



# HUMMING NEWS SPRING 2010

## Inside this issue:

Local Update: Organic Oregon-Grown Filberts	1
Never Too Late to Brag	1
Scrumptious Ideas Using Organic Filbert Butter	2
Putting Farmers & Buyers Together	2
The Bird Who Flew Away (Temporarily) Has Returned	2
Organic Biodynamic Raisins	3
New Product: Mama Chelseas's Granola	3
HW Bike Deliveries	4
Tales of Teeny Tiny Teff	4
Eating Well: Gluten-Free & Low Gluten Options	5
Bird Food (Recipes)	5-6

"Undertakers report that human bodies do not deteriorate as quickly as they used to. They believe the preservatives in our modern diet prevent the body from decomposing rapidly after death." Source: igooogle homepage "useless knowledge" gadget

## Local Update: Organic Oregon-Grown Filberts

by Karin Sundberg

We are thankful to be able to offer this year's crop of Oregon-Grown Organic Filberts once again! As anticipated, the **FDA required our grower to pasteurize his filberts**. We believe the bias in favor of pasteurization is designed to protect large commercial growers from liability for sloppy or questionable sanitation practices. Our goal is to reverse this trend by educating ourselves and our customers, and by inspiring a grass roots movement that demands the right to eat whole, unadulterated foods. While we pursue this end, we also **strongly support Jim Birkemeier of Meridian Hazelnut Farm, our local organic filbert grower**.

Jim has a small orchard and his entire crop (the only local certified organic crop) was being processed at Willamette Shelling when the FDA shut the plant down and embargoed all of the nuts in the warehouse because Salmonella was found in the plant (NOT on Jim's filberts)\*. **Jim has chosen to steam pasteurize his filberts, which is the least invasive method, and which leaves the kernel untouched, so the nut is still sproutable.**

Unlike the California mandate that requires all almonds to be pasteurized, only this year's crop of Jim's filberts required pasteurization; Jim is taking measures to prevent another embargo in the future, and **next year we hope to be able to offer local raw organic unpasteurized filberts.**

**We ask that you continue to buy our local organic filberts** rather than switch to unpas-

teurized filberts from Turkey or elsewhere. As we strive for ideal conditions with regard to food choices, we also—for the sake of loyalty and for the security and privilege of enjoying magnificent locally grown foods—remain committed to supporting our ethical, smart, ecologically-minded, and trustworthy farmers. As Julie wrote in January's issue: *We all still need to buy local organic nuts, as it will seriously hurt our farmers if we buy raw nuts from overseas. We do not want to lose any of our excellent local farmers.*

**We feel a deep imperative to support our farmers.** When enforcement of faulty, illogical rulings becomes commonplace, when our family farmers are emotionally and economically debilitated by these rulings, we believe we need to stand firm behind our farmers and strengthen our community ties. *Please fill your bulk bin with these delicious and nutritious filberts.*

All of us at Hummingbird feel heartened by the commitment we see in so many of our customers. Thank you for working with us.

\*See January Humming News for full story.

*[Note from Karin: With the incredible irony and quirky humor of which the universe is capable, as I began writing this article early this morning, the FDA knocked on our warehouse door. The inspectors are tracking our operations today, and tomorrow will take swabs on surfaces. We certainly live in interesting times! As usual, we'll keep you informed.]*

## Never Too Late to Brag

**Green Hummingbirds:** Hummingbird Wholesale made it to the list of the **100 Best Green Companies to Work for in Oregon** in the Oregon Business magazine. There were 503 companies and nonprofits that participated this year. The rankings will be announced on June 1st and listed in the

green issue of the magazine.

**Dixon Ridge Farms Awarded (Again!):** Russ Lester, the owner of Dixon Ridge Farms (our organic walnut grower) was announced the **Food Producer** winner of the Natural Resources Defense Council's **Growing Green Award**. For years he has

as growing organic walnuts without tilling and creating less waste by using the walnut shells to produce electricity and gas. His innovations also include efficient ways to water the trees.

