

Grain (1 cup dry)	Water	Cook Time
Amaranth	2 cups	25 minutes
Barley (hulled)	3 cups	30 minutes
Barley (pearled)	3 cups	45 minutes
Buckwheat	2 cups	20 minutes
Bulghur Wheat	2 cups	15-20 minutes
Corn Grits	4 cups	20 minutes
Cornmeal (Polenta)	4 cups	25 minutes
Couscous	1 1/2 cups	5 minutes
Farro	5 cups	45 minutes
Millet	2 1/2 cups	30 minutes
Oat Groats	3 cups	40 minutes
Quinoa	2 cups	15 minutes
Rolled Oats	2 cups	10 minutes
Rye Berries	4 cups	1 1/2 hours
Spelt Berries	5 cups	1 hour
Wheat Berries	3 cups	2 hours
Brown Rice	2 cups	1 hour
White Rice	1 1/2 cups	30 minutes
Wild Rice	3 cups	1+ hour

Beans (1 cup dry)	Water	Cook Time
Adzuki Beans	4 cups	1 hour
Anasazi Beans	4 cups	1 1/2 hours
Black Beans	4 cups	1 1/2 hours
Black-Eyed Peas	3 cups	1 hour
Cannellini Beans	4 cups	1 1/2 hours
Cranberry Beans	4 cups	1 1/2 hours
Fava Beans	4 cups	1 1/2 hours
Flageolet Beans	4 cups	1 1/2 hours
French Indigo Lentils	3 cups	45 minutes
Garbanzos (Chickpeas)	4 cups	3 hours
Great Northern Beans	3 1/2 cups	2 hours
Jacob's Cattle Beans	4 cups	1 hour
Kidney Beans	3 cups	1 1/2 hours
King of the Early Beans	4 cups	1 1/2 hours
Lentils and Split Peas	3 cups	45 minutes
Limas	2 cups	1 1/2 hours
Mung Beans	4 cups	1 hour
Navy Beans	3 cups	2 1/2 hours
Pinto Beans	3 cups	2 1/2 hours
Red Chili Beans	3 cups	3 hours
Scarlet Runner Beans	4 cups	1 1/2 hours
Soldier Beans	4 cups	1 1/2 hours
Soybeans	4 cups	3+ hours
Yellow-Eyed Beans	4 cups	1 1/2 hours

For in-depth guides on cooking with these items, please see our brochures on **Whole Grains, Rice, Dried Beans** and more located near the bulk spices and on our website.

## Common Conversions

- 3 teaspoons = 1 tablespoon
- 2 tablespoons = 1 fluid ounce
- 4 tablespoons = 1/4 cup
- 5 tbsps + 1 tsp = 1/3 cup
- 8 tablespoons = 1/2 cup
- 16 tablespoons = 1 cup = 8 fluid ounces
- 2 cups = 1 pint = 16 fluid ounces
- 2 pints = 1 quart = 32 fluid ounces
- 2 quarts = 1/2 gallon = 64 fluid ounces
- 4 quarts = 1 gallon = 128 fluid ounces

### About City Market, Onion River Co-op

City Market, Onion River Co-op is a consumer cooperative, with over 10,500 Members, selling wholesome food and other products while building a vibrant, empowered community and a healthier world, all in a sustainable manner. Located in downtown Burlington, Vermont, City Market provides a large selection of local, organic and conventional foods, and thousands of local and Vermont-made products. Visit City Market, Onion River Co-op online at [www.CityMarket.coop](http://www.CityMarket.coop) or call 802-861-9700.



