



# HUMMING NEWS

## Inside this issue:

HW's Trail Mixes	1-2
Local vs Local	1-2
New Products	3
HW's Herbal Products	3
Update on Local Foods	4-5
One Bird Chirping Doug Curry	5
Spring Recipes	6

### Words from Wendell Berry:

Eating with the fullest pleasure – pleasure, that is, that does not depend on ignorance – is perhaps the profoundest enactment of our connection with the world. In this pleasure we experience and celebrate our dependence and gratitude, for we are living from mystery, from creatures we did not make and powers we cannot comprehend.

## Tossing Sustainability into the Mix: HW's Trail Mixes

Last summer we began making our **Regional Snack Blend**, a mix of dried fruit and nuts that are all grown regionally (in Oregon, Washington and California) and sold only in the Pacific Northwest. Our thought was to develop a healthy blend made specifically from and for the West Coast region because we believe reducing food miles is very important for creating a sustainable food system. The result is an absolutely beautiful combination of colors and flavors that appeal to the eye just as much as those mouth-watering taste buds.

All of the fruit in Hummingbird's **Regional Snack Blend** is dried without added sugar or oils. We add a touch of Oregon Blackberry Honey to the Raw, Organic Cranberries that we dehydrate here at Hummingbird, and the rest is just fruit and nuts, whole and nutritious foods.

It is our hope that by creating delightful, healthy, and tasty food made entirely from regionally grown ingredients, we can inspire both a more sustainable way of life as well as a more delicious one. We hope you enjoy this snack mix that is healthy for our bodies and our planet!

(continued, pg 2)



**Regional Snack Blend**

## Local vs Local

Our focus and intention is to offer food that is grown as locally as possible, to be transparent about the origin of our products, and to let our customers know when this information changes. With this in mind, we're letting you know that our source for our popular berries made with added OG cane sugar & OG canola oil (including OG Blueberries, OG Tart Cherries, OG Cranberries, and OG Raspberries, OG Strawberries) now brings in berries from other states and countries in order to meet the demand for these organic (continued, pg. 2)

## HW's Trail Mixes (continued)

Hummingbird Wholesale has recently added two new blends to our Trail Mix offerings: **Almond Munch** and **Hazel Munch**. These blends were inspired by our blossoming relationship with University of Oregon's Duck Stores, which have begun ordering snack size bags from Hummingbird\*.



**Hazel Munch**

This time we combined our regional ingredient savvy with our memories of what it's like to be a college student in need of a quick pick-me-up snack, and voila – local fruits and nuts, plus chocolate, of course! The **Almond Munch** mix has Organic Roasted Almonds and Organic Thompson Raisins both grown in California, with Organic Dark Chocolate Chips made in Italy. The **Hazel Munch** is made with Organic Roasted Hazelnuts grown in Oregon, Organic Bing Cherries grown in Washington, and Organic Milk Chocolate Chunks made in Italy.

Hummingbird feels really good about providing fresh organic trail mixes to a customer base that is usually faced with conventional, mass produced and heavily processed “foods” as their only choice. We are delighted that some of our bulk buyers have also begun to carry **Almond Munch** and **Hazel Munch** – in some cases, as an alternate to snacks with peanuts, as the recent peanut-salmonella fiasco has left some of their trail mix bins empty. If you have any empty bins, we invite you to take this opportunity to fill them with something nutritious and sustainable. We'd be delighted to send you a sample – please ask next time you order.

\*Although we are primarily a wholesaler, we are able to provide snack bags for customers who do not have bulk bins. All of our snack size bags, are packaged in biodegradable wood-fiber cellophane bags that break down in six to eight weeks in a backyard compost pile.

## Local vs Local (continued)

items. Current origins are:

OG Blueberries\* ~ wild from Maine, Quebec and Nova Scotia.

OG Tart Cherries ~ growing regions include Oregon, Washington, Michigan and Turkey.

OG Cranberries\* ~ 80% from Oregon, 10% from Wisconsin, 10% from Canada

OG Raspberries ~ grown in Chile.

OG Strawberries ~ grown in North America and Chile.

Like most issues, the topic of *local* involves complex questions and considerations. As HW participates in and supports the movement toward growing more food in our region, we also appreciate and work with local businesses who may need to source food from outside our area. Our supplier (and processor) of these berries is based in Oregon.