Read more about Russ at <http://www.onearth.org/node/2065>

## SCRUMPTIOUS IDEAS FOR USING ORGANIC FILBERT NUT BUTTER

- Make a savory nut butter sauce with onion, garlic, apple cider vinegar, brown sugar, tamari, and chilies.
- Use as a partial substitute for butter/oil in cookies.
- Mix with mayo, yogurt, lemon juice and fresh basil or parsley for a Creamy Veggie Dip.
- Blend with hummus.
- Spread on celery, top with dried HW cranberries.
- Mix with melted chocolate (or cocoa powder and maple syrup or agave) for a fast and easy frosting.
- To make Thai dipping sauce, mix with honey, tamari, garlic and sesame oil.
- Add to cooked cereal or rice.

## Putting Farmers & Buyers Together by Karin Sundberg

For a while, Hummingbird Wholesale has been part of the movement to help local farmers transition from selling grass seed to food crops. Julie and Charlie, co-owners of Hummingbird, kept seeing there was so much more that could be done, if only someone had time to focus on it. And they kept hoping someone would step in. When no one did, they hired James Henderson to be the man with a mission: **Find local farmers to grow food (grains, beans, seeds) and find markets to sell their crops.** James began by talking to local bakeries, mostly in Eugene and Portland, to see if there was an interest in buying local wheat flour, and if so, what quantities the bakers use. It turns out there is quite a bit of interest (and literally tons of flour used by bakers). James has been juggling the many aspects of his job ever since, creating quite a bit of excitement here at HW. Like when he sends notes to co-workers telling us he found another farmer who's able to grow 50,000 pounds of beans for us, and then offers ideas for how to sell all those beans! James, who has organic crop experience himself, loves "putting farmers and buyers together," and brings to work his enthusiasm, vision, and a big heart. He often signs his emails, "*Still having fun!*" We are very happy to be working with James!

Please be sure to check our summer and fall newsletters for more information on local crops as the season progresses. Onward and upward! Or perhaps more apt, **local-ward!**

## The Bird Who Flew Away (Temporarily) Has Returned by Anjali Smith

Well, after being on maternity leave since December, I am now back with my fellow birds. My beautiful son, Shreyas (Shray-us) was born the day after Christmas and he will forever be the best Christmas gift I have ever received. I enjoyed being at home with him and my husband, Chad, as we settled into our little family. Believe it or not, I have had a blast changing the multitude of diapers, folding tiny clothes, and even getting up in the middle of the night for feedings. However, it feels good to be back, as I get to have conversations that expand past my son's common phrases, "Ah-goo!", "Pthhp!", and "Kgghk".

A little about myself: I have been a Eugenio my whole life other than the three months I spent in India waiting for the orphanage to send me to my eager parents and my older brother. I can tell people that I did actually arrive by a stork, a huge, metal one.

I went to the U of O where I graduated with a degree in Education with an emphasis in Early Intervention/Early Childhood Development. I am a Duck fan to the core thanks to my Dad who would always take me on football game dates.

So, how did I make my way to Hummingbird? Organic food distribution just seemed like a natural move following a few years as a preschool teacher. Just kidding! After having to close the preschool that I ran and a brief stint as a medical receptionist, my friend noticed the ad in the Eugene Weekly and recommended it to me, I thought, "Sounds interesting, worth a shot!" I interviewed for the job with Charlie and Julie and I've been here for the last year and a half.

Since coming to Hummingbird, I have been hard at work in the office; taking orders, bookkeeping, and many more office jobs all while forming a better understanding of how my food gets to my table. I have learned so much about food, which I am a HUGE fan of. Such a fan that I secretly hoped Shreyas would come after Christmas so I wouldn't miss out on some of my favorite holiday foods while in labor. I never realized how amazing our farmers are and how much they truly care about their organic crops. I appreciate them for providing us all quality food minus those icky pesticides.

I have also loved getting to know all of our fabulous customers! Thanks for the warm welcome back. It felt good to be missed.



My husband Chad and me with our son, Shreyas.



