tr>
<tr>
<td><strong>WHEAT FLAKES</strong></td>
<td>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.</td>
</tr>
<tr>
<td>STOVE TOP</td>
<td>1 1/4 c. – 15-20 min. PRESSURE COOKER</td>
</tr>
<tr>
<td>1/4 c. cooked</td>
<td>81 Cal 3 g Protein &lt;1 g Fat 17.2 g Carb 0 mg Sodium 3 g Fiber</td>
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Southwest Quinoa Chopped Salad with Chicken and Creamy Salsa Dressing

**Total Time**: 25 minutes  
**Serves**: 6

1 c. organic quinoa  
1 tsp. sea salt  
1 c. Wild Oats Medium Salsa  
1/2 c. organic sour cream or plain yogurt  
3 Tbsp. chopped cilantro  
2 tsp. Wild Oats Extra Virgin Olive Oil  
2 c. rotisserie chicken, chopped into bite-sized pieces  
1/2 c. Wild Oats Organic Black Beans, rinsed  
1/2 organic red or orange bell pepper, diced  
2 ears corn or 1 c. Wild Oats Super Sweet Organic Corn, thawed  
1 avocado, chopped  
1 large, ripe organic tomato, chopped  
1 large head organic romaine, chopped  
1/4 cup chopped cilantro and lime wedges for garnish

Bring 1 1/2 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

**SERVING SUGGESTIONS**

**OATS, STEEL CUT**
- **STOVE TOP**
  - 1 c. - Add grains to boiling water. Simmer 20 min.
- **PRESSURE COOKER**
  - 1 c. - 6 min. +10

**POP CORN**
- **STOVE TOP**
  - 1/4 c. + 1 tbsp. oil - Cover and shake over medium heat until popping starts.

**QUINOA**
- **STOVE TOP**
  - 1 c. - Add grains to boiling water. Simmer 15 min.
- **PRESSURE COOKER**
  - 1 c. - 6 min. +10

**RYE BERRIES**
- **STOVE TOP**
  - 1 c. - Add grains to boiling water. Simmer 30 min.
- **PRESSURE COOKER**
  - 1 c. - 6 min. +10

**RYE FLAKES**
- **STOVE TOP**
  - 3 c. - Add grains to boiling water. Simmer 25-30 min.

**7-GRAIN CEREAL**
- **STOVE TOP**
  - 1 2/3 c. - Add grains to boiling water. Simmer 15 min.

**SPELT BERRIES**
- **STOVE TOP**
  - 3 c. - Soak 60 min. Add grains to boiling water. Simmer 2 hrs.
- **PRESSURE COOKER**
  - 1 3 c. - 20-30 min.

**MIXES**

**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 cool until golden. Ingredients: whole wheat flour, whole wheat flour, unbleached wheat flour, buttermilk solids, whole rice flour, baking powder, whole rye flour, sea salt, potassium bicarbonate.
- 1/4 c. dry 120 Cal 8 g Protein 5 g Fat 23 g Carb. 410 mg Sodium 3 g Fiber

**NATURE'S BURGER MIX**
- Place 1/3 c. burger mix in bowl. Add 1/3 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 nonstick 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.
- 1/4 c. dry 170 Cal 10 g Protein 2 g Fat 20 g Carb. 400 mg Sodium 9 g Fiber

**PEA SOUP, INSTANT**
- For 1 serving, add 1 1/2 c. hot water to 1/2 c. soup for 2 servings, 1 1/4 c. water to 1 c. soup; for 3 servings, 1 1/2 c. water to 1 1/2 c. soup. Ingredients: precooked green split peas, carrots, sea salt, onion, garlic, herbs, spices.
- 1/6 c. dry 233 Cal 10 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 1/2 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: textured vegetable protein, dehydrated vegetables (tomato, onion, garlic, red pepper), corn meal, barley, salt, chili pepper, vegetable oil, spices, paprika, powdered soy sauce, nutritional yeast, rice malt.
- 1/6 c. dry 60 Cal 5 g Protein 0 g Fat 10 g Carb. 280 mg Sodium 3 g Fiber

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### HERBS & SPICES

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<th>HERBS &amp; SPICES</th>
<th>SERVING SUGGESTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ALFALFA, ORGANIC WHOLE SEED</strong></td>
<td>Alfalfa seeds are great for sprouting. Enjoy the crisp crunch of fresh sprouts on salads and sandwiches.</td>
</tr>
<tr>
<td><strong>ALFALFA LEAF, ORGANIC</strong></td>
<td>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.</td>
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<tr>
<td><strong>ALFALFA, ORGANIC LEAF POWDER</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>ALLSPICE, GROUND ORGANIC</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>ALLSPICE, ORGANIC WHOLE</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>ANISE SEED, ORGANIC WHOLE</strong></td>
<td>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.</td>
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<tr>
<td><strong>ARROWROOT POWDER</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>ASTRAGALUS ROOT, ORGANIC POWDER</strong></td>
<td>Prized as an energy tonic in Chinese medicine, astragalus root powder can be taken by capsule, brewed as a tea or sprinkled over food.</td>
</tr>
<tr>
<td><strong>BAC'UNS, ORGANIC BACONLESS SOY BITS</strong></td>
<td>Enjoy the smoky flavor of bacon on salads or soup, without any meat by-products.</td>
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### GRAINS