\*Please see **New Products**, next page

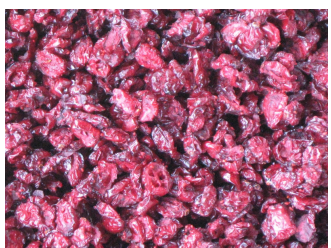
## New Products

We are very pleased to introduce several new items:



**Local Blueberries**

**Local Organic Dried Blueberries** grown in Corvallis – No added sugar or oil. These berries are dehydrated to perfection, producing a potent flavored, deliciously chewy berry. \*



**Local Cranberries**

**Oregon grown Organic Raw Cranberries**, dried with Oregon Blackberry Honey at less than 115 degrees Fahrenheit. Looking like jewels, these cranberries burst with flavor.\*

\* Without the sugar and oil the berries are lighter and consequently one pound of these berries is around twice as many berries as the oiled and sugared berries. As one of our buyers likes to say, “Half the weight and twice the cost equals the same price!”

**Organic Fair Trade Raw Cacao Nibs.** Nibbed in small batches to increase freshness and decrease oxidation.

**Organic Rye Grain & Flour** grown in Washington. From a biodynamic farm, using Heirloom seed. Flour is freshly ground per order.

**Organic Wheat Berries, Hard Red** grown in Washington. From a biodynamic farm, using Heirloom seed.

**Organic Wild Rice** grown in real Idaho lakes. Grown, harvested and processed by a local business based in Salem.

And two new blends with classic appeal:

**Almond Munch & Hazel Munch** (see p. 2)

## HW's Herbal Products

We are very excited about our new HABA (Health and Beauty) products as they are all made locally in Oregon (mostly in Eugene) and most of the herbs are grown or wild-crafted locally as well. These are companies whose values are in alignment with ours, similarly dedicated to sustainability in all aspects of their businesses.

We use these products ourselves and highly recommend them:

- OG Flower Essences and OG Solomon Seal Products by *Cortesia Sanctuary* in Eugene, OR
- OG Herbal Extracts and Compounds by *Pharmacopia Herbals* (*Under the Yew*) in Eugene, OR



**Pharmacopia Herbals**

- OG Anti-Itchy Remedy by *Ojas Ayurveda* in Eugene, OR
- OG Healing Salves by *Mrs. Greenbalm* in Bend, OR
- Tooth Soap and Whitener by *Vitality Tooth Products* in Oregon City, OR



**Mrs Greenbalm**



**Vitality Tooth Soap**

For more information, call us or check out our [website](#).

## Update on Local Foods, Beans in Particular

As a strong advocate for locally grown organic foods, we are doing all we can to support farmers who are taking the initiative to grow grains, beans and seeds. At this point growing these crops in Willamette Valley is a blend of lost art and new experiment. A large incentive for the farmers to take the leap to grow new foods (rather than conventional grass seed) is based on what our customers say they want. We see part of our role is: to educate ourselves and our customers on the risk and commitment necessary to grow local foods.

At this point we face a few obstacles ~

- Much of the wisdom and experience for growing foods in Willamette Valley has been forgotten, so the learning curve is steeper. This year's bean crop was harvested a bit early, left on the ground to dry, and now, even after cleaning, there are smooth small clumps of dirt mixed in with the beans. This dirt rinses away easily and the beans are tender and fresh so they cook well. The question is: Do we sell beans with clumps of dirt? If so, who will buy them? Local may be a bigger commitment than we imagined.
- In the Willamette Valley, the infrastructure no longer exists to clean beans and grains, store them, or transport from farm to market.
- Since much of Willamette Valley is now planted in grass seed, the land must be reclaimed and conditioned to become certified organic. This constitutes a long commitment of three years of time, expense, and patience.



**Local Garbanzo Beans**

As Dan Armstrong, writer, activist, and owner of **Mud City Press**, writes:

In the 1950s, 60s, and 70s, Willamette Valley agriculture produced a wide array of grains, fruits, and vegetables. At times wheat represented almost a third of what was harvested. Barley, oats, snap peas, and sweet corn were also significant crops. Tomatoes, broccoli, cauliflower, carrots, potatoes, onions, cucumbers, peaches, raspberries, strawberries, hazelnuts, and squash fill out the mix. Prior to 1980, Willamette Valley farmers were providing more than half of what the valley residents were eating. Over the last twenty-five years, the dynamics of the global market place have centralized food distribution into large storage, processing, and transport conglomerates while delocalizing regional food systems throughout the world—to the extent that nearly everything Americans eat comes from someplace else—often from over fifteen hundred miles away. The Willamette Valley has not been immune to this dynamic...[and] is now receiving ninety-five percent of its food from outside the bioregion.

**“Prior to 1980, Willamette Valley farmers were providing more than half of what the valley residents were eating... [however, the valley] is now receiving ninety-five percent of its food from outside the bioregion.”**

**- Dan Armstrong**

## Update on Local Foods (continued)

Current food pathways in the United States are based almost entirely on the global market and the global food system. For increased food security and general economic balance, however, creating a local food system is a smart and common sense goal in these times of financial market instabilities, peaking oil production, and climate change uncertainties.

