

Grains & Beans (continued on back)

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
Bulgur wheat	4 cups	15-20 minutes
Corn grits	4 cups	20 minutes
Cornmeal (polenta)	4 cups	25 minutes
Couscous	1 ½ cups	5 minutes
Farro	5 cups	45 minutes
Millet	2 ½ cups	30 minutes
Oat groats	3 cups	40 minutes
Quinoa	2 cups	15 minutes
Rolled oats	2 cups	10 minutes
Rye berries	4 cups	1½ hours
Spelt berries	5 cups	1 hour
Wheat berries	3 cups	2 hours
Brown rice	2 cups	1 hour
White rice	1 ½ 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	1½ hours
Black Beans	4 cups	1½ hours
Black-Eyed Peas	3 cups	1 hour
Cannellini Beans	4 cups	1½ hours
Cranberry Beans	4 cups	1½ hours
Fava Beans	4 cups	1½ hours
Flagolet Beans	4 cups	1½ hours
French Indigo Lentils	3 cups	45 minutes
Garbanzos (Chickpeas)	4 cups	3 hours
Great Northern Beans	3 cups	2 hours
Jacob's Cattle Beans	4 cups	1 hour
Kidney Beans	3 cups	1½ hours

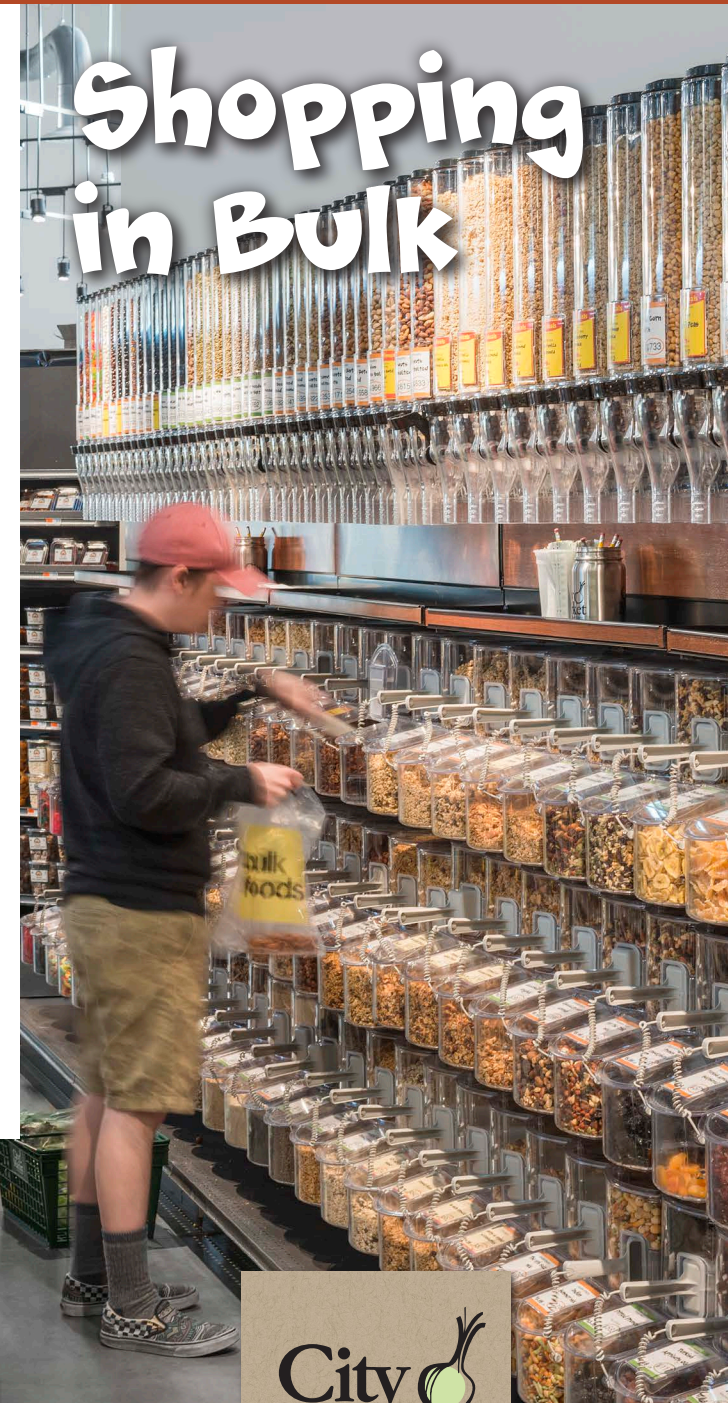
Grains & Beans (cont.)

King of the Early Beans	4 cups	1½ hours
Lentils and Split Peas	3 cups	45 minutes
Limas	2 cups	1½ hours
Mung Beans	4 cups	1 hours
Navy Beans	3 cups	2½ hours
Pinto Beans	3 cups	2½ hours
Red Chili Beans	3 cups	3 hours
Scarlet Runner Beans	4 cups	1½ hours
Soldier Beans	4 cups	1½ hours
Soybeans	4 cups	3+ hours
Yellow-Eyed Beans	4 cups	1½ hours

Common Conversions

3 teaspoons = 1 tablespoon
2 tablespoons = 1 fluid ounce
4 tablespoons = ¼ cup
5 tbsp + 1 tsp = ½ cup
8 tablespoons = ½ cup
16 tablespoons = 1 cup = 8 fluid ounces
2 cups = 1 pint = 16 fluid ounces
2 pints = 1 quart = 32 fluid ounces
2 quarts = ½ gallon = 64 fluid ounces
4 quarts = 1 gallon = 128 fluid ounces

Shopping in Bulk



Your Community-Owned Grocery Stores

Downtown Burlington, VT South End
www.citymarket.coop



About Shopping in Bulk

Shopping in the Bulk Department can be a great way to save money, eat healthfully, and reduce your environmental footprint by bringing your own container! We are proud to offer a wide variety of local, organic, and conventional products in our bulk department from local beans to roasted nuts, pasta, lentils, and everything in between. Check out this brochure for a step by step guide to making the most of our Bulk department.

1. Grab a Container

We provide plastic and paper bags for dry items and plastic tubs for liquids and nut butters. We also sell glass jars and other containers. Many people also bring their own clean containers from home—we ask that you weigh them using one of our digital scales before filling up so that is not included in your price.

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.

Note: 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!

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

FAQs

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

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

Q: May I try the product before buying?

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

Q: How are bulk items priced?

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?

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 products?

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.

Bulk Advantages

Buying in bulk is better for the environment and often more cost-effective. 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 package.

Buying in bulk also allows you to purchase only the amount you need, but get the same unit price savings as if you had bought a larger volume. This is especially useful if a recipe calls for a small amount of a single spice or specialty product!

For the most part, buying in bulk means buying simple, real food, with few 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 = 1½ lb
Soap	1 pint = 1¼ lb
Maple Syrup	1 pint = 1¼ lb
Honey	1 pint = 1¼ lb
Molasses	1 pint = 1½ lb
Extract	1 pint = 1 lb
Nut Butter	1 pint = 1 lb

Sizes of Scoops & Containers

Regular Scoop	1 cup
#3 Flour Scoop	2 cups
Spice Scoop	¼ 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