



---

---

## Defining It...

---

---

### Quinoa [KEEN-WAH]

Quinoa, new to the American market, is known as the “mother grain,” a staple of the ancient Incas and an important ingredient in South American cuisine. Hailed as the supergrain of the future, quinoa is considered a complete protein because it contains all eight essential amino acids. Quinoa is also higher in unsaturated fats and lower in carbohydrates than most grains, providing a rich and balanced source of vital nutrients. Tiny and bead-shaped, the ivory-colored grain cooks like rice (in half the time) and expands to four times the original volume. The flavor is delicate and has been compared to that of couscous. Quinoa is lighter, but can be used in any way suitable for rice---as part of a main dish, a side dish, in soups, in salads and even in puddings. It's available as a grain, ground into flour, and in several forms of pasta.

---

---

### Wheatberry

Wheatberry refers to the entire wheat kernel (except for the hull), comprised of bran, germ and endosperm. Cracked wheat is the whole berry broken into coarse, medium, and fine fragments. Wheatberries have a tan to reddish-brown color and are available as either a hard or soft processed grain. As a whole grain they are often added to salads or baked into breads to add a crunchy texture. They provide nutritional benefits and are an excellent source of dietary fiber.

---

---



---

---

## Introducing Our: “Healthier Alternative” Salads!

---

---

Our “Healthier Alternative” Salads are homemade daily and created with only the freshest ingredients. With fragrances of lemon and fine herbs in almost every bite there is sure to be a salad for everyone with this great line-up!

---

---

Now available in our Deli Department.  
Ask for a sample!

---

---

28560 Miles Road, Solon, OH 44139  
Phone: (440) 248-5222 Fax: (440) 248-7518  
[www.MilesFarmersMarket.com](http://www.MilesFarmersMarket.com)

---

---

Open: Monday - Friday, 9am - 8pm  
Sat & Sun, 9am - 6pm



---

---

# Featuring...

---

---

## Heartland Wheatberry Salad

Ingredients: Wheatberries, walnuts, celery, tart dried cherries, scallion, parsley leaves, olive oil, lemon juice, salt and freshly ground pepper

---

---

## Peruvian Quinoa Salad

Ingredients: low-sodium vegetable stock, quinoa, extra-virgin olive oil, fresh lemon juice, fresh basil leaves, fresh parsley leaves, fresh thyme leaves, scallions, red peppers, almonds

---

---

## European Spelt Salad

Ingredients: spelt, garlic, balsamic vinegar, black pepper, extra virgin olive oil, tomato, scallion, chives, parsley, basil

---

---

## California Style Broccoli Slaw

Ingredients: broccoli, carrots, red cabbage, white onions, peppers, celery, sunflower nuts, rice vinegar, grapeseed oil, salt, pepper

---

---



**Chickpeas**



**Couscous**



**Black Quinoa**



**Edamame**

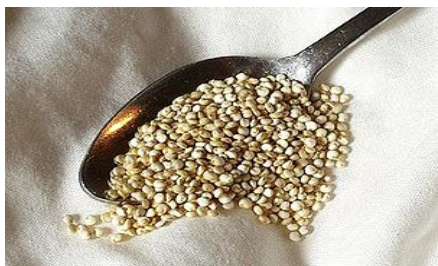


**Wheat**





**Wheatberries**



**Quinoa**



**Kohlrabi**



**Barley**



**Lentils**

### **Farmers Market Health Salad**

Ingredients: cabbage, peppers, scallions, carrots, celery, rice vinegar, grapeseed oil, salt, pepper

---

### **Carolina Healthy Fresh Bean Salad**

Ingredients: soybeans, chick peas, sugar snap peas, scallions, peppers, olive oil, cider vinegar, lemon juice, oregano, salt, pepper, garlic

---

### **Italian Chickpea Salad**

Ingredients: chickpeas, parsley, basil, red peppers, lemon juice, Reggiano parmesano, garlic, extra virgin olive oil, salt

---

### **Pacific Rim Edamame Salad**

Ingredients: soybeans, carrots, scallions, red peppers, garlic, rice vinegar, olive oil, vegetable oil, oregano, salt, pepper

---

### **Healthy Asian Superfood Slaw**

Ingredients: kale, kohlrabi, Brussels sprouts, broccoli, red cabbage, carrots, roasted & salted sunflower seeds, dried cranberries, dried blueberries, toasted sesame dressing

---



### **Southwest Black Quinoa (by order only)**

Ingredients: black quinoa, scallions, green peppers, basil, balsamic vinegar, olive oil, corn, salt and pepper, grape tomatoes

---

---

### **Artichoke and Spinach Hummus**

Ingredients: chickpeas, artichokes, spinach, tahini, canola oil, garlic, salt, citric acid

---

---

### **Ohio's Own Raw Bean Salad**

Ingredients: green beans, yellow bean, snow peas, sugar snap peas, red & yellow peppers, carrots, scallions, mint, garlic, vinegar, olive oil, lemon juice, salt and pepper

---

---

### **Middle Eastern Salad with Artichoke & Pistachios**

Ingredients: parsley, couscous, mint, garlic, cucumbers, tomatoes, scallions, lemon juice, extra virgin olive oil, salt, pepper, artichoke hearts, pistachios

---

---

### **Miles Very Own Four Bean Salad**

Ingredients: black beans, chick peas, kidney beans, cilantro, garlic, red onion, red wine vinegar, olive oil, salt

---

---

### **Picasso's Marinated Italian Vegetables**

Ingredients: Broccoli, cauliflower, celery, bell peppers, zucchini, asparagus, snow peas, oil, vinegar, oregano, garlic, salt and pepper

---

---



**Spelt**



**Superfood Slaw**



**Broccoli Slaw**