**Your Community-Owned Grocery Store**  
**82 South Winooski Avenue**  
**Burlington, VT 05401**  
**(802) 861-9700 • [www.CityMarket.coop](http://www.CityMarket.coop)**

**Questions about items in Bulk? Contact:**  
**Grocery Manager: Seth Murley, [smurley@citymarket.coop](mailto:smurley@citymarket.coop)**  
**Bulk Buyer: Ben O'Handley, [bohandley@citymarket.coop](mailto:bohandley@citymarket.coop)**

# Shopping in BULK



In the Bulk Department, you can buy as little or as much as you need. Shopping in bulk can be a great way to save money and eat healthfully. Check out this guide and learn how easy it is to shop in bulk. For your reference, we have included handy conversion charts and cooking times, too.

**Did You Know?** Many Co-ops like City Market started as bulk buying clubs.

## 1 Grab a Container

We provide plastic and paper bags for dry items or plastic tubs for liquids and nut butters. We also sell glass jars and other containers. Cashiers know the price and tare weights of these containers so you do not need to weigh them ahead of time.

*You are also welcome to reuse your own, clean containers from home. Please weigh them using one of our digital scales, then write down the tare weight before filling.*



## 2 Select Your Item & Fill Up Your Container

Using the scoops provided, portion out as much or as little of the item as you'd like into your bag or container. If dispensing from the vertical "gravity bins", please pull the lever slowly as product can come out very quickly.

*Please use a different bag for each item, even if they have the same price.*

## 3 Write Down the Bin Number

Write the bin number on a twist tie or piece of masking tape and use it to close your container. Take your tagged items to the register and the cashier will ring up the price.

It's as simple as that!



Jar graphic designed by Catherine Please from the thenounproject.com

## FAQs

### Q. What's the best way to get product out of the bins?

A. Please use the scoops or tongs provided at each bin (no hands, please!)

### Q. May I try the product before buying?

A. We are happy to provide you with a sample; please ask a staff person for assistance.

### Q. How are bulk items priced?

A. All products are sold by the pound, with the exception of bulk tea which is sold by the ounce. Your cashier will weigh your item when you checkout at the register, but you can estimate the final cost by using the scales in the Bulk Department.

### Q. What if I change my mind or take too much?

A. Let one of our staff members know and we will restock the item.

### Q. What if I want a large amount of one or more of the products?

A. We can special order bulk products in 25 or 50 pound bags (or 1 pound bags for spices and teas). You will receive a 10% discount on special orders.

*Get something home and can't remember what's in the bag? Just enter the bin number into our handy online tool. Find our Bulk Bin Lookup at [www.citymarket.coop/bulk](http://www.citymarket.coop/bulk)*



## BULK Advantages

Buying in bulk is better for the environment and less expensive! Reducing packaging and reusing containers means less energy is used to bring the product to you and less waste is sent to the landfills. Reduced packaging also allows you to save money by paying for the product, not the packaging.

Buying in bulk allows you to purchase only the amount you need, but get the same unit price savings as if you had bought a larger volume. So, if you've never tried a certain product, you may buy a small amount and see if you like it.

Buying small amounts of spices and flours also ensures the freshness of your ingredients. You are more likely to use these items while they are still fresh and avoid waste.

You can see the product. For the most part, you are buying simple, real food, with no preservatives or additives, which are common in packaged foods.

## Converting Common Items to Price per Pound (approximate)

Oil	1 pint = 1 lb
Vinegar	1 pint = 1 lb
Tamari	1 pint = 1.2 lb
Soap	1 pint = 1.1 lb
Maple Syrup	1 pint = 1.25 lb
Honey	1 pint = 1.4 lb
Molasses	1 pint = 1.5 lb
Extract	1 pint = 1 lb

## Sizes of Scoops & Containers

Regular Scoop	1 cup
#3 Flour Scoop	2 cups
Spice Scoop	1/6 cup
Small Plastic Bag (8" long)	3 cups
Medium Plastic Bag (12" long)	7 cups
Large Plastic Bag (labelled "Bulk Foods")	4 quarts (16 cups)
Small Plastic Tub	8 ounces
Medium Plastic Tub	16 ounces
Large Plastic Tub	32 ounces