



HUMMING NEWS SEPTEMBER 2009

Inside this issue:

Farm Tour 2009	1-2
Never Too Late to Brag	1-3
Strut Your Stuff	3
Willamette Valley Sustainable Food Alliance	4
Victory for Hemp	5
Bird Food	6

THERE WILL BE NO HOMELAND SECURITY UNTIL WE REALIZE THAT THE ENTIRE PLANET IS OUR HOMELAND. EVERY SENTIENT BEING IN THE WORLD MUST FEEL SECURE. -JOHN PERKINS, ECONOMIST AND AUTHOR (B. 1945)

Farm Tour 2009 by Julie Tilt

In our efforts to find and support locally grown foods, Hummingbird Wholesale has been involved in the Willamette Valley Bean & Grain Project. On July 22, we hosted a farm tour to view bean, grain, and edible seed crops at two different farms in Corvallis. Over one hundred people attended the tours and afterward enjoyed a delicious, locally grown dinner with delightful fiddle tunes and great conversation.



First we visited Sunbow Farm, where people crowded around teacher, researcher, and farmer, Harry McCormack, while he showed us his crop successes and failures of the sea-

son. Harry's wealth of knowledge comes from many years of experimenting with growing small plots of beans, grains, and edible seeds. He is very optimistic about the potential of growing certain of these crops here, and he is an excellent resource for anyone interested.

Harry had particularly good results with several varieties of wheat and rye, as well as barley, triticale, and buckwheat. All the beans were disappointing this year, as weed pressure was the worst Harry has seen in 20 years. The black and pinto beans were completely overcome by fast germinating weeds and consequently were disked under June 15. The garbanzos and red chili beans were slow

Continued on Page 2

Never Too Late to Brag by Karin Sundberg

We'd like to share some lovely news and an acknowledgment we've received in the last year.

Dixon Ridge Farms

The farm we buy our Organic Walnuts from, Dixon Ridge Farms, was awarded last fall with the prestigious *Governor's Environmental and Economic Leadership Award*, which is California's highest environmental honor recognizing exceptional leadership and successful voluntary efforts to protect and enhance the environment and conserve the state's resources.

Dixon Ridge Farms follows a whole systems approach to both farming and business, and aims to grow and process healthy, wholesome food in an environmentally responsible manner. Since 1979, this family farm has worked to develop, promote and educate others about sustainable agriculture. Pioneers in reducing pesticide and fertilizer usage in walnut production, Dixon Ridge is also the first on-farm converter of walnut shell into renewable energy, which will supply 40% of



Continued on Page 2

(Farm Tour continued from Page 1)

to germinate and the outcome uneven.

Next the entire crown caravanned to Stalford Seed Farm, a grass seed farm working towards converting acreage to organic food production. The Stalfords have an enormously impressive compost operation which they use for adding organic matter to the soil, thus, improving soil health.

The Stalfords also had quite a disappointing weed problem with both the black and pinto bean crops which Hummingbird had contracted to buy from them. However, they will have 1st year transitional pinto beans available. The organic

garbanzo bean crop was looking good, and now are ready to combine. If all goes well with the cleaning and sorting of the beans, we are hoping to have organic garbanzos and 1st year transitional pinto beans available in September.

Hummingbird Wholesale is very pleased to be working with these courageous and innovative farmers who are leading the way towards a local sustainable food web. Since the Farm Tour, we have been contacted by several other farmers interested in growing these crops and looking for markets.

The Bean and Grain Project will be hosting another meeting in early October for all farmers interested in growing, to discuss solutions to the problems encountered in growing these crops, and sharing information and ideas.

Local crops available this fall (provided all goes well with weather conditions, harvesting, & cleaning); OG garbanzo beans, 1st year transitional pinto beans, OG green laird lentils, OG french green lentils, OG hullless pumpkin seeds, OG white wheat—whole grain, OG red wheat—whole grain, OG Oats—whole grain.

(Never too Late continued from Page 1)

the farm's electricity needs.

In nominating Dixon Ridge Farms, California State Assembly Member Lois Wolk, commended the farm's "... groundbreaking strides toward the creation of a truly sustainable farming operation in California."