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<th>GRAINS</th>
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<th>SERVING SUGGESTIONS</th>
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</thead>
<tbody>
<tr>
<td><strong>COUSCOUS</strong></td>
<td>1:⅓ c.</td>
<td>Add grains to boiling water. Simmer 7 min.</td>
</tr>
<tr>
<td><strong>COUSCOUS, WHOLE WHEAT</strong></td>
<td>1:⅓ c.</td>
<td>Add grains to boiling water. Simmer 16 min.</td>
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<tr>
<td><strong>KAMUT</strong></td>
<td>1:1 c.</td>
<td>Add grains to boiling water. Simmer 2 hrs.</td>
</tr>
<tr>
<td><strong>MILLETS</strong></td>
<td>1:3 c.</td>
<td>Add grains to boiling water. Simmer 35 min.</td>
</tr>
<tr>
<td><strong>OATS, QUICK</strong></td>
<td>1:1 c.</td>
<td>Add grains to boiling water. Simmer 5-8 min.</td>
</tr>
<tr>
<td><strong>OATS, ROLLED</strong></td>
<td>1:3 c.</td>
<td>Add grains to boiling water. Simmer 20 min.</td>
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### Additional Notes

- **Couscous** is 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.

- **Kamut** is 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.

- **Millets** are 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.

- **Oat Groats** are high in 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.

- **Oats, Quick** are 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.

- **Oats, Rolled** are 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.
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<tbody>
<tr>
<td><strong>Amaranth</strong></td>
<td>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.</td>
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<tr>
<td><strong>Barley, Pearled</strong></td>
<td>Mildly 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.</td>
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<tr>
<td><strong>Barley, Whole</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Barley Flakes</strong></td>
<td>Similar to oatmeal, barley flakes cook into a creamy bowl of warming nutrition. Delicious topped with soy milk, cinnamon and maple syrup.</td>
</tr>
<tr>
<td><strong>Buckwheat, Raw</strong></td>
<td>Not a wheat, but a fruit seed related to rhubarb. Naturally gluten-free! Chock full 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.</td>
</tr>
<tr>
<td><strong>Buckwheat, Roasted</strong></td>
<td>Also called kasha. Chock full 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.</td>
</tr>
<tr>
<td><strong>Bulgur Wheat</strong></td>
<td>The star of the Middle Eastern dish, tabbouleh! Bulgur is a quick cooking whole wheat that's been cleaned, parboiled, dried and crushed. It's delicious in pita, soup, bakery goods, stuffing or casseroles, but it's most easily recognized when tossed with lemon juice, parsley, tomatoes, mint and cucumber for tabbouleh.</td>
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<tr>
<th>Herbs &amp; Spices</th>
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<tbody>
<tr>
<td><strong>Bay Leaf, Whole Organic</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Beet Powder Organic</strong></td>
<td>Rich in betaine, which may support normal liver and kidney function. Beet powder is a healthy boost to smoothies and fresh juices.</td>
</tr>
<tr>
<td><strong>Broccoli Seed, Organic Whole</strong></td>
<td>Broccoli seeds are great for sprouting. Enjoy the crisp crunch of fresh sprouts on salads and sandwiches.</td>
</tr>
<tr>
<td><strong>Caraway Seed, Whole Organic</strong></td>
<td>Known for their nutty, licorice-like flavor, caraway seeds are essential in rye bread and in German, Hungarian and Austrian cuisine.</td>
</tr>
<tr>
<td><strong>Cardamom, Ground Organic</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Cardamom Pods, Whole Green Organic</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Cardamom Seed, Organic Whole Decorticated</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Carob Organic Powder, Light Roast</strong></td>
<td>From the carob tree, carob powder is often used as a substitute for chocolate in baked goods and confections.</td>
</tr>
<tr>
<td><strong>Cayenne 20,000 SHU, Organic Grind</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Cayenne 90,000 SHU</strong></td>
<td>Add redhot spice to chili, tacos and other South-of-the-border favorites. Cayenne is a great addition to meat, poultry and seafood rubs.</td>
</tr>
<tr>
<td><strong>Celery Seed, Whole Organic</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Cheese, Organic White Cheddar Powder</strong></td>
<td>Simply mix with milk and a little butter for a creamy, cheesy sauce that's perfect for quick mac 'n' cheese.</td>
</tr>
</tbody>
</table>

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*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.*
mixes, herbs & spices

