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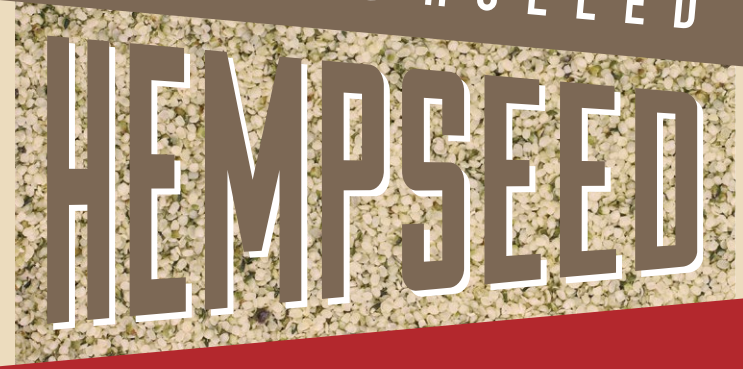
FARMER DIRECT CO-OP

ORGANIC HULLED HEMPSEED



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NET WT 16 OZ (454g)

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SERVING SUGGESTIONS

Sprinkle 1-2 tablespoons hulled hempseeds over salads, pasta, rice and granola, blend into smoothies and oatmeal, and toss into pancakes and breads. For a nutty, toasty flavor, heat hulled hempseeds in a small, dry skillet over medium flame, shaking frequently, until warm and fragrant.

For delicious recipes and to read about our farmer-owners, please visit www.farmerdirect.coop.

Nutrition Facts
Serv. Size 3 Tbsp (30g)

Calories 170
Fat Cal. 130

* Percent Daily Values are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 14g	**21%**	**Total Carb.** 2g	**<1%**
Sat. Fat 1g	**5%**	Fiber 1g	**4%**
Trans Fat 0g		Sugars <1g	
Cholest. 0mg	**0%**	**Protein** 11g	
Sodium 0mg	**0%**		

Vitamin A 0% · Vitamin C 0% · Calcium 0% · Iron 15%

INGREDIENTS: fairDeal™ Organic Hulled Hempseed.

MANUFACTURED IN A FACILITY THAT ALSO USES WHEAT.

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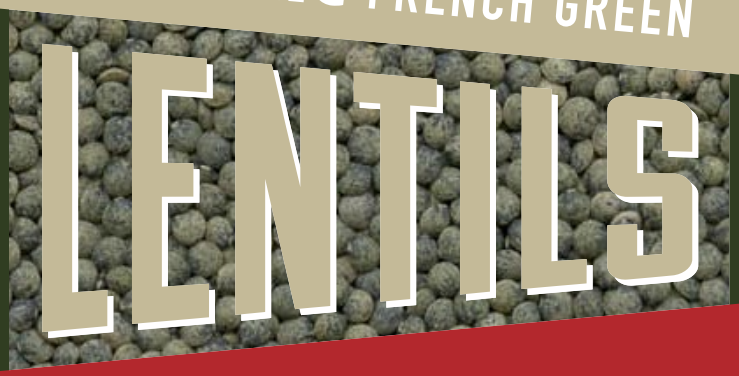
ORGANIC FRENCH GREEN LENTILS



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COOKING INSTRUCTIONS

Sort and rinse 1 cup lentils. (Optional: Soak for 1 hour in 4 cups hot water with 1 tsp. salt.) Add to large pot with 3 cups fresh water or stock. If desired, add aromatics such as bacon, ham/bones, garlic, onion, bay leaf, spices, etc. Bring to a boil, cover tightly, reduce heat, and simmer gently 20 min, or until desired consistency. If needed, add more hot liquid during cooking to keep lentils covered. When done, drain excess liquid. Add salt or acidic ingredients (such as tomatoes) after cooking. Makes 2 to 2 ½ cups.

For delicious recipes and to read about our farmer-owners, please visit www.farmerdirect.coop.

Nutrition Facts

Serv. Size 1/4 cup (45g) dry measure
Calories 160
Fat Cal. 0

* Percent Daily Values are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0g	**0%**	**Total Carb.** 27g	**9%**
Sat. Fat 0g	**0%**	Fiber 6g	**25%**
Trans Fat 0g		Sugars 3g	
Cholest. 0mg	**0%**	**Protein** 13g	
Sodium 0mg	**0%**		

Vitamin A 0% · Vitamin C 4% · Calcium 2% · Iron 15%

INGREDIENTS: fairDeal™ Organic Dried French Green Lentils.
MANUFACTURED IN A FACILITY THAT ALSO USES WHEAT.

