



THE grain market Newsletter

February 2010

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Homemade Bread



Every Friday we bake at a fabulous bakery providing homemade breads.

Our specialty is The Grain Market 8-Grain

Greetings from The Grain Market!

Thank you for subscribing to our first newsletter. We are thrilled to be in our new location at 325 City Market Drive, Lansing, Michigan situated on the Grand River behind the old Lansing City Market.

As your neighborhood specialty grain store, we offer more than just grains and seeds. Our goal is to promote *healthy alternatives for everyday meals* through teaching and providing the tools necessary to make it easy and affordable. We promise three things - it is simple, a cost savings, and a healthier way to eat!

1. Simple - By using the finest kitchen tools you will learn new techniques that meet the needs of the busiest individual or family.
2. Saving - Making your own food with your own ingredients is less expensive than someone else doing it!
3. Healthier - Eat healthier by incorporating grains, beans and whole foods in your everyday meals.

Come visit us at The Grain Market or shop online any time. Our Market hours are Tuesday - Friday, 11:00 a.m. - 7:00 p.m. and Saturday from 9:00 a.m. - 5:00 p.m. Come and see the products that interest you - we will even do a demonstration. We look forward to seeing you soon!

Eat Healthy - Be Healthy!

Travis and Scarlett Sybrowsky

Product of the Month:

described as hearty,
yet light.

You can place your
orders online every
week by Thursday at
5:00 p.m. or call
517.749.9778. You
can pick your bread
up after 3:00 on
Friday.

It will still be warm!

Quick Links

[The Grain Market](#)



Nesco 3-in-1 Pressure Cooker

It is no surprise that the Nesco 3-in-1 Pressure Cooker is the number one selling appliance at The Grain Market. This amazing electric pressure cooker offers "fast food" without having to drive up to a window and place an order. Save money, save time, and eat healthier by cooking under pressure.



- Cook 70 % faster
 - The 3-in-1 Pressure Cooker will accommodate the busiest of schedules
- Save money
 - Use less energy and leave less of a carbon imprint
 - Less expensive cuts of meat will become very tender and taste like a choice cut of meat
- Healthier
 - Fewer nutrients and vitamins are lost during the process because the steam condenses in the pot instead of escaping into the air, and food remains juicy, tender, and flavorful in a fraction of the time.

How does a pressure cooker work?

Simply stated, a pressure cooker works by building up steam in a pot which creates pressure that cooks the food at a high temperature, thus reducing cooking time. When the cooker's lid is locked into place and the cooking liquid begins to boil, the steam that is generated is literally trapped inside the pot with nowhere to go except through the food. The fibers and molecules in the food are broken down quickly, and as a result, cooking occurs in record time.

The fear factor?

Yes, you can dismiss the horror stories of yesteryear. Tragically, in the past, pressure cookers did not have the safety features that we know today. Unfortunately, some of you have had scary pressure cooking experiences. For me, I can still remember my grandmother's pressure cooker violently rattling on her stove. I would crouch down lower than the stove and quickly pass through the kitchen for fear it would blow! Gratefully, we have a new generation of pressure cookers with safety features that eliminate the old safety concerns.

The Nesco 3-in-1 Pressure Cooker is more than a pressure cooker. It is a slow cooker and a steamer as well. You can also brown your foods in the same pot. We call it the 4-in-1 cooker. Our customers call it a must.

We also carry the BRK Pressure Cooker, a 6-piece pressure cooker set with redeeming qualities of its own. This is the only system in the world with a patented pressure lid that can be lifted with only one

hand, and can fit on all pans of the same diameter. The 6-quart pot is made of 18/10 stainless steel that is suitable for all cooking surfaces.

Visit us at The Grain Market and see the sheer magic of these sweet appliances or check them out online at <http://www.thegrainmarket.com/products.php?cid=7> for more information and pricing. Remember for those of you that live outside of Michigan, you do not have to pay tax and shipping is free on orders over \$100 (excluding grains).

Grain Market Grains

We are pleased to offer a wide variety of organic grains and seeds ranging from amaranth to quinoa (pronounced keen-wa). Purchase as little as a pound or as much as fifty...even more if you would like.

- Amaranth
- Rye berries and flour
- Buckwheat and flour
- Hard Spring White Wheat
- Hard Spring Red Wheat
- Soft White Winter Wheat
- Bulgur Wheat
- Steel Cut Oats
- Hulled Oat Groats
- Quinoa
- Flax Seeds - Golden
- Hulled Millet
- Hulled Barley
- Spelt
- Kamut
- Brown Rice Flour (for our gluten-free friends)
- Gold N White Flour
 - Yes, white flour! A natural, creamy-color, all-purpose, unbleached wheat flour with no additives and no preservatives. Organically grown and stone ground. Gold N White flour contains most of the essential digestible nutrients of the whole wheat, including the wheat germ.

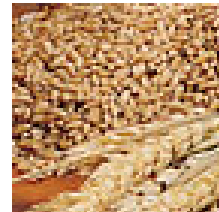


The Grain Market would love to be your grain source. We will strive to earn your business by offering quality grains at competitive prices. We will gladly share our knowledge and experiences as well as the various

applications that will work for you and your family. Our grains and seeds are rich with vitamins, fiber, and nutrients as well as history. Come learn and sample or visit us online at <http://www.thegrainmarket.com/products.php?cid=9> for more information.