Mallard Bend Farms

Several years ago, Mallard Bend Farms, our source for organic almonds, installed solar panels to create environmentally friendly energy for their organic family farm. John Pryor, who co-owns the farm with his wife, Paula, feels that using solar power – thereby reducing pollution – is a natural extension of organic farming, and he believes their farm and business are much more secure and independent with his own energy source. Before they went solar, their yearly electric bill was \$6-8,000; the expense of installing the solar system has already been paid back, and each month Mallard Bend gives power to their electric utility provider. John is continually looking for ways to use the power they generate on their farm.

Solar energy, in John's opinion, has the potential to provide a clean, safe fuel source that is efficient and environmentally friendly - one that can benefit any business with a need for electricity

His current project is converting their Volkswagen farm car to electricity.



Hummingbird Wholesale

We are proud to announce the presentation of the 2008 Provender Alliance Progressive Pollinator Award to HW, recognizing our commitment to the environment (dedication to Zero Waste in our warehouse, container re-use, bike deliveries, etc); our work with local farmers; our ethics, excellent service and relations with our customers, vendors and other businesses.

Continued on Page 3

(Never too Late continued from Page 2)

Focus on the environment

Some ways we save energy in the Office:

✦ Office equipment, except printers and monitors, is reused from a local recycling company and Goodwill – including computers, light fixtures and shelving.

Office equipment is plugged into power strips which are turned off to eliminate “phantom loads” when not in use.

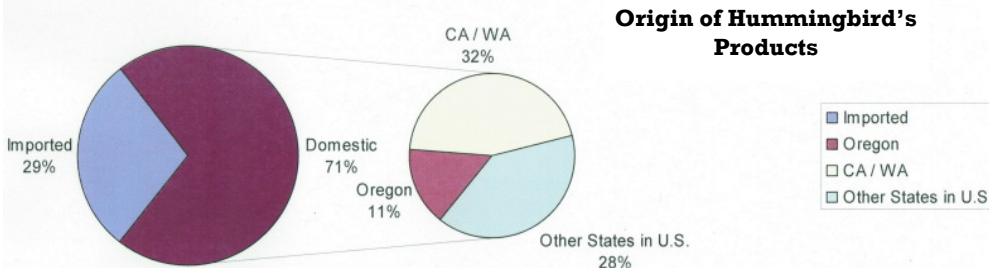
Origin of HW Products

71% of Hummingbirds Products are Grown in the USA. More than half of our domestically grown items are sourced directly from farms in Oregon, Wash-

ington, and California. We work hard to find wholesome organic foods grown as locally as possible.

Quote:

Many organic practices simply make sense, regardless of what overall agricultural system is used. Far from being a quaint throwback to an earlier time, organic agriculture is proving to be a serious contender in modern



71% of Hummingbirds

Products are Grown in the USA!

Strut Your Stuff: Jimmy Brougher

I am working on being a better friend. On learning how to LISTEN (not just look for an opportunity to talk again). To my family. To God. To that homeless guy. To my fellow laborers here at Hummingbird. To you, possibly. Come check on my progress.

I am *paid* to work on making our raw/sprouted granolas (Ariel's and Bucky's respectively) here at Hummingbird, eat some and check on my progress.

I have TWO daughters (except for the times when I have more) Niko - 6 and Selah - 3, ONE wife Robin - 28 and ZERO dogs (MUCH to the vocal disapproval of Niko... *I want ferrets and a rat*).

We Live, very thankfully, on the fourth floor of an apartment complex overlooking bushes and trees (Imagine that!) where we invite tran-

sient and transcendent alike to “stay awhile.” You are welcome to do so also, just be prepared to be awakened fairly early by the children's cries - that Niko's famous “Pancakes are ready!!” Staying up past 3am eating homemade vegan ice cream, listening to obnoxious music and answering my probing questions about Life, Living and Being Alive will make it difficult though. The smells and



happy **LOUDNESS** rolling down the hall from the kitchen *will* eventually get you out of the prayer/guest room and bellied up to the table. You will more than likely leave loaded down with the largest quantity of “extras” from work I can convince you to take. Should you show up near your birthday or someone else's you will also leave with ample opportunity to judge for yourself if Robin has the chops to deserve her “up the cake” knuckle tattoo.

My name is Jimmy Brougher and I sincerely hope you learn enough about the products, people and ethics of Hummingbird to Love who we are as much as I do.

