



*Nature's
Gourmet Foods, Inc.*

providing quality
dried gourmet food

1-800-222-5085

Nature's Gourmet Foods, Inc.



WE APPRECIATE YOUR BUSINESS.

ORDERS PLACED BY 1:00 P.M.

ARE SHIPPED THE SAME DAY.

AFTER 1:00 P.M.,

SHIPPED THE NEXT DAY.

GROUND SHIPPING AND HANDLING BY UPS
IS FREE WITHIN THE CONTINENTAL USA WITH
A MINIMUM 25 LB. ORDER. MIX & MATCH.

100% Satisfaction Guaranteed

Payment Options:

Net 30, COD, Discover, Visa,
American Express, MasterCard

Or Visit us online at:

www.naturesrice.com

Orders can be placed from our
Secure Online Store.

email can be sent to:

gourmet@paulbunyan.net

Call Toll Free: 1-800-222-5085

Prices subject to change with Market Fluctuations.

Photography & Graphic Design By Jan Beck

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PURE WILD RICE

A. JUMBO FANCY CANADIAN LAKE

10 lb. bag

B. PREMIUM LONG-GRAIN

10 lb., 25 lb., & 50 lb. bag

C. BETTER “OUR BEST BUY”

10 lb., 25 lb., & 50 lb. bag

D. BLENDING THIN-GRAIN

25 minute cook time.

10 lb. bag

E. QUICK COOK WILD RICE

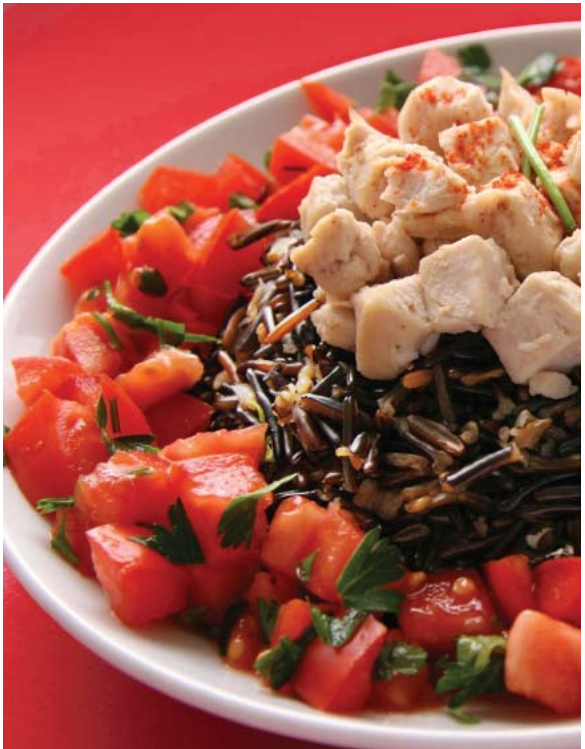
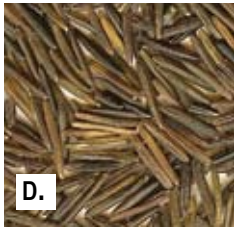
Puffed. Cooks in 5-7 minutes.

5 lb. bag

F. BROKEN WILD RICE

Great for soup, salad, stuffing,
& baked goods.

10 lb., 25 lb., & 50 lb. bag



SPECIALTY RICES



A. ARBORIO - ITALIAN

Firm but creamy.
Nice for puddings.

10 lb. bag



B. BAMBOO RICE

High quality, short-grain white rice infused with chlorophyll extracted from young green bamboo plants to add a green color, herbal flavor.

10 lb. bag



BASMATI - C. WHITE D. BROWN

Nutty aroma.

Grown in Arkansas.

10 lb., 25 lb. & 50 lb. bag



E. BLACK SWEET THAI

“Purple Sticky”

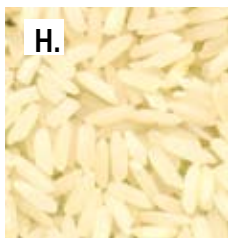
10 lb. bag



F. CARNAROLI

Extra creamy. Superior pleasing creamy texture.
Short and plump.

10 lb. bag



G. CHINESE BLACK RICE

Short - grained. Sweet flavor. Sticky texture.
10 lb. bag

H. JASMINE

White, aromatic long-grain. Grown in
Arkansas. Cooks up soft and sticky.

10 lb. bag

I. HIMALAYAN RED

Rosy red color. Nutty flavor.
10 lb. bag

J. SAFFRON YELLOW RICE

Jasmine rice, Paprika, Ground Turmeric,
Saffron Powder.