## Organic Biodynamic Thompson Raisins Now Available in Bulk by Kylie Christenson

Hummingbird Wholesale is excited to offer a biodynamic, organic, and kosher-certified Thompson Seedless raisin to our customers. Although biodynamic raisins are new to Hummingbird, they are well known to the family farmers at Marian Farms who produce these high quality, extremely tasty raisins. Growing grapes is not something the family takes lightly. For starters, they are the only biodynamic raisin farm in North America and have been growing raisins on the same farm for three generations. Marian Farms has been certified biodynamic since 1995 and has added 30 acres to the farm since their certification. The 80 acre farm, located in California's central San Joaquin Valley, is perfect for growing raisins. Known as "America's 'fruit basket'", this valley boasts a "Mediterranean climate with rich, sandy loam soils."

The Marian farmers put as much diligence and care in growing and drying their grapes as the sun puts into their valley. All the Thompson Seedless grapes are harvested by hand when they are at their sweetest point and then laid to dry right where they were picked, in between the rows of grape vines. The grapes are left under the sun on paper trays for seven to ten days, at which point the trays are rolled up with the grapes inside. These giant grape "cigars" are then dried under the sun for seven to ten more days. Next, the fruit is placed into wooden bins to "sweat" for ten to fourteen days—this process facilitates the natural movement of moisture between the individual raisins. After the sweat process, the raisins are removed of dirt, leaves, and stems. They are then moved to the packinghouse for

USDA receiving and inspection and are set in cold storage to await processing. During the processing stage, the raisins are double checked for stems and dirt and the substandard raisins are removed. The remaining raisins are washed and then sprayed with 1/10<sup>th</sup> of 1% of premium quality "organic Safflower oil to assist in flow ability for easy pouring and scooping."

Unlike other seedless grapes, Marion Farms Thompson seedless grapes are not treated with Gibberellic acid-3, ("a commercially produced growth hormone that is used on seedless grapes to increase grape size and yield"). As their website states, "Marian Farms believes that grapes should be eaten in their naturally delicious state, as they were when William Thompson introduced this new variety to California...Marian Farms believes biodynamic practices contribute to the rejuvenation of one's spirit, body, and soul. Thompson seedless raisins are full of iron, potassium, B vitamins, and a healthy amount of dietary fiber." Marian Farms' raisins can be eaten as a nutritious snack or added to many different favorite recipes. Be sure to get your share of these gourmet raisins that are exclusively sold in bulk throughout the Northwest via Hummingbird Wholesale.

## New Product—Granola: Goji Cacao Power by Kristie Steele



We would like to introduce a new product, Mama Chelsea's Raw Goji Cacao Power Granola made by *Passion for Life Nutrition* in

Ashland, Oregon. This product is made by hand with the highest quality organic ingredients. It is **available in 6oz grocery packages and 10 lb bags for the bulk bin.**

Passion for Life Nutrition is a family owned-and-operated business – a mom and daughter duo. Daughter Chelsea has a bachelor's degree in Biochemistry / Biophysics and completed coursework for a master's degree in Nutrition. In medical nutrition therapy class and in her experience with nutrition clients, she saw a need for convenient raw health food, gluten-free in particu-

lar. Chelsea's interest in nutrition was inspired as a child by her mother Marion's interest in health through nutrition. After observing the medical industry as a pre-med student, Chelsea concluded that the majority of common illness has its roots in diet and lifestyle, and set out to become an example of natural health before teaching about it. In practice Chelsea has now been a raw foodist for over 10 years and has children ages four and seven that enjoy their healthy lifestyle.

After learning that over 50% of the population is discovering that they are gluten-intolerant, Chelsea began developing a number of different gluten-free raw food products for family, friends and nutrition clients. Her family and friends kept requesting more Goji Cacao Granola, and the demand was so high that she felt compelled to move forward and create a business with this product.

Marion had dreamed of having her own successful business that contributed to peoples health. She was so supportive and inspirational to Chelsea, they decided to go into business together.

When asked what she is excited about, Chelsea quickly answered: the way Goji Cacao Raw Granola makes people feel. Customers have told her they feel happy - a joy in their core, have sustained energy, and even blood sugar levels after eating her granola. It's delicious and and many go so far as to say, "It's addictive."