Honestly honored to contribute to your well-being,
Jimmy



Willamette Valley Sustainable Food Alliance by Kristie Steele

In 2005, Hummingbird co-owner Charlie Tilt collaborated with a group of natural foods business owners to create a regional trade association called the Willamette Valley Sustainable Foods Alliance (WVSFA). Hummingbird continues to be active in the Alliance via Kristie Steele, Hummingbird's office manager and WVSFA board member since spring of 2008.

The mission of the association is to promote natural food businesses through relationships, education and sustainable business practices. Some of our specific goals include: Nurture new and existing businesses by sharing best practices and acting as mentors, educate the community about the health benefits of natural and organic foods, and develop a regional brand around natural foods produced in Eugene and Lane County (akin to Napa Valley wines).

The primary activity of the Alliance has been to host educational forums – one might call them mini conferences – on topics ranging from sustainable packaging to options for providing health insurance for employees. These forums give our member businesses a chance to hear from experts, share ideas, practices and resources while enjoying some social networking and good food.

In the past year, the Alliance has expanded into additional activities in an effort to further our mission. We incorporated as a non-profit, developed our website, and participated in public events such as the Eugene Celebration and Meet the Sweets.

With 501c6 non-profit status, the WVSFA member fees, sponsorships and donations are deductible as a business expense, members are protected from liability for Alliance organized events (such as sampling at the Eugene Celebration, see below), and we can present at festivals and

conferences at the non-profit rate. In addition, non-profit status could allow us to offer special benefits to our members as a group (e.g. some trade associations can negotiate services on behalf of their members, like discounts on insurance).

The WVSFA website now has a forum where members can discuss issues of sustainability or collaborate on event planning and special projects. Upcoming events are posted on the homepage, such as our annual banquet coming up in November where Elin England, author of *Eating Close to Home*, will be keynote speaker. If your business is not yet a member with the Alliance, the annual banquet is a perfect opportunity to get to know us while enjoying some good eats and good company.

If your business is a member, you may want to sign up for a slot at our Eugene Celebration booth (see <http://wvsfalliance.org> for sign up). Last year we hosted a booth for members to display their products and brochures, and hand out coupons and samples. It was a great success! It was our first step towards creating brand recognition for the Alliance, while promoting individual member businesses and eating local at the same time. This year we will have a double size booth and a slide show displaying members' business logos and photos.

Finally, WVSFA partnered with Slow Food Eugene to put on a dinner benefit called Meet the Sweets. Other than our standing goals, this event had two purposes: Introduce and promote local natural food businesses with the

The mission of the association is to promote natural food businesses through relationships, education and sustainable business practices.

word "Sweet" in their names, and raise funds to support the Willamette Farm and Food Coalition. The dinner was hosted by Sweet Cheek Winery, and diners enjoyed a delectable meal composed by Sweet Creek Foods, Sweet Briar

Farm, Sweet Water Farm, and Sweet Life Patisserie. I am happy to report the event sold out!

This success has inspired us to attempt another event with some similar aspects, the Fall Fermentation Festival. Our vision for the festival is a daytime trade show atmosphere, where members will have booths displaying and selling their foods, and we will have demonstrations and workshops on fermenting various foods. We may even have a sauerkraut contest! In the evening, the event will shift towards something more akin to the dinner benefit described above. More details coming soon ~ check the Alliance website (<http://wvsfalliance.org>) for announcements about this event, or just ask about it when you call your next order into Hummingbird. E-mail wvsfalliance@gmail.com if you are interested in having a booth, teaching a class or volunteering for this event.

This year has been one of immense growth and development for the Willamette Valley Sustainable Foods Alliance. Becoming non-profit was a big step in the evolution of our organization, and the improvements in our website and increased exposure at public events are also indicative of the Alliance's growing presence and participation in our community. We are very happy to serve the natural foods industry of the Willamette Valley!

Victory for Hemp! by Kristie Steele

This summer Oregon joined the sixteen other states who have passed legislation enabling farmers to bring back a crop that some say could save the world: hemp. The Industrial Hemp Act, Senate Bill 676, sponsored by state Senator Floyd Prozanski (D), racked up winning scores of 46-11 in the House and 27-2 in the Senate. Governor Ted Kulongoski (D) signed the bill into law August 4th.

