



SWIFT RIVER™

Trading Company

PREMIUM GRAINS AND SEEDS

**Robust,
Flavorful,
Nutrient Rich**

**Versatile Meal
and Recipe
Applications**



A-CODE Description

8563724	Barley, Pearled
<i>Outer husk and bran layers removed leaving only a small white pearl</i>	
9492358	Buckwheat Groats
<i>Small, angular hulled seeds of the buckwheat plant</i>	
3363630	Flax Seeds, Brown
<i>Nutrient rich with a pleasing crunch</i>	
2108639	Flax Seeds, Golden
<i>Light, buttery taste with a pleasant crunch</i>	
5227220	Freekeh, Green, Roasted
<i>Smoky roasted wheat kernels for deep flavor and aroma</i>	
1321749	Kasha, Whole
<i>Roasted buckwheat groats</i>	
4825082	Millet
<i>Tiny, yellow grain like seed with a mildly sweet, corn like flavor</i>	

PACK SIZE

2/5 LB
2/5 LB
2/5 LB
2/5 LB
2/5 LB
2/5 LB
2/5 LB
2/5 LB

A-CODE Description

8844173	Pumpkin Seeds, Shelled	5 LB
<i>Also known as Pepitas these are flat, dark green seed kernels</i>		
8711997	Quinoa, Black	2/5 LB
<i>Naturally dark colored with a delicate nutty flavor, gluten free</i>		
8642194	Quinoa, Red	2/5 LB
<i>Small, rust colored grain, gluten free</i>		
7370491	Quinoa, Tri-Color	2/5 LB
<i>Blend of red, black and white quinoa, gluten free</i>		
2329781	Quinoa, White	2/5 LB
<i>Mild, nutty flavor, unique texture, gluten free</i>		
6178450	Rye Berries	2/5 LB
<i>Whole grain form of rye with the hull removed, once cooked this grain has a mild walnut like flavor</i>		
8741513	Wheat Berries	2/5 LB
<i>Minimal processed form of wheat, light to dark reddish tan kernels with a nutty flavor and chewy texture</i>		

DELIVERS WITHIN 3 - 5 BUSINESS DAYS



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