Grain of the Month

Our signature grain is hard spring white wheat and so it is fitting that our first official grain of the month be the grain we use the most. It is favored by so many because it is a 100% whole grain that is lighter in color, taste, and texture and yet nutritionally the same as red wheat. Our organic hard spring white wheat has over 15% protein with less than 9.5% moisture which is ideal for bread making. White whole wheat is considered the albino wheat by the Whole Grains Council. White wheat is ideal for transitioning from using white, nutritionless flour to fabulous 100% whole-grain flour. It is wheat that children will eat.



We offer the organic wheat in whole wheat berries (kernels) or flour. We can also grind the wheat for you while you wait providing you "freshly milled" flour.

Hard spring white whole wheat can be used for more than simply baking bread.

- Crack white whole wheat in your blender and make cream of wheat cereal,
- Add white whole wheat to any dish and increase the health benefits,
- Add white whole wheat and save money by extending the dish,
- Sprout it and unlock the amazing nutrients present in wheat,
- Make your own garden burgers and sausage (wheat meat).
- See our recipe section on The Grain Market website for more ideas.
- Attend a Grain Market class to learn more (classes are listed at www.thegrainmarket.com) If you do not see a class you like, let us know and we will create one for you.

The uses and benefits of white whole wheat are extensive. Just use it!

Upcoming Classes and Demos

Please visit www.TheGrainMarket.com to view detailed information regarding our classes and demos. If you would like to customize a class, let us know. We can meet your specific needs creating the perfect class for you and your friends.

Cooking Under Pressure:

- 8 February 2010, Delta Township, 6:30 - 8:00 p.m.
- 16 February 2010, DeWitt, 6:30 - 8:00 p.m.
- 20 February 2010, Chef Taylor Demo at The Grain Market, 10:30 a.m. - 1:30 p.m.
- 23 February 2010, Mason, 6:30 - 8:00

Breading Making with an Artisan Twist:

- 23 March 2010, Mason, 6:30 - 9:00 p.m.
- 29 March 2010, Delta Township, 6:30 - 9:00 p.m.

The schedule for upcoming demos and classes at The Grain Market will be coming soon. Check out "learn" on www.thegrainmarket.com for details.

Pressure Cooking Recipes

Shredded BBQ Chicken

Prepare shredded BBQ Chicken in minutes, not hours by using your pressure cooker.

Place four boneless, skinless chicken breast in the cooker with $\frac{1}{2}$ cup of water and a 16 ounce bottle of your favorite BBQ sauce. Pressure cook the chicken on high for seven minutes. Quick release the pressure and place in a mixing bowl and shred the chicken. I recommend the Bosch Universal Plus kitchen machine (surprise - and I just happen to know where you can get one!). I place it in the bowl with the whisk and shred it in seconds.

You will be amazed at the simplicity of this dish. It is quick and fabulous. Enjoy!

Blueberry Jam

This recipe is the first jam that doesn't require more refined sugar than fruit. I made cherry jam this summer and the recipe called for 7 cups of sugar and 4 cups of cherries. The only thing my cherry jam offers is color and memories of picking cherries with our daughter and her family. Worth it, yes...healthy, no!

Try this blueberry jam that offers more than color and memories. This recipe can be made with a traditional, stove-top pressure cooker or an electric pressure cooker.

Ingredients are the same for both the electric and stove-top units; however, the cooking instructions vary.

3 - 3 $\frac{1}{2}$ cups blueberries, fresh or frozen
 $\frac{3}{4}$ cup Xagave
 $\frac{1}{2}$ fresh lemon juice
1 tsp. lemon zest

1 + TB cornstarch or Clear Gel to thicken, if desired

Measure blueberries, fresh or frozen, into the pressure cooker pan. (Do not use more than 3 - 1 ½ cups in the pressure cooker. For every cup of berries, use ¼ cup Xagave and add to pan. Wash one lemon and zest, adding to the pan (approx. 1 tsp.). Squeeze the juice from ½ lemon, using most of the juice for the 3 - 3 ½ cups of berries.

Stove-top or non-electric pressure cooker cooking instructions:

With pressure lid on, bring cooker to high pressure, reduce heat to low pressure and cook for 4 minutes. Remove from the heat source and let pan sit for 20 minutes, releasing pressure naturally. Use potato masher to break up berries and sift in some clear gel or cornstarch to thicken, if desired. Can be stored in refrigerator for several weeks, preferably in a glass container, or frozen.

Electric pressure cooking instructions:

Load the electric pressure cooker with the ingredients noted above and pressure cook for 4 minutes on high. Allow the pressure to release naturally (approx 20 minutes). After 20 minutes, release the remaining pressure, if any. Remove the lid and break up the berries as noted above and follow the remaining directions by adding the clear gel or cornstarch to thicken, if desired.

You can also make this jam in a regular stainless steel pan. Bring ingredients to a boil, immediately reduce heat and simmer for 30 minutes, stirring occasionally.