



# HUMMING WORDS

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*“Business is nothing but serving others materially in the best possible way. Hence people should spiritualize their business ambitions by starting out with the idea of serving the proper needs of their fellow beings”*

- Paramahansa Yogananda

## From Julie’s Desk: Oregon Filbert Update & Commitment to Supporting Local Farmers

The recent filbert recall from Willamette Shelling of Newberg, Oregon has caused quite a dilemma for our local organic filbert grower, Jim Birkemeier of Meridian Hazelnut Farm.

Jim has been growing filberts his entire life; as a boy he hand-harvested filberts from his family’s one-acre orchard. He has never heard of anyone getting sick from eating filberts.

Jim’s filberts are harvested from the ground around the end of October, then sent to Willamette Shelling to be shelled and dried down to 10% moisture, so they will store for one year. Willamette Shelling processes nuts for a dozen filbert farms, of which Jim’s are the only organically grown. Salmonella was not found on Jim’s filberts; however the FDA has a zero-tolerance policy. Since salmonella was found in the plant, all the nuts have been embargoed. *Jim says it could take another month until we can get his nuts again, and that the FDA may require his filberts to be pasteurized.*

I am currently in communication with Jim as to the best options, in case he is forced to pasteurize. We are researching the least invasive methods of pasteurization, and Jim will only have small batches pasteurized at a time, in order to maintain the freshness of the nuts.

I’d like to share with you a little about Jim and his orchard. When we visited his farm last year, Jim toured us through his beautiful 80-acre organic orchard filled with tall, old, regal filbert trees, and shared with us his unique natural methods for attaining high-quality, organic filberts and for strengthening the disease-resistance of his trees.

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## Ariel’s ‘Om Grown Granola

We are very pleased to announce that our Raw, Sprouted **ARIEL’s ‘OM GROWN GRANOLA** is now **100% Grown in Oregon**. For the past two years our Oregon-grown flax crops have failed, but this year, a 19-year-old first-time farmer, Alex Deck, grew the Organic Brown Flax Seed for us at the beautiful Deck Family Farm in Junction City.



Deck Family Farm—Our Flax Seed Growers

## Filberts (continued)

Jim feels his most effective strategy against disease is to keep his orchard healthy. He's worked for years to perfect his own compost tea (made with cured manure) which he uses as a natural fertilizer around the base of the trees. He also sprays his trees with kelp to nourish them through foliar feeding.

Eastern Filbert Blight (EFB), which spread across the country to the west coast in the '70s, is a fungal disease that wipes out entire conventional orchards. Jim believes this is due to, "commercial farmers feeding their trees urea in the spring, causing very fast, unnatural growth through which the disease can spread quickly." When Jim finds EFB in his trees, he just cuts out the affected branches which stop the fungus from spreading.



Jim & Margaret Burkemeier

Another common filbert-grower problem is addressed by hanging organic-approved moth traps in his orchard at just the right moment in mid-summer to prevent an infestation.

Jim is an exceptionally bright, innovative, and dedicated organic farmer, one of a very few local organic filbert growers. **We hope that you continue to support our farmer by buying local organic filberts, even if the FDA requires pasteurization.** For next year's harvest, Jim is working on implementing a hydrogen peroxide spray wash of the in-shell nuts to clean off any potential harmful pathogens.

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. Please save the space in your bulk bins for these delicious and nutritious filberts.

## Local Organic Pumpkin Seeds

Our 2009 crop of Local Organic Pumpkin Seeds grown in Scio, Oregon, is now in stock. These large dark-green seeds offer a potent, rich pumpkin seed flavor without a bitter aftertaste, and they look beautiful. In order to share with our farmer the risk of growing this crop, we purchased the original seeds from which our seeds were grown. We were able to get these original seeds at a lower cost than last year and we had a much better yield per acre this year, so we have been able to pay our farmer more for growing the seed, and also reduce our price from last years' crop by \$ .24 / lb. For a variety of reasons, these seeds are "cleaner" (meaning very little hull in the mix) than our local no spray pumpkin seeds.

Our high regard for our local farmers continues to grow with each season, as we involve ourselves more and more in the challenges they encounter while they experiment with new crops and face unpredictable weather conditions, rising fuel costs, lack of infrastructure, and often, a burdensome debt. We are inspired by the strength, practicality, wisdom, and courage of our Willamette Valley farmers, and we are grateful to be able to support them in growing and marketing local grains, beans, and seeds.



## Hummingbird Wholesale Local Items

### Items sourced within 100 miles of Eugene:

**Organic BLACK BEANS** from Noti – 20 miles from Eugene

*We gave our farmer a raise this year, so our price has gone up from last year. Limited quantity – available only to customers who have purchased this item in the past.*

**Organic Dried BLUEBERRIES** from Salem – 66 miles from Eugene.

This item is available in 5 lb increments, plus \$ .20 / lb split fee.