<table>
<thead>
<tr>
<th>HERBS &amp; SPICES</th>
<th>SERVING SUGGESTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHILI POWDER, ORGANIC</td>
<td>Rich red chili powder that adds heat and earthy flavor to chili, taco and burrito filling and salsa.</td>
</tr>
<tr>
<td>CHILI PEPPERS, GROUND ORGANIC</td>
<td>Rich red chili powder that adds heat and earthy flavor to chili, taco and burrito filling and salsa.</td>
</tr>
<tr>
<td>CHIVES, ORGANIC</td>
<td>Add mild onion flavor and green color to baked potatoes, steamed vegetables, pasta, soups and salads.</td>
</tr>
<tr>
<td>CILANTRO, ORGANIC</td>
<td>Add bright, lively flavor to salsa, taco and burrito fillings and chili.</td>
</tr>
<tr>
<td>CINNAMON, GROUND ORGANIC</td>
<td>Sourced from the inner bark of a tropical evergreen tree, cinnamon adds warm spice to sweet and savory dishes with a delicious aroma.</td>
</tr>
<tr>
<td>CINNAMON CHIPS, ½-1” ORGANIC</td>
<td>Adds sweet spice to tea, spiced cider and mulled wine.</td>
</tr>
<tr>
<td>CINNAMON, SOFT CEYLON 3” ORGANIC</td>
<td>Mild and sweet. Ceylon cinnamon sticks add warm spice to apple cider, mulled wine, tea or chai.</td>
</tr>
<tr>
<td>CINNAMON STICKS, 2¾” ORGANIC</td>
<td>Whole cinnamon sticks add warm spice and sweet fragrance to apple cider, mulled wine, tea or chai.</td>
</tr>
<tr>
<td>CLOVE, WHOLE ORGANIC</td>
<td>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.</td>
</tr>
<tr>
<td>COCOA, ORGANIC MIX</td>
<td>Enjoy creamy, rich hot cocoa anytime. Mix with regular, soy or rice milk and add a peppermint stick for a festive winter treat.</td>
</tr>
<tr>
<td>CORIANDER SEED, GROUND ORGANIC</td>
<td>The seed of the cilantro plant, coriander is related to the parsley family and is an essential spice in Indian curry powder.</td>
</tr>
<tr>
<td>CORIANDER SEED, WHOLE ORGANIC</td>
<td>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 beer. Try toasting to bring out the full flavor.</td>
</tr>
<tr>
<td>CORNSTARCH</td>
<td>Used as a thickener. Made from ground yellow or white corn that has been highly refined. Substitute for arrowroot powder.</td>
</tr>
<tr>
<td>CUMIN SEED, GROUND ORGANIC</td>
<td>Pungent, smoky and slightly nutty, cumin adds rich flavor to Middle Eastern, Asian, Mediterranean and Mexican cuisine.</td>
</tr>
<tr>
<td>CUMIN SEED, ORGANIC</td>
<td>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.</td>
</tr>
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</table>

"Good Morning Grains"

Start your day with nutritious whole grains! A bowl of tasty, hearty whole-grain cereal in the morning can provide long-lasting 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 soy milk.

- 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. *Diet 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.

**HERBS & SPICES**

| **CURRY POWDER, ORGANIC** | Essential in Indian cuisine, curry powder is a blend of over 20 spices including cardamom, cinnamon, cloves, chili, coriander, cumin, fenugreek seed, fennel seed, 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

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<tr>
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<tbody>
<tr>
<td>GINGER, CRYSTALLIZED PREMIUM ORGANIC</td>
<td>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.</td>
</tr>
<tr>
<td>GINGER ROOT, GROUND ORGANIC</td>
<td>Add the warming spice of ginger to gingerbread, gingersnaps, pear and apple tarts, as well as curries, roasted meats, soups and stews.</td>
</tr>
<tr>
<td>HERBS DE PROVENCE, ORGANIC</td>
<td>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.</td>
</tr>
<tr>
<td>ITALIAN SEASONING, WHOLE ORGANIC</td>
<td>An aromatic blend o' 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.</td>
</tr>
<tr>
<td>JUNIPER BERRIES, WHOLE ORGANIC</td>
<td>A bittersweet, aromatic berry from the juniper bush. Crush first and use to flavor marinades for beef, pork, game, as well as sausages, stews and stuffing.</td>
</tr>
<tr>
<td>KELP GRANULES, ORGANIC</td>
<td>Sprinkle nutrient dense kelp granules on soups, salads, tofu, pasta, stir-fries, dressings, dips and sauces.</td>
</tr>
<tr>
<td>KELP POWDER, ORGANIC</td>
<td>Add nutrient dense kelp powder to smoothies or add to plant soil for full, lush and thriving houseplants.</td>
</tr>
<tr>
<td>LAVENDER FLOWERS, WHOLE ORGANIC</td>
<td>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.</td>
</tr>
<tr>
<td>LEMON BALM, ORGANIC</td>
<td>A member of the mint family, lemon balm is very aromatic with a citrus-y lemon scent. It is great in tea, hoc or iced and is delicious in sorbet.</td>
</tr>
<tr>
<td>LEMON GRASS, ORGANIC</td>
<td>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.</td>
</tr>
<tr>
<td>LEMON PEEL, ORGANIC</td>
<td>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.</td>
</tr>
<tr>
<td>LEMON PEEL, GRANULES ORGANIC</td>
<td>Made from the zest of a lemon, lemon peel retains a high percentage of essential oils for b ig citrus flavor. It's three times more potent than fresh peel and can be reconstituted for soft, fresh flavor. Delicious in homemade teas.</td>
</tr>
<tr>
<td>LEMON PEPPER ORGANIC</td>
<td>A blend of spicy black pepper and lemon peel for a zesty addition to fish, seafood, chicken, steaks, sauces and vegetables.</td>
</tr>
<tr>
<td>MARJORAM, ORGANIC</td>
<td>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.</td>
</tr>
</tbody>
</table>