10 lb. bag

SPECIALTY RICES

K.



K. SUSHI RICE - AMERICAN

Soft and creamy.

10 lb. bag

L.



L. WEHANI (ORGANIC)

Deep russett color.

Long-grain. Nutty taste.

Reddish bran layer remains
on the grain.

10 lb. bag

M.



M. WILD PECAN RICE

Aromatic long-grain. Nutty
aroma, flavor of wild pecans.

10 lb. bag

Introducing

Our Newest Rice Blend!!

Rosalitto Blend



Parboiled White Rice
Tomato Orzo &
Tomato Acini Di Pepe

10 lb. bag

RICE BLENDS

Available with or without mild chicken-based seasoning packets:

10 lb., 25 lb., & 50 lb. bag

A.



A. 10 KARAT BLEND

Parboiled extra fluffy white rice, wild rice, bulgur, tomato orzo.

B. COUNTRY BLEND

Parboiled extra fluffy white rice, wild rice, bulgur.

B.



C.



C. GOURMET BLEND

White basmati rice, brown basmati rice, bulgur, tomato acini di pepe.

D. NATURE'S BLEND

Parboiled extra fluffy white rice, wild rice.

D.



E. BROWN & WILD BLEND

Parboiled brown rice, wild rice.

Available with or without mild chicken based seasoning packets.

10 lb. bag

E.



F. CRANBERRY CELEBRATION

Wild rice, jasmine rice, brown parboiled rice, wild pecan rice, slivered almonds, dried cranberries.

10 lbs. bag



G. FIESTA BLEND

White rice, southwest orzo, julienne dried tomatoes, shiitake & bolete mushrooms, pepitas (roasted/salted).

10 lb. bag



H. GALA GARDEN BLEND

Parboiled white rice, wild rice, vegetable blend (carrots, onions, tomato, peas, celery, green pepper, green beans, parsley).

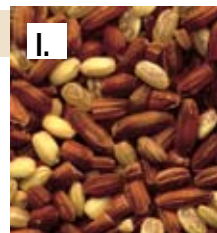
10 lb. bag



I. HARVEST TIME BLEND

Wehani, Himalayan red rice, brown short rice, brown sweet rice, brown parboiled rice.

10 lb. bag



J. KASHABLANCA BLEND

Parboiled white rice, quick cook wild rice, cracked bulgur, toasted orzo, kasha.

10 lb. bag



K. KOKOPELLI KICK

Jasmine, Southwest orzo. (black bean, maize, red chili).

10 lb. bag



L. LUMBERJACK BLEND

White parboiled rice, wild rice, tomato orzo, bulgur, mushroom blend (shiitake/bolete), beef seasoning.

10 lb. bag



M. PASTA BLEND

Parboiled extra fluffy white rice, bulgur, tomato acini di pepe, spinach acini di pepe. Available **with or without** mild chicken-based seasoning packets:

10 lb. bag



N. PURPLE PASSION BLEND

Parboiled extra fluffy white rice, black sweet thai, wild rice.

10 lb. bag



GRAINS



BARLEY - FANCY IVORY

10 lb. bag



BULGUR WHEAT CRACKED OR WHOLE

Tender, chewy texture.
Nutty flavor.

10 lb. bag



COUSCOUS - LARGE

Large toasted pearl pasta.
Middle Eastern.

10 lb. bag



COUSCOUS - MEDIUM

Polished and ground wheat
kernels. USA.

10 lb. bag



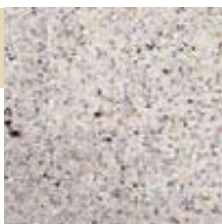
COUSCOUS - TRI-COLORED

Natural, spinach and
tomato flavored. USA.

10 lb. bag

CORNMEAL - BLUE

10 lb. bag



CORNMEAL - RED

10 lb. bag



FLAX SEED

Brown or Golden.

2 lb. bag



KASHA

Hulled buckwheat.

10 lb. bag



POLENTA

ITALIAN - FINE / COARSE - GROUND

10 lb. bag



GRAINS

POSOLE (HOMINY)

Dried, peeled, giant
corn kernels
5 lb. bag



QUINOA - BLACK

“Keen-wah.”
Product of USA
10 lb. bag



QUINOA - NATURAL

“Keen-wah”
Product of USA
10 lb. bag



QUINOA - RED

“Keen-wah.”
Product of USA
10 lb. bag



Quinoa is a healthy side dish alternative.