Ingredients: Sprouted Buckwheat\*, Sundried Raisins\*, Raw Agave Nectar\*, Brown Flaxseed\*, Sprouted Pumpkin Seeds\*, Sprouted Sunflower Seeds\*, Soaked Walnuts\*, Soaked Almonds\*, Goji Berries\*, Cacao Nibs\*, Cinnamon\*, Sea Salt, Vanilla Bean\*, Love and Joy. Items marked \* are certified organic.

## HW Bike Deliveries: Walking Our Talk by Tri-Hauling Our Bulk by Karl Benedek

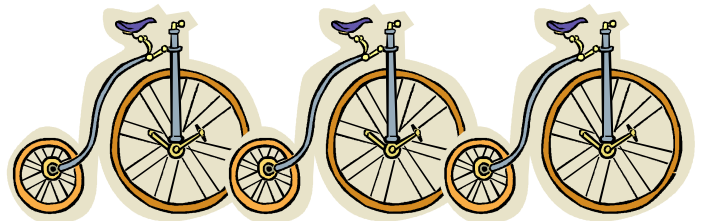
My first introduction to Hummingbird Wholesale (then called Honey Heaven) was through my work with Pedalers Express, Eugene's bicycle messenger and cargo service. A couple of times a week I would ride over to the warehouse and pick up a few boxes of dates and containers of honey or olive oil, pack everything carefully into a specially-made cargo bike and pedal over to one of Eugene's natural food stores or restaurants. Those runs helped me get used to carrying weight on a bicycle and also served as an example of using human power to move goods around the city.

Today, Hummingbird Wholesale continues to use Pedalers Express for **in-town bike deliveries**, along with Smart Services (aka Anthony, our IT developer). The bikes (technically tricycles!) we currently use are manufactured by Human Powered Machines, a local frame shop located just a couple of blocks from our warehouse. **Known as Tri-Haulers, these vehicles have a capacity of between 600 and 700 pounds per load.** Riders sit in a "recumbent" style rather than perched on a saddle, and interestingly, the under-seat handlebars are fixed in place. Rather than steering the bike, they just provide a place for the shifters

and brake levers to be attached. Steering is controlled by the rider's legs!

One of our dreams has been to find a way to deliver 55-gallon drums without resorting to our pickup truck/trailer combo. This year, we have been working hard on developing an electric-assist system that will allow us to do just that. Imagine the look on the face of our first customer who takes delivery on a 650 lb barrel of honey that was just loaded off of a bike!

**In 2009, Hummingbird Wholesale delivered over 96 tons of food to Eugene businesses via bicycle.** That is the equivalent of two half-ton pickup loads per week! Delivering by bicycle fits right into the sustainability ethic of Hummingbird Wholesale. By reducing our dependence on motor vehicles for in-town deliveries, we save on gas, maintenance, insurance and other costs—savings we can pass on to our customers.



## Tales of Teeny Tiny Teff by Karin Sundberg

Our **Local No-Spray Teff** is grown by Tom Hunton, a Junction City farmer who has primarily been a grass seed farmer until a few years ago when he began experimenting with Wheat, Rye, and last year, Teff. Tom is a visionary who is in the process of transitioning acreage to grow organic crops. His farm is impeccable and we are honored to work with him.

We are very excited to be able to offer local Teff. **Teff is a tiny gluten-free whole grain** packed with nutrients. It has been grown as a staple food in Ethiopia for thousands of years. If you have eaten at an Ethiopian restaurant, you've likely had a taste of injera, the traditional spongy sour pancake on which the salad and stews are served. Injera is made with soaked and fermented Teff Flour\*.

A nutritional powerhouse, Teff is low in fat, high in fiber, and full of protein, calcium, copper and iron. Teff also has high levels of phosphorous, thiamine,

and all of the essential amino acids in easily absorbed forms. Brown Teff grain and especially the flour, has a taste reminiscent of hazelnut, with a hint of chocolate.

*Teff grain makes an excellent hot cereal (no need for soaking) or delicious dish combined with veggies (see recipes on pages 5 and 6).*

*Teff flour can be used to make pancakes or as a substitute for part of the flour in baked goods, and as a thickener for soups, stews, gravies, and puddings.*

Hummingbird stocks both Teff whole grain and flour. We grind our Teff flour at a historic stone mill in Eagle Point, Oregon.