The obstacles we face in growing local food are not insurmountable, and farmers are at heart, stalwart and resourceful. We're very encouraged as we move together toward practical solutions to create a more viable future. The way we see it, the only way forward is in the direction of sustainability.

### One Bird Chirping: Doug Curry

Outside my childhood bedroom window my mother kept iris. Beyond the huge oak the creek ran through hickory and pine, and up the slope laid the lake. My world was dense with the smells and sounds of nature. My mom hailed from Oregon and met my father in Portland during WWII. He was from Alabama, and that's where they went to raise our family, in the rich southern thicket, after the war.



Oregon was a special place for me as a lad: tinned fish came from my fisherman grandfather at the holidays, and blessed relief from the stifling southern heat came when we vacationed here. Born in '55, I came west in 1976 on the national student exchange, and never went back for too long. My family is close, and I do still love my visits to the Heart of Dixie, but I am happy here.

Today my children are adults, and I am up with the birds. I take pleasure in the arts, good food and drink, gardening, and the company of friends and family. I enjoy strong coffee and a solid breakfast before my bike ride along the beautiful Willamette River to a gathering of Hummingbirds at the base of Skinner Butte. I am lucky that the Hummers let a Crow join in, and thank all of you for your part in this delightful circumstance.

I believe that time travelling may be in part a mental condition. As an adult gardener in Oregon I discovered that the rich, sweet, luscious smells of iris are exactly that mysterious smell I luxuriated in as a child in Alabama. I hadn't wondered all these years, but olfactory memory is so clear, and I was there, long distance.

Today I am here with there, collecting memories as I work my way through the days. My ambitions are few, though one is to be of good service to you. It is my pleasure. I don't have a lot of advice or wisdom to share, but I would like to suggest that you consider iris.

## Hummingbird Wholesale

254 Lincoln Street  
Eugene, OR 97401

Phone: 541-686-0921  
Fax: 541-686-6168  
info@hummingbirdwholesale.com

Read Humming News online:  
[www.hummingbirdwholesale.com](http://www.hummingbirdwholesale.com)

## Spring Quinoa Recipes...

...a great grain to use in spring and summertime dishes. Substitute red quinoa or mix in some black with the white quinoa for variation in texture and color. Also, **quinoa is best soaked overnight**, then rinsed. This removes its bitter coating. If you don't have time for long soaking, use hot water and soak for five minutes, then give an extra rinse or two. Quinoa is light and easily digested. It also has the most complete nutrition and highest protein content of any grain. Enjoy!

### International Quinoa Salad

#### *Quinoa:*

1 1/2 cups quinoa, rinsed very well  
2 1/4 cups water  
1 clove garlic, minced or pressed  
1/2 tsp salt (optional)

#### *Vegetables:*

1 large cucumber, peeled, seeded, and diced  
2 medium-large tomatoes, finely chopped  
Kernels of 2 ears of cooked corn (about 1 cup)  
1 jalapeño pepper, seeded and diced  
1 1/2 cups cooked chickpeas  
1/2 cup scallions, thinly sliced  
2/3 cup parsley -- minced  
1/3 cup fresh mint -- minced  
1 ripe avocado, peeled, pitted, and diced  
(reserve a few slices for garnish)

#### *Dressing:*

1/4 cup freshly squeezed lime juice (NOT lemon)  
3 Tbsp vegetable broth or bean cooking liquid  
1/2 tsp salt, or to taste (optional)  
1/8 tsp ground pepper  
1 clove garlic, pressed or minced  
1/4 - 1/2 tsp chipotle chili pepper

To cook the quinoa in a pressure cooker, place it and

## OUR MISSION

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

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

the water, garlic, and salt in the cooker and lock the lid. Over high heat, bring to high pressure and cook for one minute. Remove from heat and allow the pressure to come down naturally. Fluff the quinoa and allow it to cool.

Combine all of the vegetables in a large bowl. Add the quinoa and mix well. Whisk the dressing ingredients together and pour over the salad. Mix well and refrigerate until chilled. Taste before serving, and add more lime juice as necessary (you want it to be tangy). Garnish with avocado slices and serve. Makes about 10 servings.

[http://blog.fatfreevegan.com/printer/international\\_quinoa.htm](http://blog.fatfreevegan.com/printer/international_quinoa.htm)

### Curried Quinoa Pilaf Salad

#### Ingredients:

1 cup uncooked quinoa  
2 cups vegetable broth  
1 tsp curry powder  
1 tsp ginger  
dash salt  
1/3 cup raisins  
1/3 cup cashew pieces

Bring the vegetable broth to a boil and add the quinoa and spices. Cover and cook for 12 to 15 minutes, until quinoa is soft and fluffy. Stir in raisins and cashews.

<http://vegetarian.about.com/od/sidevegetabledishes/r/quinoapilaf.htm>