## RULES OF THUMB

<table>
<thead>
<tr>
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<th></th>
</tr>
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<tbody>
<tr>
<td><strong>Yield</strong></td>
<td>1 cup of dry grain, when cooked, is enough for 2 to 4 people.</td>
</tr>
<tr>
<td><strong>Doubling Recipes</strong></td>
<td>When multiplying the amount of grain, decrease the amount of liquid by 2 tablespoons per cup of grains.</td>
</tr>
<tr>
<td><strong>Cooked Enough?</strong></td>
<td>When testing whether or not your grains are cooked through, keep in mind that most whole grains are best when slightly chewy.</td>
</tr>
<tr>
<td><strong>Salt</strong></td>
<td>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.</td>
</tr>
</tbody>
</table>

## 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.

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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.

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<tr>
<td>MUSTARD SEED, WHOLE YELLOW ORGANIC</td>
<td>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.</td>
</tr>
<tr>
<td>MUSTARD SEED, WHOLE BROWN ORGANIC</td>
<td>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.</td>
</tr>
<tr>
<td>MUSTARD SEED, YELLOW GROUND ORGANIC</td>
<td>Ground yellow mustard seeds add zesty flavor and that extra zing to sauces, marinades and cheese-based soups.</td>
</tr>
<tr>
<td>NUTMEG, ORGANIC GROUND</td>
<td>Nutmeg adds warm, sweet spice to baked goods, cream sauces, eggnog and is delicious in mulled cider or wine.</td>
</tr>
<tr>
<td>NUTMEG, ORGANIC WHOLE</td>
<td>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.</td>
</tr>
<tr>
<td>NUTRITIONAL YEAST FLAKES OR POWDER</td>
<td>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 and cheese.</td>
</tr>
<tr>
<td>ONION FLAKES, ORGANIC</td>
<td>Great to have on hand to add sweet onion flavor to meatloaf, sauces, soups, stews and Italian, Indian and Mexican dishes.</td>
</tr>
<tr>
<td>ONION, ORGANIC GRANULES, WHITE</td>
<td>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.</td>
</tr>
<tr>
<td>ORANGE PEEL GRANULES, ORGANIC</td>
<td>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.</td>
</tr>
<tr>
<td>ORANGE PEEL ORGANIC POWDER</td>
<td>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.</td>
</tr>
<tr>
<td>OREGANO LEAF, ORGANIC</td>
<td>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.</td>
</tr>
<tr>
<td>ORANGE PEEL ORGANIC</td>
<td>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.</td>
</tr>
<tr>
<td>HERBS &amp; SPICES</td>
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<tr>
<td>----------------</td>
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</tr>
<tr>
<td>PAPRIKA GROUND, ORGANIC</td>
<td>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.</td>
</tr>
<tr>
<td>POPPY SEED, WHOLE ORGANIC</td>
<td>Harvested from the <em>Papaver somniferum</em> 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.</td>
</tr>
<tr>
<td>PARSLEY LEAF FLAKES, ORGANIC</td>
<td>Garnish egg dishes, sauces, vegetables and meats with fresh flavor and a green accent.</td>
</tr>
<tr>
<td>PEPPER, BLACK ORGANIC FINE GRIND</td>
<td>Sourced from the <em>piper nigrum</em> 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.</td>
</tr>
<tr>
<td>PEPPER, BLACK COARSE GRIND ORGANIC</td>
<td>Sourced from the <em>piper nigrum</em> 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.</td>
</tr>
<tr>
<td>PEPPER, BLACK MEDIUM GRIND ORGANIC</td>
<td>Sourced from the <em>piper nigrum</em> 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.</td>
</tr>
<tr>
<td>PEPPER, WHITE ORGANIC FINE GRIND</td>
<td>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.</td>
</tr>
<tr>
<td>PEPPERCORNS, BLACK ORGANIC</td>
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</tr>
<tr>
<td>PAPRIKA GROUND, ORGANIC 4 PEPPER BLEND</td>
<td>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.</td>
</tr>
<tr>
<td>PEPPERMINT LEAF, ORGANIC</td>
<td>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.</td>
</tr>
<tr>
<td>PIZZA SEASONING, ORGANIC</td>
<td>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.</td>
</tr>
<tr>
<td>Poultry SEASONING, ORGANIC POWDER</td>
<td>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.</td>
</tr>
</tbody>
</table>

**BEANS ratio beans:water**

<table>
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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>PINTO BEANS</td>
</tr>
<tr>
<td>Red BEANS</td>
</tr>
<tr>
<td>SOYBEANS</td>
</tr>
<tr>
<td>SOYBEANS, DRY-ROASTED, SALTED</td>
</tr>
</tbody>
</table>

**BEAN SEASONING TIPS**

*Seasonings to Use While Cooking:* Cook beans from the start with the following basic seasonings:
- chopped onion and garlic cloves
- traditional digestive spices: bay leaf, cumin and epazote

*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.