Historically, hemp has been valued as one of the strongest plant fibers known, used for rope, paper, textiles, food and medicine. Even the U.S. government has had close ties to and encouraged hemp farming in the past. Not only were Presidents Washington and Jefferson both hemp farmers, they used hemp products and praised the hemp plant in their writings. Jefferson's draft of the Declaration of Independence was written on hemp paper.

During World War II, U.S. farmers grew about a million acres of hemp across the Midwest. The U.S. government formed War Hemp Industries and subsidized hemp cultivation, and the USDA produced a film called Hemp for Victory to encourage hemp production for the war effort. Strangely, hemp was essentially outlawed along with marijuana in 1937, and American farmers have been barred from growing it ever since, with the exception of the wartime effort. It should be understood that hemp does not have the intoxicating attributes of marijuana.

Today, there is a growing assortment of products made from hemp in the United States. The Hemp Industries Association estimates that Oregon companies alone are doing \$113 million in annual retail sales, and that the annual retail sales of all hemp products in North America are estimated at \$360 million.* Currently, companies in the United States producing hemp products must import raw materials from Canada or other countries. This not only means American farmers are missing out on a cash crop that is extremely productive and requires no pesticides, but it also drives up the price of hemp products—both economically and ecologically.

One of Hummingbird Wholesale's top priorities when sourcing items is to buy as local as possible, so

we are very excited about the possibility of hemp farming in the Pacific Northwest. We recently added Organic Hemp Seeds to our product list, and we have been carrying the Wilderness Poets Hemp Spreads since earlier this year. Wilderness Poets is a small, Portland based company who also values local ingredients. Owner John Bannerman shared some thoughts about hemp farming with Hummingbird:

Farmers are able to produce more digestible protein per acre [with hemp] than with any other food source.

The more farmers markets, food shows, in store demos we do, the more we see

that hemp foods resonate with the environmental and health preferences of many Oregonians.

Local commercial hemp farming will allow everyone from chefs and food enthusiasts, to clothing designers and entrepreneurs to continue to find the true potential of this crop. It will enable us to generate more niche markets first hand. Estimates of future profitability have to include the rapid evolution in the curiosity of customers. People seem more interested than ever in incorporating hemp into their diets and exploring the myriad of other uses of hemp seed and fiber.

Great Britain lifted the ban on industrial hemp farming in 1993. Germany did it in 1996. Canada waited until 1998 after three years of an experimental period and 50 years of prohibition. In ten short years, Canada now has 12,000 acres of hemp. China still continues to have the major influence on market prices. We have a lot to learn from these other countries with a head start on hemp cultivation. Oregon is ready to go.

With so many states passing laws in favor of hemp production and commerce, we can hope that the federal government will follow suit. Representative Ron Paul (R-TX) has sponsored federal legislation, HR 1866, which would remove industrial hemp from the Controlled Substances Act, leaving states with the power to regulate the industry. Consider writing to your representative to encourage them to support HR 1866.

In the meantime, we can vote with our dollars and continue enjoying the many healthy food products made with hemp, as well as the strong and beautiful textiles, and the personal care products that are good to your body and the earth.



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www.hummingbirdwholesale.com**

Bird Food by Jimmy Brougner

Do-It-(BETTER)-Yourself "Nutella"

Very easy to make, Very Very good to eat!

Nutella was one of those brilliantly marketed products that got my parents to believe that what was technically frosting was somehow acceptable as a sandwich filler (much in the same manner as "Cookie Crisp" being confused with "Part of your complete breakfast"). Here is my recent foray into the reclamation of my childhood:

There I was: a sack of dark chocolate in my hand and a half empty jar of Hummingbird's Organic Filbert Butter in my eye. "Why hadn't I thought of this before?!" Years of childhood video-gaming made the optical/manual coordination of the two ingredients effortless. Once combined in the jar, I simply let the sealed jar simmer in a pan of water for a few minutes. After the chocolate had melted I stirred it together. Because I had some, I threw in a little salt, melted virgin coconut oil and cacao nibs. VICTORY! Now if I just had a couple slices of bread...

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!

1 1/2cup chocolate (Hummingbird's dark chocolate chips or milk chocolate pieces)

1cup Filbert Butter

1 1/2T Raw Cacao Nibs (optional)

1T Virgin Coconut Oil (optional)

1pinch Himalayan salt (optional)



Melt chocolate and combine with Filbert Butter. Eat or add remaining ingredients and eat.