- *Eragrostis tef* borrows its name from Greek, from eros - love, and agrostis - grass, to mean "the grass of love."

- In the Amharic language, "teff" means 'lost' and refers to the fact that many of the tiny seeds disappear when handled and cannot be found.

- According to Ayurveda, teff is a "sattva" food, meaning it calms and focuses the mind, and "tridosha," meaning it is good for all body types.

- Seven grains of teff fits on the head of a pin.

- Store teff in a cool, dark, dry place in tightly covered containers. Keeps best refrigerated or frozen.

- **Our Teff Flour is stone-ground in a mill that also grinds other grains and so it's not guaranteed gluten free.**

\*Outside of Ethiopia, Teff is often combined with other grains to make injera and so may contain wheat. See our December 2009 Humming News for an injera recipe using only Teff flour - in the "Community" section of our website.

## Eating Well: Gluten-Free & Low Gluten Options by Kylie Christenson

For those interested in gluten free or low gluten grains, seeds, and flours, this is for you! No-gluten or low-gluten grains are high in protein are much easier for the human body to digest than commonly used wheat, which is high in gluten and low in protein. This is not a cumulative list, but rather a snapshot of a handful of the low/no gluten products we carry. We encourage you to do more in-depth research to determine what will fit your needs the best, especially if you intend to endeavor on baking projects with any of these products. I will forewarn you: it is generally not a good idea to replace no/low gluten flours directly for wheat flour. You will want to do a mix of wheat with no/low gluten flour or use a few different no/low gluten flours together. Also note that each one of the following items will impart its own unique flavor to any dish or baked good it is put in. Experiment and have fun doing so - bon appétit!

**Organic Amaranth:** This gluten free grain is chalked full of minerals, vitamins A, C, & E and contains over 20% the amount of calcium, iron, and magnesium recommended each day. Amaranth is very high in fiber and includes two natural compounds known to help the body rid itself of bad cholesterol. This "super grain" contains 15-17% protein by weight and has been used for thousands of years in South America, partly because it is very heat and drought resistant. Amaranth can be cooked as rice (1 cup grain: 3 cup water), popped as popcorn, added to salads and soups, or milled to be used as a flour substitute. If it is used for baking, substitute ¼ cup of amaranth for every 1 cup of wheat flour. ([www.brighthub.com](http://www.brighthub.com)).

**Organic Quinoa:** This highly nutritious grain has also been cultivated in South America and India for at least 5,000 years. Quinoa is related to the spinach and beet family and can be grown in hot or cold climates. Not only is quinoa gluten free, but it is also a complete protein grain that contains 15-18% protein by weight. Also known as a "super grain", quinoa is chalked full of B complex, A, and E vitamins, iron, potassium, copper, & phosphorus. It has many amino acids, including lysine, which is rarely found in grains and is an essential element necessary for tissue growth. ([www.brighthub.com](http://www.brighthub.com)). Quinoa can be cooked the same as rice

(1 cup water: 2 cups quinoa) and eaten hot with stir fry. It is also delicious cooked and served as a cold summer salad or added to burritos. Come get creative with Hummingbird's white, black, or red quinoa.



**Organic Millet:** A member of the grass family, this gluten free grain is also high in lysine, B vitamins, fiber, & iron. Millet has 3 grams of protein per cup and is easy to digest, partially because it is alkaline. It can be cooked as rice (2 ½ cups water; 1 cup millet) or milled into flour. To cook Millet, bring water to boil, add the millet and cover. Cook on med-low for 15 minutes, and remove from heat and let sit uncovered for 15 minutes. (Straus, Karen Cope. "Mighty Millet", *Vegetarian Times*, February 1997). Millet is great as a side dish, made into risotto or stir fried with veggies.

**OG Buckwheat:** This gluten free grain is also high in B vitamins and rich in rutin, which is a chemical that strengthens capillary and vein walls. It has also been known to improve blood sugar. Buckwheat can be cooked similarly to rice, made into risotto, or milled into flour to use in pasta and pancakes. (Stephens, Anastasia. "The Grain Attraction", *The Mail on Sunday*, 03/28/10).