**The Finishing Touch:** Just before serving cooked beans, add a final spike of flavor with the following:
- 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

*Note:* When pressure cooking beans, add spices when cooking is complete.
beans

**BEANS**

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<tbody>
<tr>
<td>KIDNEY BEANS</td>
<td></td>
<td>1:4 c. - Simmer 1½ hrs</td>
</tr>
<tr>
<td>STOVETOP</td>
<td></td>
<td>1:2 c. - 5-8 min. +10</td>
</tr>
<tr>
<td>PRESSURE COOKER</td>
<td></td>
<td>1:2 c. - 10-12 min. +10</td>
</tr>
<tr>
<td>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 hearty beef chili, hearty vegetable stews and sprinkled on salads.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LENTILS</td>
<td></td>
<td>No soak.</td>
</tr>
<tr>
<td>STOVETOP</td>
<td></td>
<td>1:2 c. - Simmer 20-45 min.</td>
</tr>
<tr>
<td>PRESSURE COOKER</td>
<td></td>
<td>1:2 c. - 8-10 min.</td>
</tr>
<tr>
<td>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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LIMA BEANS, LARGE</td>
<td></td>
<td>No soak.</td>
</tr>
<tr>
<td>STOVETOP</td>
<td></td>
<td>1:4 c. - Simmer 1½ hrs</td>
</tr>
<tr>
<td>PRESSURE COOKER</td>
<td></td>
<td>1:2 c. - 1-3 min. +10</td>
</tr>
<tr>
<td>Lime 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 a traditional succotash.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MUNG BEANS</td>
<td></td>
<td>No soak.</td>
</tr>
<tr>
<td>STOVETOP</td>
<td></td>
<td>1:4 c. - Simmer 1½ hrs</td>
</tr>
<tr>
<td>PRESSURE COOKER</td>
<td></td>
<td>1:2 c. - 10-12 min. +10</td>
</tr>
<tr>
<td>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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>NAVY BEANS</td>
<td></td>
<td>No soak.</td>
</tr>
<tr>
<td>STOVETOP</td>
<td></td>
<td>2:4 c. - Simmer 2½ hrs</td>
</tr>
<tr>
<td>PRESSURE COOKER</td>
<td></td>
<td>1:2 c. - 3-4 min. +10</td>
</tr>
<tr>
<td>These small white beans prized for their versatility and mild flavor, and have been a staple in U.S. Navy cuisine since the 1800s. Use in soups, baked beans, salads and creamy spreads. Try them tossed with crisp romaine, seaweed, tuna, tomatoes and basil vinaigrette.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PEAS, WHOLE</td>
<td></td>
<td>No soak.</td>
</tr>
<tr>
<td>STOVETOP</td>
<td></td>
<td>1:3 c. - Simmer 1½ hrs</td>
</tr>
<tr>
<td>PRESSURE COOKER</td>
<td></td>
<td>1:2 c. - 4-6 min. +10</td>
</tr>
<tr>
<td>Called &quot;soup peas&quot; in the U.S. and &quot;mushy peas&quot; 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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PEAS, SPLIT</td>
<td></td>
<td>No soak.</td>
</tr>
<tr>
<td>GREEN &amp; YELLOW</td>
<td></td>
<td>1:2 c. - Simmer 45 min.</td>
</tr>
<tr>
<td>PRESSURE COOKER</td>
<td></td>
<td>1:2 c. - 6-10 min.</td>
</tr>
<tr>
<td>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. Puree, chill and top with crème fraîche and fresh mint.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

mixes, herbs & spices

**HERBS & SPICES**

<table>
<thead>
<tr>
<th>HERBS &amp; SPICES</th>
<th>SERVING SUGGESTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>PUMPKIN PIE SPICE, ORGANIC</td>
<td>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 ginger bread and carrot cake.</td>
</tr>
<tr>
<td>RADISH SEEDS, ORGANIC</td>
<td>Radish seeds are great for sprouting. Enjoy the crisp crunch of zesty sprouts on salads and sandwiches.</td>
</tr>
<tr>
<td>RED CHILI PEPPER</td>
<td>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.</td>
</tr>
<tr>
<td>ROSEMARY LEAF, WHOLE ORGANIC</td>
<td>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.</td>
</tr>
<tr>
<td>SAGE LEAF, RUBBED ORGANIC</td>
<td>Rubbed sage is made from whole sage leaves that are &quot;rubbed&quot; to create a fluffly, cotton-like texture that adds warm earthy flavor to sauces, seafood, corn muffins and of course, traditional Thanksgiving stuffing.</td>
</tr>
<tr>
<td>SAGE, ORGANIC LEAF POWDER</td>
<td>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.</td>
</tr>
<tr>
<td>SEA SALT, REFINED</td>
<td>Smooth taste. Purified sea salt harvested in ponds, then evaporated in kilns. Magnesium carbonate, a naturally occurring mineral, is added for flow. Certified kosher.</td>
</tr>
<tr>
<td>SEA SALT, UNREFINED</td>
<td>One of the best sources of essential and trace minerals, sea salt is rich in calcium, magnesium and potassium. Unlike refined salt, which is baled 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, pork, roasted potatoes and a garden-fresh tomatoes.</td>
</tr>
<tr>
<td>SESAME SEED, WHOLE NATURAL OR ORGANIC</td>
<td>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.</td>
</tr>
<tr>
<td>SPEARMINT LEAF, ORGANIC</td>
<td>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.</td>
</tr>
<tr>
<td>SPINACH, ORGANIC POWDER</td>
<td>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.</td>
</tr>
</tbody>
</table>
### HERBS & SPICES