NUTS

ONE POUND BAGS UNLESS NOTED. ALL NUTS ARE SHELLLED.

* Indicates product pictured.



ALMONDS

Whole Natural
Whole Natural Roasted/Salted
Whole Blanched
Sliced Natural
Slivered Blanched

CASHEWS



Whole/Pieces:
Roasted/Salted*

Pieces only:
Roasted/Salted
Roasted/No Salt
Raw

CHESTNUTS - WHOLE



Vacuum-packed,
peeled/cooked.

1 lb. 1.5 oz. (17.5 oz)

NUTS CONTINUED...



ONE POUND BAGS UNLESS NOTED. ALL NUTS ARE SHELLED.

* Indicates product pictured.

A. HAZELNUTS

Natural*
Blanched

B. MACADAMIAS

Whole roasted/salted
Halves/Pieces - raw.

C. MIXED NUTS - FANCY (NO PEANUTS)

Almonds, Cashews, Pecans, Hazelnuts, Brazilnuts
Roasted/Salted

D. PEANUTS - JUMBO

Roasted/Salted 5 lb. bag

E. PECANS

Mammoth halves*
Pieces – medium/small
Meal (5 lb. bag)



F.

F. PEPITAS

Pumpkin seeds - shelled
Roasted/Salted

5 lb. bag



G.

G. PINE NUTS

Pignolias from China.

1 or 5 lb. bag.



H.

H. PISTACHIOS

Roasted/Salted
Raw*



I.

I. TRAIL MIX

Dried fruit, nuts, pepitas,
and sunflower seeds.

5 lb. bag



J.

J. WALNUTS - ENGLISH

Large Halves & pieces.

* Indicates product pictured.

DRIED FRUIT

BLUEBERRIES

1 lb. bag



CHERRIES - TART

1 lb. bag



CRANBERRIES

1 lb. bag



STRAWBERRIES

1 lb. bag



COCONUT FLAKED/UNSWEETENED

1 lb. bag



APPLE RINGS

MANGOS

PINEAPPLE

FIGS



THESE PRODUCTS
AVAILABLE
IN 2 LB. BAGS
(SEE NEXT PAGE)

APPLE RINGS (PICTURED ON PAGE 19)

2 lb. bag

BANANA CHIPS (CLOSEOUT)

2 lb. bag



FIGS - WHITE (PICTURED ON PAGE 19)

Extra fancy Calimyrna.

2 lb. bag

MANGO SLICES (PICTURED ON PAGE 19)

2 lb. bag

PINEAPPLE - CHUNKS (PICTURED ON PAGE 19)

Sweetened.

2 lb. bag

DRIED FRUIT IN 5 LB. BAGS

APRICOTS - TURKISH

5 lb. bag



CURRENTS - BLACK

5 lb. bag



DATES - WHOLE PITTED

5 lb. bag



FIGS - BLACK MISSION

Whole - 5 lb. bag

Diced - 5 lb. bag



MIXED DELUXE

Apricots, prunes, pears, peaches.

5 lb. bag

Product is larger than shown.



MIXED - CHOPPED

Diced papaya, diced pineapple, diced apricots, diced apples, midget raisins, sugar, tart cherries, Canola Oil, Sulphur Dioxide.

5 lb. bag



PEACHES - HALVES

5 lb. bag

PEARS - HALVES

5 lb. bag

RAISINS - GOLDEN

Seedless

5 lb. bag



Dried Pear Hazelnut Stuffing

Ingredients

2 Tbsp unsalted butter	2 eggs
1 small onion, minced	1/2 to 1 cup chicken stock
2 shallots, chopped	1/2 cup chopped toasted hazelnuts
3 cloves garlic, chopped	2 tsp each chopped fresh thyme, sage, and marjoram
3 stalks celery, diced	1/2 tsp celery salt
3/4 cup apple or pear brandy	Salt to taste
1 cup diced dried pears	Freshly ground black pepper
3 cups diced french bread	

Instructions

Heat the butter in a large saute pan over high heat until hot. Add the onion, shallots, garlic, and celery and saute 3 to 4 minutes. Add the brandy and pears and cook until almost all the liquid is reduced and the mixture is dry, about 5 to 7 minutes. Remove the pan from the heat and let the mixture cool completely.

In a large mixing bowl toss together the diced bread and the onion mixture. Add the eggs and mix well, then add just enough stock to moisten the stuffing. Add the hazelnuts, herbs, celery salt, and salt and pepper to taste, and mix well. Place the stuffing in a baking dish and cover with foil. Bake in a standard oven at 350 degrees F. or in a convection oven at 325 degrees F. for about 1 hour.