**Local No-Spray Teff Grain & Teff Flour:** Available in 5 lb or 25 lb bags. See article, *Tales of Teeny Tiny Teff*, page 4.

## Bird Food by Karin Sundberg

### Ethiopian Grain Loaf with Spring Vegetables

#### Ingredients

4 C boiling water  
1 tbsp olive oil  
1 ½ C teff  
½ C coarsely chopped leeks  
1 ½ C coarsely chopped red pepper  
1 C asparagus (cut into 1" pieces)  
¾ C coarsely chopped collard greens  
1 C coarsely chopped fresh basil  
1 tsp ground cumin  
1 tsp dried thyme or 1 tbsp fresh thyme  
1 tsp sea salt or to taste

#### Instructions

1. Place oil in a four-quart stockpot over medium heat. Add (in this order) teff, leeks, peppers, asparagus, and collard greens. Sauté for five minutes, or until green vegetables are bright green.
2. Add boiling water, and stir in basil, cumin, and thyme.
3. Bring ingredients to a boil and reduce heat to low. Simmer for 15-20 minutes, or until water is absorbed.

4. Adjust the seasonings, if desired.
5. If teff is a little creamy, you can serve it as a creamy side dish, or transfer to a loaf pan. Let sit for 30 minutes before slicing. Serves 8.

Source: Leslie Cerier, /Going Wild in the Kitchen/ (Square One Publishers).



Continued on Page 6

## 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)

## More Bird Food by Karin Sundberg

### Teff Polenta

Serves 4 -6

#### Ingredients

- 1 ¾ C water
- 2 tbsp extra virgin olive oil
- 7 cloves garlic, sliced thick
- 1 C onions, coarsely chopped
- 1 C red peppers, coarsely chopped
- 2/3 cup teff grain, uncooked
- 1/2 tsp salt
- 2 C plum tomatoes, coarsely chopped
- 1 C fresh basil, coarsely chopped
- Grated parmesan (garnish)

In a small saucepan, bring the water to a boil.

In frying pan, sauté garlic and onion for 5 minutes, stirring occasionally. Add peppers, and sauté for 3 minutes or until peppers are bright red.

Stir in Teff; turn off heat. Add boiling water and salt to frying pan. Set heat to medium and simmer for 2 minutes. Add tomatoes and basil.

Cover and simmer for 15 minutes, stirring occasionally, until water is absorbed. The polenta is done when Teff is no longer crunchy.

Place polenta on a 9-inch pie plate. Garnish with grated parmesan.

Allow to cool at least 20 minutes before slicing and serving.



## 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!

## Gluten Free/Low gluten (cont'd from page 5)

**Organic Regional Emmer Flour:** While this is not a gluten free flour, Emmer flour contains 15-17% protein and is *low* in gluten, making it easier to digest than wheat flour. It is known as a "high root mass" crop, which means it draws up more vitamins, minerals, and antioxidants from the soil than wheat does, thus making it very nutritious. It is known as the "second of the ancient wheats...emerging in Egypt in 10,000 B.C." Among its many uses, Emmer flour is great in pizza dough, pasta, pie crusts, and scones. ([www.foodreference.com](http://www.foodreference.com)) ([www.marxfoods.com](http://www.marxfoods.com)).

**Organic Oregon Garbanzo Bean Flour:** This is also a gluten free, high protein flour and is great for baking with. It is an especially good substitute for rice flour and is perfect for pizza crusts, tortillas, breading fish, and making cookies ([www.barryfarm.com](http://www.barryfarm.com)). Garbanzo Bean Flour is highly nutritious: ¼ cup of this flour contains 110 calories, 6 grams of protein, 18 grams of carbs, 5 grams of fiber, and 10% of the daily requirement of iron ("Fun With Chickpea Flour", [www.tamaraduker.com](http://www.tamaraduker.com)). Hummingbird's garbanzo bean flour will give a great bean flavor to whatever you choose to make with it. ([www.foodreference.com](http://www.foodreference.com)) ([www.marxfoods.com](http://www.marxfoods.com)).