<table>
<thead>
<tr>
<th>HERBS &amp; SPICES</th>
<th>SERVING SUGGESTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spirulina Powder, Organic</td>
<td>Rich in vitamin A, spirulina powder adds a boost of phytochemicals to smoothies or freshly squeezed juices.</td>
</tr>
<tr>
<td>Stevia Powder, Green Organic</td>
<td>Stevia is an all-natural dietary supplement derived from the leaves of the <em>stevia rebaudiana bertoni</em> plant and has been used as a sweetener in South America for centuries. It is 30 times sweeter than sugar.</td>
</tr>
<tr>
<td>TACO SEASONING, ORGANIC</td>
<td>A blend of zesty spices including 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.</td>
</tr>
<tr>
<td>Tapioca, Organic Granulated</td>
<td>Tapioca is derived from the root of the cassava plant and is used as a thickener for sauces, soups, pie fillings and puddings.</td>
</tr>
<tr>
<td>Tarragon, Organic Leaf</td>
<td>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!</td>
</tr>
<tr>
<td>TEXTURIZED VEGETABLE PROTEIN GRANULES (TVP)</td>
<td>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.</td>
</tr>
<tr>
<td>Thyme Leaf, Whole Organic</td>
<td>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.</td>
</tr>
<tr>
<td>Tomato Powder, Organic</td>
<td>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.</td>
</tr>
<tr>
<td>Turmeric Root, Ground Organic</td>
<td>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.</td>
</tr>
<tr>
<td>Vanilla Bean, Organic Bourbon Whole</td>
<td>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.</td>
</tr>
<tr>
<td>White Onion Powder, Organic</td>
<td>Made from dried onion, 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.</td>
</tr>
<tr>
<td>White Onions, Minced Organic</td>
<td>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, rice or Italian, Indian and Mexican recipes.</td>
</tr>
</tbody>
</table>

### BEANS

<table>
<thead>
<tr>
<th>BEANS</th>
<th>SERVING SUGGESTIONS</th>
</tr>
</thead>
</table>
| Azuki Bean | No soaking.  
STOVE TOP  
1 : 3 c. – Simmer 1½ hrs  
PRESSURE COOKER  
1 : 2½ c. – 10-12 min. + 10  |
| 1/4 c. cooked  
110 Cal  
7 g Protein  
5 g Fat  
20 g Carb.  
1 mg Sodium  
7 g Fiber  |
| Anasazi Bean | 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, tomatoes, cheese and lime.  
STOVE TOP  
1 : 4 c. – Simmer 1½ hrs  
PRESSURE COOKER  
1 : 1¼ c. – 2-4 min. + 10  |
| 1/4 c. cooked  
110 Cal  
8 g Protein  
0 g Fat  
20 g Carb.  
0 mg Sodium  
7 g Fiber  |
| Black-Eyed Peas | A good natural source of selenium. Traditionally eaten on New Year's Day for good luck, black-eyed peas are a small beige bean marinated 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.  
STOVE TOP  
1 : 4 c. – Simmer 1½ hrs  
PRESSURE COOKER  
1 : 1¼ c. – 10-12 min. + 10  |
| 1/4 c. cooked  
110 Cal  
7 g Protein  
1 g Fat  
16 g Carb.  
0 mg Sodium  
6 g Fiber  |
| Black Beans | High in magnesium and fiber and very low in fat. A staple in Southwestern and Mexican cuisine, black beans, also called turtle beans, are earthy flavored legumes. They are mild flavored with red chiles, cumin, sautéed onions and fiery salsa.  
STOVE TOP  
1 : 3 c. – Simmer 1½ hrs  
PRESSURE COOKER  
1 : 1¼ c. – 3-6 min. + 10  |
| 1/4 c. cooked  
110 Cal  
7 g Protein  
0 g Fat  
20 g Carb.  
0 mg Sodium  
6 g Fiber  |
| Cannellini Beans | 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.  
STOVE TOP  
1 : 3 c. – Simmer 1½ hrs  
PRESSURE COOKER  
1 : 1¼ c. – 3-4 min. + 10  |
| 1/4 c. cooked  
100 Cal  
8 g Protein  
1 g Fat  
22 g Carb.  
<1 mg Sodium  
5 g Fiber  |
| Garbanzo Beans | 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, gourmet texture and versatility. Enjoy as a salad topping, simmered in minestrone soup or in spicy African peanut stew.  
STOVE TOP  
1 : 4 c. – Simmer 3 hrs  
PRESSURE COOKER  
1 : 3 c. – 9-14 min. + 10  |
| 1/4 c. cooked  
130 Cal  
7 g Protein  
2 g Fat  
22 g Carb.  
5 mg Sodium  
5 g Fiber  |
| Great Northern Beans | 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.  
STOVE TOP  
1 : 3 c. – Simmer 2 hrs  
PRESSURE COOKER  
1 : 2 c. – 4-8 min. + 10  |
| 1/4 c. cooked  
100 Cal  
7 g Protein  
0 g Fat  
19 g Carb.  
0 mg Sodium  
6 g Fiber  |
beans

HOW TO PREPARE DRIED BEANS

1. 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.