**Organic FILBERTS** from Salem area – 66 miles from Eugene.

*There is a delay in getting this year's crop; please call to check on status.*

This item is available in 5 lb increments, plus split fee.

Our **Spring Nectar, Blackberry, and Clover HONEYS** are sourced within 100 miles.

Other honey is from Oregon beekeepers farther away; except Orange Blossom from CA.

**Moyer PRUNES** (with pits) grown with Organic practices in Elkton – 54 miles from Eugene.

**Organic PUMPKIN SEED**, hull-less, grown in Scio – 57 miles

*This year we were able to buy this specialized seed at a good price, and we had a high yield per acre, so we were able to pay our farmer more while lowering our price from last year's crop by \$ .24 / lb.*

Available in 5 lb increment, with split fee.

**Organic RYE BERRIES** from Junction City area – 15 miles from Eugene.

**No-Spray Brown TEFF** from Junction City – 15 miles from Eugene.

**Organic Hard Red WHEAT BERRIES** from Corvallis – 47 miles from Eugene.

**Organic WILD RICE** from Coburg – 8.5 miles from Eugene.

Available in 5 lb increments, with split fee.

### Local to Oregon:

**ARIEL'S 'OM GROWN RAW SPROUTED GRANOLA** is once again **100% grown in Oregon!**

*Ingredients: Organic Oregon Filberts, Organic Oregon Brown Flax Seed, Organic Oregon Apple, Organic Oregon Cranberry dried with Oregon Raw Blackberry Honey, Oregon Wild-crafted Sun-dried Nori Seaweed. Dehydrated at under 115 degrees.*

**Organic dried Raw CRANBERRIES** made with a touch of local honey from Coquille – 138 miles from Eugene – grown and harvested by the Coquille on tribal land.

## Himalayan Crystal Salt: The Ultimate Mineral Supplement

Feeling mineral deficient? Have a little Himalayan Crystal Salt! This salt contains over 70 minerals from Boron to Zinc. These live minerals are easily processed by the body and help maintain the optimal pH balance that our bodies crave. Unlike table salt, Himalayan Crystal Salt helps the body regulate its water and stay properly hydrated. The enzymes in our body are activated by functional sodium found in Himalayan Crystal Salt creating a detoxifying effect that balances the body's energy.

Himalayan Crystal Salt can be used as table salt in the kitchen, making natural, whole foods dance with flavor on your taste buds. Make your own brine by adding Himalayan Crystal Salt to a jar of purified water one teaspoon at a time, until you reach the desired potency. Once you have added a teaspoon that won't dissolve, you have reached saturation. One teaspoon of brine can be added to a glass of water, and this drink will provide you with daily mineral benefits of Himalayan Crystal Salt. Brine can also be used to cure items, such as pickles or olives. Many of us Birds love adding minerals to our diet by using Himalayan Crystal Salt!

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## Bird Food

### Lentil Loaf

#### Ingredients:

- 1 1/8 cups Laird green lentils, soaked 6-8 hrs
- 2 1/4 cups water
- 6 slices bread, torn into small pieces
- 2 eggs
- 1 cup vegetable broth
- 2 tablespoons tomato paste
- 1/2 teaspoon dried basil
- 2-3 cloves minced garlic
- 1/2 teaspoon ground black pepper
- 1 teaspoon dried parsley
- 1 tablespoon extra virgin olive oil
- 3 tablespoons mango chutney

#### Directions

1. Combine lentils and water in a small saucepan. Bring to a boil. Reduce heat, and simmer until tender, about 40 minutes (less if soaked).
2. Preheat oven to 400 degrees F (205 degrees C). Grease a 9x5 inch loaf pan.
3. In a large bowl, mix together 2 cups cooked lentils, bread, eggs, broth, tomato paste, basil, garlic, black pepper, parsley, and olive oil. Spread into prepared pan.
4. Bake for 40 minutes. Spread mango chutney on top and continue baking another 10 minutes. Let sit for 10 minutes before 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!

### Salty Chocolate Balls

#### Ingredients:

- 20 medjool dates, pits removed
- 2 tablespoons virgin coconut oil
- 1/4 cup shredded coconut (optional)
- 1/4 cup cocoa powder
- 2 tablespoons powdered sugar
- pinch of salt

#### Directions

1. Combine the dates and Virgin coconut oil in a large bowl and knead together into a paste. Add shredded coconut if desired.
2. Reserve 1 tablespoon of the cocoa powder and add the rest to the date paste.
3. Knead mixture until everything is combined.
4. Roll paste into 1-inch balls and set on a clean, dry surface.
5. Combine powdered sugar and the reserved cocoa powder in a plastic bag with the salt.
6. Add the balls 4-5 at a time to the bag and shake to coat. Store in the refrigerator.