

Contact Us

126 Main Street South
River Falls, WI 54022

Phone: 715-425-7971
Email: info@wholeearthgrocery.coop
Web: <http://wholeearthgrocery.coop>

Bulk Foods and Prep Guide



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About Bulk

Buying bulk foods is one of the easiest ways to save money and packaging, but can initially seem daunting. Try this to get started:

Shop with a plan. Choose a recipe before coming into the bulk section so you know what you need.

Bring a container. Have it weighed by a cashier, or on the scale in the bulk section, before filling it up. We do provide bags and containers, but consider reusing jars of all sizes.

Write down the PLU. This is the number that connects your bulk item with its price at the register. We provide twisty ties and stickers for you to label your bulk product with this number. In this guide, it's listed beside each product's name.

Buy what you need. The greatest advantage of bulk food is you can buy exactly how much you need. Instead of buying a pound of walnuts or a jar of cloves, both of which will just age in the cupboard, purchase the amount you actually need (and maybe a little extra).

Owners can also special order. If you need larger quantities we can get it for you, plus you receive a 10% discount!

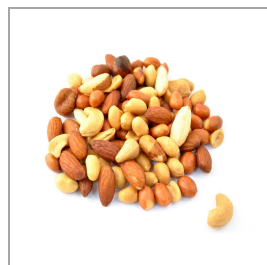
Other Bulk Items

Liquid Bulk



We also have a wide selection of liquids too. Maple syrup, olive oil, canola oil, molasses, vanilla extract, balsamic vinegar, and many more. Also a wide selection of nut butters.

Nuts, snacks and granola



We have pistachios, almonds, walnuts, cashews, peanuts, and mixed nuts. Sample snacks like chocolate or yogurt covered pretzels as well as trail mixes. We also carry multiple varieties of granola.

Baking ingredients, herbs and spices



We can fill all your baking and ingredient needs. Wheat flours as well as gluten-free varieties, salts, sugars, cocoa powder, corn meal, and baking powder.

Huge selection of herbs and spices also available in the bulk section.

Mixes

Falafel ⁶⁷³⁰

1/3 cup water : 2/3 cup mix

Stir cold water with mix in a large bowl. Let stand 15 min. Roll into quarter-size balls or flatten into bun-sized patties. Makes two patties.

Frying Heat 1/8" vegetable oil to 375°F, then fry until crisp and brown on both sides. Drain and serve.

Oil-free Cook in a non-stick covered pan, or bake at 325°F until done.

Hummus Dip ⁶⁷⁴⁰

1 1/2 cups water : 1 cup mix

Place mix in a bowl. Add warm water and 2T olive oil. Whisk until well blended. Let sit 5 min. For creamier texture, add additional 2T of warm water.

Golden Wheat Pancake Mix ⁶⁶⁰⁰

1 cup milk / 3/4 cup water : 1 cup mix

Mix 1 egg, liquid, pancake mix, and 1T vegetable oil. Bake on a hot oiled skillet or waffle maker. Yields 8 – 4" pancakes or 3 -4 waffles.

Sturdiwheat Pancake Mix

1 cup water : 1 cup mix

Combine water and mix. Let stand for 1 min. Cook on greased pan over medium heat. Turn pancakes when top gets bubbly.

Regular ⁶⁵⁸⁰

Buckwheat ⁶⁵⁸⁵

Soaking Beans

3 cups water : 1 cup beans

Wash and drain the beans. Cover with cold water, discard the floaters, and soak 4-8 hours in a cool place. In general, the larger the bean, the longer they need to soak. The longer you soak the beans, the faster they cook. Drain, combine with fresh water, cover, and bring to a boil. Reduce heat and simmer until soft. Times below are approximate.

Black ⁶²⁷⁰ / **Navy** ⁶³⁷⁰ / **Pinto** ⁶³⁸⁰ / **Red** ⁶⁴⁰⁰ / **Kidney** ⁶³³⁰

1 – 1 1/2 hours

Garbanzo (chickpeas) ⁶²⁷⁰ 2 – 3 hours

Quick Beans

3 cups water : 1 cup beans

Wash and drain the beans. Cover with cold water and discard floaters. Combine with fresh water, cover, and bring to a boil. Reduce heat and simmer until soft. Times below are approximate.

Black-Eyed Peas ⁶²⁸⁰ 15 – 20 min

Peas & Lentils

Green ⁶⁴²⁰ / **Yellow Split Peas** ⁶⁴²⁵

3 cups water/broth : 1 cup peas

Wash and drain peas. Combine, cover, and bring to boil. Reduce heat and simmer until just soft (40 – 50 min).

Green ⁶³²⁰ / **Red** ⁶³⁵⁰ / **French Lentils** ⁶³²⁵

3 cups water/broth : 1 cup lentils

Wash and drain lentils. Combine with water, cover, and bring to boil. Immediately reduce heat and simmer until just soft (20 – 40 min).

Rice

Basmati

2 cups water/broth : 1 cup rice

Rinse rice in cold water. Combine rice with liquid in a pot with a tight-fitting lid. Bring to a boil, stir once, and reduce heat.

Brown 8420 Simmer 50 min. Remove from heat, let sit 10 min. Fluff with a fork and serve.

White 8430 Simmer 10 min. Remove from heat, let sit 5 min. Fluff with a fork and serve.