2. 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.

3. 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.

mixes, herbs & spices

NATURAL SWEETNERS

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 B, 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, iced 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 sucanat 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

1 1/2 c. kosher salt
1/4 c. brown sugar
3 Tbsp. cracked black pepper
1 Tbsp. paprika
1 Tbsp. red chili powder
1 Tbsp. cumin
1 Tbsp. coriander, crushed
1 Tbsp. garlic powder
1 Tbsp. fennel, crushed
1 Tbsp. onion powder
tsp. cayenne pepper
tsp. red pepper flakes
tsp. dry mustard

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**

<table>
<thead>
<tr>
<th>Yield</th>
<th>1 c. dry = 2 to 2 1/2 c. of cooked beans</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soaked Enough?</td>
<td>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.</td>
</tr>
<tr>
<td>Cooked Enough?</td>
<td>A bean is fully cooked when you can mash it with a fork.</td>
</tr>
<tr>
<td>Easiest Beans to Digest</td>
<td>Anasazi, adzuki, black eyed peas, lentils and mung.</td>
</tr>
<tr>
<td>Most Difficult Beans to Digest</td>
<td>Navy, lima, whole cooked soybeans.</td>
</tr>
</tbody>
</table>

**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 bag 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 & water

**Serving Suggestions**

<table>
<thead>
<tr>
<th>Tea Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assam Tea, Organic</td>
<td>Bold, strong-flavor, tea with malty overtones and a rich, deep color.</td>
</tr>
<tr>
<td>Banca Leaf, Organic</td>
<td>A delicate sweet tea with bright yellow color and refreshing rich flavor. Lower in caffeine than most teas.</td>
</tr>
<tr>
<td>Black Chai, Organic</td>
<td>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.</td>
</tr>
<tr>
<td>Ceylon Orange Pekoe, Organic</td>
<td>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.</td>
</tr>
<tr>
<td>Chai Green Tea, Organic</td>
<td>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.</td>
</tr>
<tr>
<td>China Black Orange Pekoe, Organic</td>
<td>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.</td>
</tr>
<tr>
<td>Darjeeling Tea, Organic</td>
<td>Black tea from India prized for its “bite” and rich golden color.</td>
</tr>
<tr>
<td>Dragonwell Tea, Organic</td>
<td>Very smooth, drinkable, lushly-flavored traditional green tea.</td>
</tr>
<tr>
<td>Earl Grey, Organic</td>
<td>Traditional black tea flavored with bergamot orange.</td>
</tr>
<tr>
<td>Earl Grey Green, Organic</td>
<td>Green tea flavored with bergamot orange.</td>
</tr>
<tr>
<td>English Breakfast, Organic</td>
<td>Wake up and enjoy the rich smoky flavor of this full-bodied English breakfast classic.</td>
</tr>
<tr>
<td>Genmaicha, Organic</td>
<td>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.</td>
</tr>
<tr>
<td>Green Raspberry W/Fruit, Organic</td>
<td>Light and herbaceous green tea flavored with lush raspberry.</td>
</tr>
<tr>
<td>Green Strawberry W/Fruit, Organic</td>
<td>Light and herbaceous green tea flavored with ripe strawberry.</td>
</tr>
<tr>
<td>Gunpowder Green Tea, Organic</td>
<td>Tightly rolled green tea leaves that explode with flavor when steeped in hot water.</td>
</tr>
<tr>
<td>Irish Breakfast, Organic</td>
<td>Hearty combination of Assam and Ceylon black teas for a hearty start to any day.</td>
</tr>
</tbody>
</table>

**Sprouting Equipment**

<table>
<thead>
<tr>
<th>Component</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seeds</td>
<td>Quart glass jar&lt;br&gt;String or rubber band (or buy a ready-to-go sprouting jar)</td>
</tr>
<tr>
<td>Larger Beans/Grains</td>
<td>Large bowl with cover&lt;br&gt;Stainless steel strainer</td>
</tr>
</tbody>
</table>

**How to Grow Sprouts**

1. **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

2. **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

3. **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.

4. **Rinse and Drain** — Rinse the seeds thoroughly through the top of the jar or the strainer. Immediately pour out the water and drain well.

5. **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 2 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.

6. **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 foodborne infections, consult your healthcare provider.