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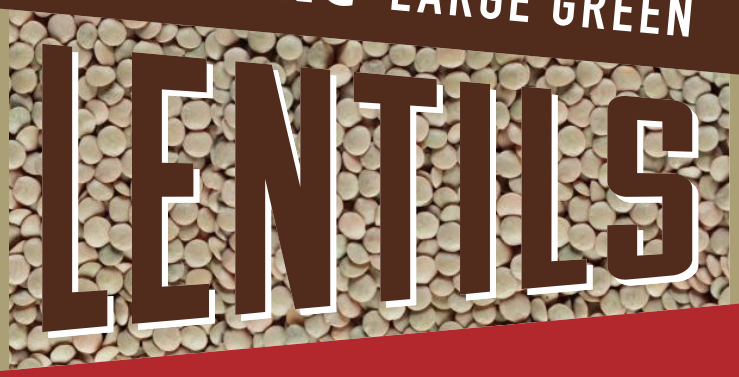
FARMER DIRECT CO-OP

ORGANIC LARGE GREEN LENTILS



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COOKING INSTRUCTIONS

Sort and rinse 1 cup lentils. (Optional: Soak for 1 hour in 4 cups hot water with 1 tsp. salt.) Add to large pot with 3 cups fresh water or stock. If desired, add aromatics such as bacon, ham/bones, garlic, onion, bay leaf, spices, etc. Bring to a boil, cover tightly, reduce heat, and simmer gently 20 min, or until desired consistency. If needed, add more hot liquid during cooking to keep lentils covered. When done, drain excess liquid. Add salt or acidic ingredients (such as tomatoes) after cooking. Makes 2 to 2 ½ cups.

For delicious recipes and to read about our farmer-owners, please visit www.farmerdirect.coop.

Nutrition Facts

Serv. Size 1/4 cup (45g) dry measure
Calories 160
Fat Cal. 0

* Percent Daily Values are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0g	**0%**	**Total Carb.** 27g	**9%**
Sat. Fat 0g	**0%**	Fiber 6g	**25%**
Trans Fat 0g		Sugars 3g	
Cholest. 0mg	**0%**	**Protein** 13g	
Sodium 0mg	**0%**		

Vitamin A 0% · Vitamin C 4% · Calcium 2% · Iron 15%

INGREDIENTS: fairDeal™ Organic Dried Large Green Lentils.
MANUFACTURED IN A FACILITY THAT ALSO USES WHEAT.

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FARMER DIRECT CO-OP

ORGANIC QUICK ROLLED OATS

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NET WT 16 OZ (454g)

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COOKING INSTRUCTIONS

1 serving = 1 cup milk or water + ½ cup oats + pinch of salt (optional)
2 servings = 1 ¾ cup milk or water + 1 cup oats + ¼ tsp. salt (optional)

Bring liquid to a boil in a medium-size, heavy-bottomed pot. Add oats and salt (if using), reduce heat to medium-low, and cook for 2 to 5 minutes, depending on number of servings. Stir occasionally to prevent sticking. Remove from heat, cover, and let rest for a few minutes before serving. Enjoy topped with maple syrup, fresh fruit, yogurt, almond butter, our hulled hempseed or milled flaxseed, or any combination thereof.

For delicious recipes and to read about our farmer-owners, please visit www.farmerdirect.coop.

Nutrition Facts

Serv. Size 1/2 cup (41g) dry measure
Calories 160
Fat Cal. 25

* Percent Daily Values are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 3g	**4%**	**Total Carb.** 27g	**9%**
Sat. Fat 0g	**0%**	Fiber 4g	**17%**
Trans Fat 0g		Sugars 1g	
Cholest. 0mg	**0%**	**Protein** 7g	
Sodium 0mg	**0%**		

Vitamin A 0% · Vitamin C 0% · Calcium 2% · Iron 8%

INGREDIENTS: fairDeal™ Organic Quick Rolled Oats.
MANUFACTURED IN A FACILITY THAT ALSO USES WHEAT.

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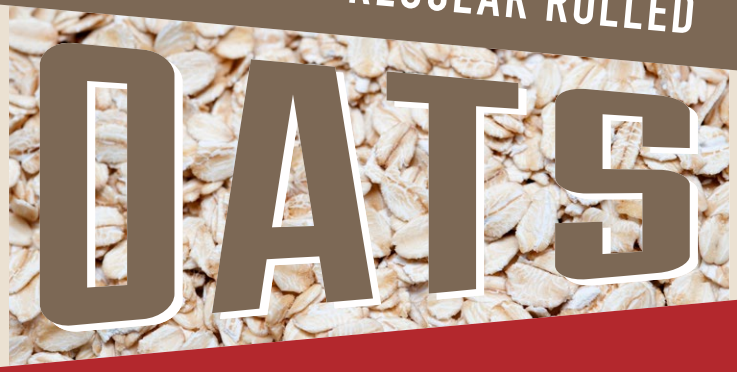
FARMER DIRECT CO-OP

ORGANIC REGULAR ROLLED OATS



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NET WT 16 OZ (454g)

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COOKING INSTRUCTIONS

1 serving = 1 cup milk or water + ½ cup oats + pinch of salt (optional)
2 servings = 2 cups milk or water + 1 cup oats + ¼ tsp. salt (optional)

Bring liquid to a boil in a medium-size, heavy-bottomed pot. Add oats and salt (if using), reduce heat to medium-low, and cook for 10-20 minutes, depending on number of servings. Stir occasionally to prevent sticking. Remove from heat, cover, and let rest for a few minutes before serving. Enjoy topped with maple syrup, fresh fruit, yogurt, almond butter, our hulled hempseed or milled flaxseed, or any combination thereof.

