

# BEANS, GRAINS, & RICE

#### BEANS

- · Adzuki | 10 lb.
- · Anasazi | 10 lb.
- Black Turtle | 10 lb. & 25 lb.
- Black, Cooked | 105 oz.
- Cannellini | 10 lb.
- Cranberry | 10 lb.
- Flageolet | 10 lb.
- Garbanzo | 10 lb.
- Gigantes in Brine | 6 x 4.4 lb.
- Great Northern | 10 lb.
- Jacob's Cattle | 10 lb.
- Lima Baby Butter | 10 lb.
- Lima Christmas | 10 lb.
- · Lima Giant Peruvian | 10 lb.
- Marrow | 10 lb.
- · Mayocoba | 10 lb.
- Navy | 10 lb.
- Pinto | 10 lb.
- Red Kidney | 10 lb.
- Scarlet Runner | 10 lb.
- · Small Red | 10 lb.
- Tongues of Fire | 10 lb.
- Yellow Eye | 10 lb.

### LENTILS & PEAS

- · Black Beluga | 10 lb.
- Eston | 10 lb.
- French Puy, Green | 10 lb.
- Green | 10 lb.
- Ivory White | 10 lb.
- Petit Crimson I 10 lb.
- Petit Golden | 10 lb.
- Red Chief | 10 lb.
- Spanish Pardina, Brown | 10 lb.
- Black-Eyed Peas | 10 lb.
- Green Split Peas | 10 lb.
- Yellow Split Peas | 10 lb.

Mildly sweet flavor, creamy cooked texture.

Mild flavor, firm texture. Related to the kidney bean.

Sweet, mushroom-like flavor.

Dense, meaty texture. Earthy, slightly sweet flavor.

Mild, nutty flavor and smooth, tender texture.

Sweet, mild flavor, hearty texture.

Tender and mild with a delicate, creamy texture.

Delicious nutlike taste, buttery texture.

Buttery, creamy, and tender.

Mild flavor, slightly grainy texture. Ideal for soup.

Mild flavor & subtle fruit notes. Excellent for soups.

Creamy, often used in Southern cooking.

Chestnut like flavor, flaky texture.

Savory flavor, and a creamy, meaty texture.

Mild, bacon-like flavor, creamy texture.

Buttery taste, creamy texture.

Nutrient dense, mild flavor, creamy texture.

Creamy texture, mild flavor. Very absorbent.

Nutrient dense, mild flavor, creamy texture.

Hearty, mild, and colorful.

Mild flavor, creamy texture.

Beautiful color, nutrient dense, mild flavor.

Mildly sweet, earthy flavor, and creamy texture.

Dark-light black, tiny; mild and earthy flavor.

Small, pale green, pepper-like flavor.

Green-brown, robust pepper-like flavor.

Large, pale green, robust pepper-like flavor.

Ivory, earthy & mild, soft texture.

Orange-red, mild, smooth & buttery.

Bright yellow, mild, smooth & buttery.

Pale orange-red, mild, smooth & buttery.

Tan-brown, creamy, firm and nutty.

Tan w/ black "eye"; savory, slighty nutty flavor.

Bright green, sweet flavor & creamy texture.

Bright yellow, earthy flavor & creamy texture.











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### **GRAINS**

• Amaranth | 10 lb.

• Buckwheat Groats | 10 lb.

• Bulgur Wheat | 10 lb.

• Farro/Spelt | 10 lb.

• Freekeh | 10 lb.

• Hominy - Giant White | 10 lb.

• Hominy - Grits | 10 lb.

• Kamut | 10 lb.

• Millet | 10 lb.

• Oats - Rolled I 10 lb.

• Oats - Steel Cut | 10 lb.

• Pearled Barley | 10 lb.

• Quinoa - Black | 10 lb.

· Quinoa - Red | 10 lb.

• Quinoa - Tri-Color | 10 lb.

• Quinoa | 10 lb.

• Wheat Berries - Soft | 10 lb.

Corn-like aroma with a mild, nutty, peppery flavor.

Light tan with green hints. Walnut and cocoa-like flavor.

Earthy, nutty flavor and tender, fluffy texture.

Sweet, nutty, wheat-like flavor.

Nutty, deep flavor with as slightly smoky aroma.

Sweet, earthy corn flavor with a grainy texture.

Sweet, earthy corn flavor with a granular texture.

Mild, light, buttery flavor.

Mildly sweet, corn-like flavor.

Nutty flavor, chewy texture.

Nuttier flavor and chewier texture than rolled.

Nutty flavory, soft and chewy texture.

Mild, nutty flavor, fluffy consistency and a pleasant bite.

Mild, nutty flavor, fluffy consistency and a pleasant bite.

A mix of red, white, and black guinoa.

Nutty, clean flavor and a unique texture.

Firm, chewy texture and nutty flavor.





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#### RICE

- American Long Grain Brown | 10 lb.
- American Long Grain White | 10 lb.
- Arborio Brown I 10 lb.
- Arborio White | 10 lb.
- Basmati Baby | 10 lb.
- Basmati Brown | 10 lb.
- · Basmati White | 10 lb.
- Bomba (Matiz) | 2.2 lb.
- · Calasparra | 10 lb.
- Carnaroli | 13.2 lb. & 22 lb.
- Chinese Black | 10 lb.
- Green Bamboo | 10 lb.
- Himalayan Red | 10 lb.
- Jasmine | 10 lb.
- Nishiki Brown I 10 lb.
- · Nishiki I 10 lb.
- Paella (Matiz) | 2.2 lb.
- Purple Sticky | 10 lb.
- · Saffron | 10 lb.
- Tamanishiki | 50 lb.
- White Parboiled I 10 lb.
- Wild Quick Cook | 10 lb.
- Wild | 10 lb.

Slightly chewy grains; nutty and earthy flavor.

Long slender grains; fluffy, smooth texture.

Short grain, slightly chewy texture, nutty flavor.

Short, plump grain; creamy texture.

Long grains; delicate nutty flavor.

Long aromatic grains; earthy flavor.

Long aromatic grains; sweet nutty flavor.

Short-grain rice for the perfect paella every time.

Short grains; mild flavor.

Short plump grains; creamy texture.

Medium grain, indigo; slighty sticky texture.

Short grain; tender sticky texture.

Medium grain; nutty, earthy flavor, chewy texture.

Long grain; sweet scent, tender texture.

Medium grain; tender texture.

Medium grain; tender texture.

Short-grain rice perfect for paella and risotto.

Short grain, sweet flavor, chewy texture.

Long grain; yellow and aromatic, tender texture.

Short grain sushi rice.

Long slender grains; fluffy, smooth texture.

Long, slender grains; chewy, nutty flavor.

Long, slender grains; chewy, nutty flavor.