**Consumer Advisory:** The FDA has advised that raw sprouts, particularly alfalfa and clover, may harbor bacteria responsible for certain foodborne 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-leafs or casseroles. Sprouted grains can be dried, ground and used as a nutritious flour substitute in many recipes.
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

### Serving Suggestions

<table>
<thead>
<tr>
<th>FRUIT</th>
<th>Nutritional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>APRICOTS</strong></td>
<td>High in beta-carotene, fiber, copper and cobalt. Good in grain salads and baked goods such as muffins and cookies.</td>
</tr>
<tr>
<td><strong>BLUEBERRIES</strong></td>
<td>A delicious, tangy substitute for raisins. Substitute in recipes that call for raisins, or reconstitute and add to waffle or pancake batter.</td>
</tr>
<tr>
<td><strong>CHERRIES</strong></td>
<td>A sweet, unexpected substitute for raisins. Dried cherries add delicious tartness to baked goods, granolas and snack mixes.</td>
</tr>
<tr>
<td><strong>CRANBERRIES</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>COCONUT</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>DATES</strong></td>
<td>Very moist and high in potassium. Use in cookie bars and quick breads or as a snack by themselves. Keep refrigerated.</td>
</tr>
<tr>
<td><strong>FIGS, WHITE CALIMYRNA</strong></td>
<td>The sweetest of all figs! A delicious snack. Also great in fruit compotes, cookie bars and fruitcakes.</td>
</tr>
<tr>
<td><strong>FIGS, MISSION</strong></td>
<td>Plump, moist and sweet! Great with cheese and crackers, in baked goods and in fruit compotes.</td>
</tr>
<tr>
<td><strong>MANGO</strong></td>
<td>Very high in vitamins A and C and a good source of potassium. Great in fruit salads, chicken salad and stir-fry.</td>
</tr>
</tbody>
</table>

### Nutritional Values

- **Apples**
  - 1/4 c: 130 Cal, 0 g Protein, 9 g Fat, 27 g Carbs, 20 mg Sodium, 5 g Fiber
- **Apricots**
  - 1/4 c: 135 Cal, 2 g Protein, 5 g Fat, 25 g Carbs, 5 mg Sodium, 4 g Fiber
- **Blueberries**
  - 1/4 c: 80 Cal, 0 g Protein, 0 g Fat, 20 g Carbs, 0 mg Sodium, 5 g Fiber
- **Cherries**
  - 1/4 c: 140 Cal, 1 g Protein, 0 g Fat, 54 g Carbs, 0 mg Sodium, 2 g Fiber
- **Cranberries**
  - 1/4 c: 120 Cal, 0 g Protein, 5 g Fat, 29 g Carbs, 0 mg Sodium, 2 g Fiber
- **Coconut**
  - 1/4 c: 97 Cal, 2 g Protein, 6 g Fat, 14 g Carbs, 22 mg Sodium, 4 g Fiber
- **Dates**
  - 1/4 c: 122 Cal, 1 g Protein, 5 g Fat, 33 g Carbs, 5.5 mg Sodium, 8 g Fiber
- **Figs, White Calimyrna**
  - 1/4 c: 145 Cal, 1.5 g Protein, 5 g Fat, 27 g Carbs, 7.5 mg Sodium, 5 g Fiber
- **Figs, Mission**
  - 1/4 c: 105 Cal, 1.5 g Protein, 5 g Fat, 97 g Carbs, 10 mg Sodium, 5 g Fiber
- **Mango**
  - 1/4 c: 100 Cal, 1 g Protein, 0 g Fat, 47 g Carbs, 0 mg Sodium, 1 g Fiber

### 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

- **Fair Trade**
- **Certified Organic**
- **Sprouted**

### 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 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

FRUIT

<table>
<thead>
<tr>
<th>FRUIT</th>
<th>SERVING SUGGESTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>PAPAYA</td>
<td>Very high in vitamins A and C. Contains the enzyme papain, a digestive enzyme that supports healthy digestion. Good in fruit salads and salsas.</td>
</tr>
<tr>
<td>1-2 pieces</td>
<td>210 Cal, 1 g Protein, 0 g Fat, 46 g Carb, 0 mg Sodium, 1 g Fiber</td>
</tr>
<tr>
<td>PINEAPPLE</td>
<td>Contains bromelain, an enzyme that supports healthy digestion. Great as a sweet snack, dessert or added to trail mix!</td>
</tr>
<tr>
<td>¼ c.</td>
<td>130 Cal, 2 g Protein, 0 g Fat, 32 g Carb, 0 mg Sodium, 0 g Fiber</td>
</tr>
<tr>
<td>PRUNES</td>
<td>A good source of fiber, iron and beta-carotene. Great with cheese and crackers, in baked goods and in fruit compotes.</td>
</tr>
<tr>
<td>¼ c.</td>
<td>120 Cal, 1 g Protein, 0 g Fat, 34 g Carb, 2.5 mg Sodium, 4 g Fiber</td>
</tr>
<tr>
<td>RAISINS</td>
<td>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.</td>
</tr>
<tr>
<td>¼ c.</td>
<td>170 Cal, 2 g Protein, 0 g Fat, 44 g Carb, 5 mg Sodium, 3 g Fiber</td>
</tr>
<tr>
<td>STRAWBERRIES</td>
<td>A good source of vitamin C. Wonderful in cakes, muffins and trail mixes.</td>
</tr>
<tr>
<td>¼ c.</td>
<td>120 Cal, 1 g Protein, 0 g Fat, 25 g Carb, 0 mg Sodium, 2 g Fiber</td>
</tr>
</tbody>
</table>

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  16 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 our 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!

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, 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.