For delicious recipes and to read about our farmer-owners, please visit www.farmerdirect.coop.

Nutrition Facts

Serv. Size 1/2 cup (41g) dry measure
Calories 160
Fat Cal. 25
* Percent Daily Values are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 2.5g	**4%**	**Total Carb.** 27g	**9%**
Sat. Fat 0g	**0%**	Fiber 4g	**16%**
Trans Fat 0g		Sugars 1g	
Cholest. 0mg	**0%**	**Protein** 7g	
Sodium 0mg	**0%**		

Vitamin A 0% · Vitamin C 0% · Calcium 2% · Iron 10%

INGREDIENTS: fairDeal™ Organic Regular Rolled Oats.
MANUFACTURED IN A FACILITY THAT ALSO USES WHEAT.

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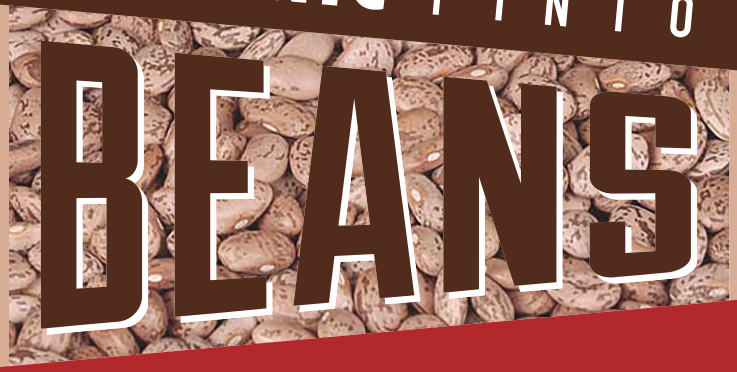
FARMER DIRECT CO-OP

ORGANIC PINTO BEANS



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NET WT 16 OZ (454g)

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By choosing these pinto beans, you're partnering with our family farmers for the fair & organic → FUTURE OF FOOD

COOKING INSTRUCTIONS

Add 1 cup beans to a pot and cover with cold water. Soak for 6-8 hours. (Quick soak method: Bring to a boil, cover, remove from heat, let sit for 1-2 hours.) Drain and cover with fresh water or stock by 1 inch. If desired, add aromatics such as bacon, ham/bones, garlic, onion, bay leaf, spices, etc. Bring to a boil, reduce heat, and simmer to desired doneness, 1-3 hours. Add water as needed during cooking to keep beans covered. Add salt or acidic ingredients 10-15 minutes before desired doneness. Makes about 3 cups.

For delicious recipes and to read about our farmer-owners, please visit www.farmerdirect.coop.

Nutrition Facts

Serv. Size 1/4 cup (48g) dry measure
Calories 160
Fat Cal. 5
* Percent Daily Values are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0.5g	**1%**	**Total Carb.** 30g	**10%**
Sat. Fat 0g	**0%**	Fiber 12g	**47%**
Trans Fat 0g		Sugars 2g	
Cholest. 0mg	**0%**	**Protein** 10g	
Sodium 0mg	**0%**		

Vitamin A 0% · Vitamin C 6% · Calcium 6% · Iron 15%

INGREDIENTS: fairDeal™ Organic Pinto Beans.

MANUFACTURED IN A FACILITY THAT ALSO USES WHEAT.

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FARMER DIRECT CO-OP

ORGANIC SPLIT GREEN PEAS

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By choosing these peas, you're partnering with our family farmers for the fair & organic → FUTURE OF FOOD

COOKING INSTRUCTIONS

Use in recipes according to the recipe instructions, or for a simple and nutritious side dish: Sort and rinse 1 cup split peas while 3 cups water/stock comes to a boil. Add peas and, if desired, aromatics such as onion, garlic, bay leaf, bacon, ham/bones, Indian-inspired spices, etc. Return to a boil, reduce heat, and simmer for 30-40 min. Taste occasionally to test for desired doneness.

Cooked split peas can be stored in the refrigerator for one week or frozen up to 6 months.

For delicious recipes and to read about our farmer-owners, please visit www.farmerdirect.coop.

Nutrition Facts

Serv. Size 1/4 cup (50g) dry measure
Calories 17.50
Fat Cal. 0

* Percent Daily Values are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0.5g	**1%**	**Total Carb.** 31g	**3%**
Sat. Fat 0g	**0%**	Fiber 7g	**27%**
Trans Fat 0g		Sugars 4g	
Cholest. 0mg	**0%**	**Protein** 12g	
Sodium 20mg	**1%**		

Vitamin A 0% · Vitamin C 0% · Calcium 2% · Iron 15%

INGREDIENTS: fairDeal™ Organic Split Green Peas.
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