Yields 8 servings



Wild Rice Chicken Salad

Find this recipe & more on our web site at:

www.naturesrice.com

All catalog products are
available to order online in our

Free Shipping

for Orders

25 lbs or More.

**UPS Ground Shipping
within the Continental USA.**

**Mix and match products to
add up to Free Shipping!!**

TOMATOES

A. JULIENNE

5 lb. bag

A.

B. ROMA HALVES

5 lb. bag

B.



Sun-Dried Tomato Biscuits
and Fresh Guacamole
Visit our Web site for the Recipe!

LENTILS

Lentils available in 10 lb. bags

AUTUMN BLEND

Six lentil varieties:
Golden, Ivory, French
Green, Pardina, Black
& Crimson.



BLACK BELUGA

Fast-cooking.
Hold their shape.
Wonderful for soups,
salads, and garnish.



CRIMSON - PETITE

ORGANIC. Cooks quickly
without soaking.



FRENCH GREEN

ORGANIC. Hold their
shape. Delicious
side dish or a bed
for meat, fish, or game.



GOLDEN - PETITE

Cooks quickly
without soaking.



www.naturesrice.com

1-800-222-5085

-25-

DRIED BEANS

10 LB. BAG
BEANS LARGER THAN SHOWN.

A.



B.



C.



D.



E.



F.



A. ANASAZI

Kin to pinto. Sweet Flavor.

B. BABY BUTTER LIMA

C. BLACK TURTLE

Basis for many Caribbean & Latin-American soups and side dishes. Rich, full flavor.

D. CALYPSO

Excellent for baked dishes. Related to the black bean.

E. CANNELINI

Classic for Minestrone and other Mediterranean dishes.

F. CHRISTMAS LIMA

Butter-like texture. Chestnut-like flavor. Superb for casseroles and salad.



G. CRANBERRY

Popular for Italian Spanish and Portuguese dishes.

H. FLAGEOLETS

Tender, light fresh taste. Creamy texture. Especially nice with lamb or used in soups.

I. GARBANZO (ORGANIC)

Nutty taste, firm texture. Also known as Chick-peas. Perfect for pates, pies, casseroles and soups.

J. HABA (PEELED FAVA)

Earthy flavor. Good in soups, salads or as a side dish.

K. JACOB CATTLE / TROUT

Earthy flavor with a slight sweetness.

L. RAINBOW BLEND

Ten varieties. Cannellini, Pinto, Swedish Brown, Green Split Pea, Yellow Split Pea, Adzuki, Black Turtle, Flageolet, French Navy, Small Red Beans.

DRIED BEANS

10 LB. BAG

BEANS LARGER THAN SHOWN.



M. RATTLESNAKE

Similar to the pinto bean.

N. RICE

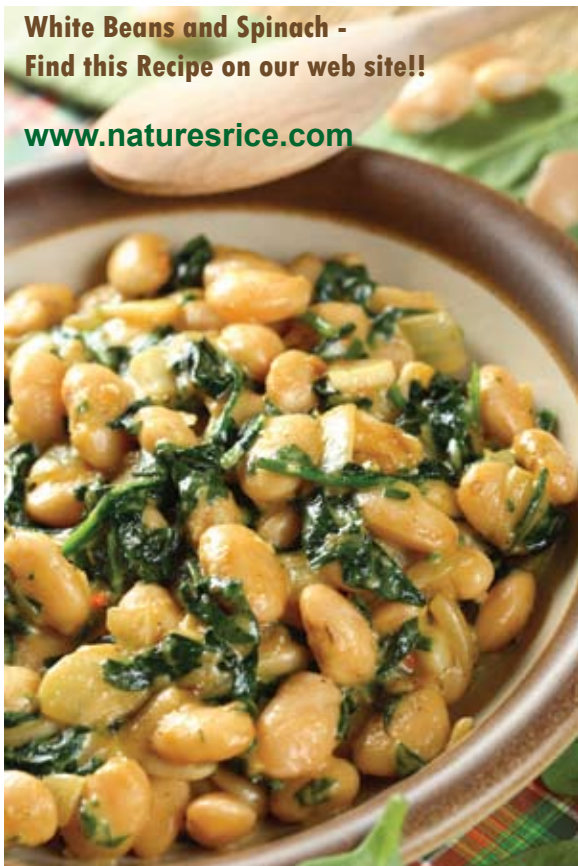
Quick-cooking, tender, slightly sweet.

