

HERITAGE GRAIN DIVERSITY BRUNCH



\$35 (\$10 for kids)

PUEBLO SEED & FOOD CO.
25 NORTH BEECH ST.
CORTEZ, CO 81321

JUNE 13 FROM
10AM - 1PM

FOOD LITERACY AT 11.30AM
2 SEATINGS
RESERVATION RECOMMENDED
WWW.PUEBLOSEED.COM

Join us for a delicious tasting brunch experiencing the wonderful world of heritage grains!

MENU:



MIX & MATCH WHOLE GRAIN BREAKFAST BAR: SOAKED OATS, RYE, BARLEY, MILLET, AND DESERT ROSE FLAKES WITH SEEDS, NUTS, KEFIR, ORGANIC FRUIT, AND COLORADO HONEY



CHAPALOTE & BRONZE BEAUTY CORN - RED FIFE WHEAT, APRICOT COMPOTE, VANILLA YOGURT, MAPLE SYRUP



ANCIENT GRAIN BOWL WITH EINKORN, BLACK COLORADO QUINOA & NIXTAMALIZED HOPI GREY CORN, COWPEAS AND ROASTED BRUSSEL SPROUTS, BEETS, KALE, CARROTS, FETA, PUMPKIN SEEDS & GARLIC LEMON HERB DRESSING



PUMPERNICKEL SANDWICHES WITH SMOKED SOCKEYE SALMON, CUCUMBERS, DILL



FAST LADY COWPEA GARLIC HUMMUS, PERENNIAL GRAIN SOURDOUGH CRACKERS



HOUSE MADE WHITE SONORAN WHEAT SOURDOUGH TORTILLAS, COLORADO RIVER BEANS, GARLIC SCAPE RED CANYON EGGS, AND CANYON CHILE



BALTIC STYLE ROASTED BUCKWHEAT, BEETS, COLORADO MUSHROOMS, ANATOLIAN FARM SPINACH, HERBS, GRUYERE CHEESE



SOUTHWEST LOAF, HERITAGE (SPELT) LOAF, CENTENNIAL (RED FIFE) LOAF, PUEBLO BRICK, MAIZE & MILLET, HERITAGE GRAIN MORNING BUNS, CINNAMON TWISTS, CHILE BREADS, AND BRAIDS, COFFEE, TEA, SPARKLING DRINKS



COOKIES, EINKORN CAKES, VEGAN BROWNIES, GLUTEN FREE TREATS

11.30AM

INTRODUCTION TO HERITAGE GRAINS: WHAT THEY ARE, WHY WE GROW THEM, AND WHAT THEIR HEALTH BENEFITS ARE



MUSIC BY GITARIST MICHAEL CANZONA

PUEBLO SEED & FOOD CO.