Brown

Short 8495 / Long Grain 8460

2 cups water/broth : 1 cup rice

Rinse rice in cold water. Combine rice with liquid in a pot with a tight-fitting lid. Bring to a boil, stir once, and reduce heat. Simmer 50 min. Remove from heat, let sit for 10 min. Fluff with a fork and serve.

Jasmine White 8450

2 ½ cups water/broth : 1 cup rice

Rinse rice in cold water. Combine rice with liquid in a pot with a tight-fitting lid. Bring to a boil, stir once, and reduce heat. Simmer 20 min. Remove from heat, let sit for 10 min. Fluff with a fork and serve.



Pasta

Semolina

Bring salted water, with ½ T oil per gallon of water, to a rapid boil. Add pasta gradually, stirring occasionally. Pasta is done when it's tender yet firm.

Egg Noodles 8170 6 min

Vegetable Orzo 8150 4 - 6 min

Orzo 8160 4 - 6 min

Penne Rigate 8117 7 min

French Couscous 8121

1 ½ cups water : 1 cup pasta

Bring water to a boil. Stir in couscous, bring again to a boil, and reduce heat, cooking for 1 min or until water is absorbed. Remove from heat and let sit 5 min.

Israeli Couscous (P'titim) 8120

1 ¼ cups water : 1 cup pasta

Boil water. Stir in couscous, cover pot, and simmer 8- 10 min, stirring occasionally.



Cracked Wheat ⁷¹⁶⁵

1 cup water/milk : ½ cup grain

Combine with liquid and simmer 15 min. This grain can replace rice/grains in most recipes, makes a great breakfast cereal, or can be mixed into baked goods. Yields 1 Cup.

Wheat Bran ⁶⁵⁹⁰

⅔ cup water : ⅓ cup grain

Combine bran with water and bring to a boil, stirring constantly. Simmer 5 min, remove from heat, let sit 5 min.



Hand-Harvested Wild Rice ⁸⁵⁰⁰

4 cups water/broth : 1 cup rice

Rinse rice in cold water. Combine rice with liquid in a pot with a tight-fitting lid. Bring to a boil, stir once, and reduce heat. Strong simmer 45 min. Drain or let steam off for last few minutes of cooking. Don't overcook; stop when the rice resembles an open hot dog bun (not exploded like popcorn). Serve hot. Expands 3-4 times when cooked.

If using for soup or as an ingredient in another dish, you may skip the pre-cook, as the rice will cook along the other ingredients and absorb moisture and flavor. Add additional water as needed.

Brown & Wild Rice ⁸⁵¹⁰

4-5 cups water/broth : 1 cup rice

Rinse rice in cold water. Combine rice with liquid in a pot with a tight-fitting lid. Bring to a boil, stir once, and reduce heat. Simmer 30-45 min until rice is tender. Remove from heat, drain. Fluff with a fork and serve.



Grains & Seeds

Barley Hulled 7170

2 ½-3 cups water : 1 cup grain

Bring liquid to a boil. Add barley, stir. Cover, reduce heat. Cook 35-40 min. Or soak overnight (2 parts liquid : 1 part grain) to reduce cooking time to 15 min.

Buckwheat Groats 7180

2 cups water : 1 cup grain

Combine with liquid. Bring to a boil, reduce heat, cover, and simmer 15-25 min.

Bulgur Wheat 7270

2 cups water : 1 cup grain

Combine bulgur in a covered saucepan. Simmer 15-20 min, or until liquid is absorbed. Let sit 10 min, then fluff with a fork and serve.

Millet Hulled 7200

1 ¼ cup water : ½ cup grain

Combine millet with liquid. Bring to boil, cover, reduce heat, and simmer until millet is tender (start checking at 20 min). When liquid is absorbed, remove from heat. Let sit covered for 10 min.

Oat Bran 6530

⅔ cups water : ⅓ cup grain

Combine cereal with water and bring to a boil, stirring constantly. Simmer 5 min, remove from heat, let sit 5 min. Makes a great breakfast cereal or can be mixed into baked goods.

Rolled Oats 8450

2 ½ cups water : 1 cup oats

Boil water with a dash of salt, stir in oats, and cook over medium heat:

Thick 6555 10-20 min

Quick 6520 3 min **Regular** 6550 5 min

Steel Cut Oats 7210

3 cups water : 1 cup oats

Combine oats with water and bring to a boil. Simmer 30-45 min.

Popcorn Multi-color 7669

⅓ cup oil: 1 cup popcorn

Use 3-4 quart pan with a loose lid. Heat oil until a test kernels pop. Pour rest to cover pan evenly. Shake to spread oil. When popping slows, remove pan from heat and serve. Also, tastes great if you use coconut oil.

Wheat Berries Hard Spring 7260

1 ½ cups water : ½ cup grain

Bring water to a boil, rinse berries and add to water. Cook for 1 hour and 10 min, adding water as necessary. Yields 1 ¼ Cups.

White 7230 / **Tri-Color Quinoa** 7250

2 parts water/broth : 1 part grain

Rinse quinoa in cold water thoroughly. Combine quinoa with liquid in saucepan, bring to a boil, and simmer 10-15 min, or until liquid is absorbed. Quinoa looks transparent when done.

Eight-Grain Cereal 6525

3 cups water : 1 cup grain

Combine Cereal with water and a ¼ t salt, and bring to a boil. Cover and simmer 10-20 min, stirring occasionally.