O. TONGUES OF FIRE

Fresh flavor and mild texture.

**White Beans and Spinach -
Find this Recipe on our web site!!**

www.naturesrice.com



ORZOS

Rice-Shaped Pasta - Larger than shown

A.



B.



C.



D.



E.



F.



Orzos available in 10 lb. bags.

A. AUTUMN HARVEST

Colors & flavors of pumpkin,
sage & chestnut.

G.



B. SOUTHWEST BLEND

Colors & flavors of black bean, maize & red chili.

C. TOASTED

D. TOMATO

E. TRI-COLORED

Colors & flavors of natural, tomato, and spinach.

F. TUXEDO

Natural & Black (Squid Ink)

G. WHITE

PASTA



ACINI DI PEPE

Tomato or Spinach
10 lb. bag

DRIED MUSHROOMS

Sizes will vary.

BOLETES

“Cepes” 1 lb. bag



CHANTERELLES

1/4 lb. bag



KIBBLED - 1/4” DICED

Porcini, boletes, & shiitake

1 lb. bag



MORELS

1/2 lb. bag



OYSTER - CLOSEOUT

1 lb. bag



PORCINI

From Italy or France. 1 lb. bag



SHIITAKE

Caps only (no stems)

1 lb. bag



TRUFFLES

From China.

Sliced - Black.

1/2 lb. bag



FOREST BLEND

Shiitake, oyster, porcini, boletes, wood ear, sliced shiitake.
1 lb. bag



NORTHWOODS BLEND

Boletes, porcini, sliced shiitake, oyster, shiitake,
lobster, morels.
1 lb. bag



SPECIAL BLEND

Boletes, porcini, wood ear, shiitake, chanterelle, morels.
1 lb. bag



STIR FRY BLEND

Sliced shiitake, butter, cloud ear, oyster,
shredded wood ear. 1 lb. bag



MAPLE SYRUP



Pure Midwestern
Maple Syrup.

1/2 Gallon Jug

PEPPERS

Ancho - Whole/Sweet.
1 lb. bag

Chipotle - Whole/Hot.
1/2 lb. bag



Peppers
are larger
than shown.



SPICES

BAY LEAVES - TURKISH

1 oz.



BASE SEASONING (NOT SHOWN)

Excellent for use as a “bouillon-stock” for
rices, soups and gravy.

Beef - 2 lb. bucket

Chicken - 2 lb. bucket

CARAWAY SEEDS - NATURAL

16 oz.



CARAWAY SEEDS - BLACK

16 oz.





A. GARLIC - GRANULATED - 2 LB. BUCKET

B. GINGER - CRYSTALLIZED - 8 OZ.

C. HERBES DE PROVENCE - 7 OZ.

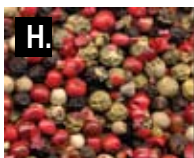
D. JUNIPER BERRIES - 1 LB. BAG

E. LAVENDER FLOWERS - 2 OZ. BAG

F. NUTMEG (WHOLE) - 20 OZ.

G. ONION - GRANULATED - 2 LB. BUCKET

PEPPERCORNS



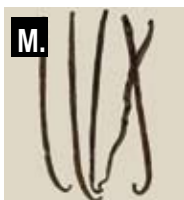
H. Melange: black, white, pink, & green - 1 lb. bag

I. Pink - 1/2 lb.

J. Melange with Allspice - 1 lb. bag

K. SAFFRON THREADS

From Spain
1 oz. Tin



L. TURMERIC - GROUND - 18 oz.

M. VANILLA

BEANS -5 pack
1/2 lb.(about 60)
1 lb. (about125)
EXTRACT 1 qt

N. VEGETABLE BLEND (DRIED DELUXE) - 1 LB. BUCKET

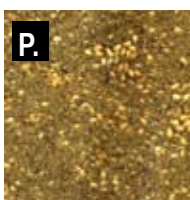
Carrots, onions, tomatoes, peas, celery,
green pepper, green beans & parlsey.

O. WASABI POWDER - 14 oz.



Ingredients:
Horseradish, mustard,
cornstarch, mustard oil.

P. ZAHTAR - 16 oz.



Middle Eastern Spice
Ingredients: Thyme,
Sesame Seeds, Salt.

Ask for your Sales Representative

Toll Free: 1-800-222-5085
or 1-218-751-5564

Order online:

www.naturesrice.com

Email: gourmet@paulbunyan.net

P.O. Box 1593 Bemidji, MN 56619