



BIG B GROCERY

**YOUR LOCAL MEAT STORE
"AMERICAN OWNED AND OPERATED"**

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BIG B KNOWS WHAT IT TAKES TO FEED A FAMILY

Take thou also unto thee wheat and barley and beans and lentils, and millet, and fitches, and put them into one vessel, and make thee bread thereof..... (Ezekiel 4:9)

This recipe is for something that bible scholars refer to "Ezekiel's bread," which the prophet told the people to prepare during the seize of Jerusalem It is one of the few specific recipes found in the bible.

As reported in 2nd Samuel beans, were among the highly nutritious foods sent to feed King David's hungry army and restore strength... wheat and barley and meal, and parched corn, and beans, and lentils, and parched pulse... For they suspected that the people were faint with hunger and thirst in the wilderness.... (2 Samuel 17:28,29)

We know that beans are absolutely packed with soluble fiber, which helps lower LDL and reduces blood pressure. The same fiber also helps keep blood sugar levels stable, staves off hunger (a blessing for every dieter) and has even been shown to reduce the insulin requirements of people suffering from diabetes.

Important as they are to us today, they were even more important as a staple food in biblical times. Beans are a wonderful source of protein-a scarce commodity in primitive societies –as well as being packed full of vitamin C, iron and dietary fiber. In the west, most of them get these either from other foods or supplements.

Unlike our biblical ancestors, today there is a wide range of beans to choose from-red, white and black beans, black-eyed peas or chow peas, chick peas (garbanzos) fava, kidney, lentils,Lima,split peas, and butter beans.All of them offer the same kind of wonderful health benefits.

Beans also contain chemicals that inhibit the growth of cancer and help control insulin and blood sugar levels so vital to the good health of diabetics. beans help lower blood pressure and reduce the "bad" cholesterol that today's research has shown to be the cause of so much devastating heart trouble-a health hazard that was a rarity to those who lived centuries ago.

One reason may be that beans contain a substance that bacteria in the colon, for the example converts into a kind of natural chemotherapy chemical that searches through the body for cancer indicators and shuts them down before they can do any damage.

Beans also rank high up there on the list of natures other regulators. Not only are they a quick and effective cure for constipation, but by keeping wastes moving along at a regular, healthy pace, they apparently reduce the risks of colon or rectal cancer, intestinal disorders and hemorrhoids.

There are hundreds of references to plants in the bible .We cant' cover all of them here. We feature the main foods that the people of the holy land in biblical times used to maintain good health and fight disease as well as for daily sustenance-and that you can find at your local supermarket.

And alongside the torrent there will come up,along its bank on this side and on that side, all sorts of trees for food..... And their fruitage must prove to be for food and their leafage for healing (Ezekiel 47; 12)

A land of wheat, and barley and vines fig trees and pomegranates, a land of oil olive, and honey.(Deut 8:8) There is a lad here, which have five barley loaves, and two small fishes. But what are they among so many and they filled twelve baskets with the fragments of the five barley loaves left over by those who had eaten (John 6: 9-13)

The bible is filled with references to barley, which is among the earliest known and most nourishing grains ever be cultivated. In fact, say some scholars, the feast of unleavened bread was an ancient barley harvest festival that became the celebration of the Passover.These are the seasonal festivals of Jehovah and on the fifteenth day of this month is the festival of unfermented cakes Leviticus 23:4-6

Experts in bible history say that barley was a staple food of the masses and as such was a prominent feature of these early Hebrews. Nevertheless, the fact that barley is mentioned so often shows that the people of the period consumed great quantities of this grain, which played a vital role in their health. You will keep the Feast of Unleavened Bread; seven days you will eat unleavened bread, as I have commanded you, at the time of the month of the Abib, because in it you went out of Egypt."The same is commanded in Ex 34,18: What is Abib? Abib indicates a stage in the development of the barley crops. This is clear from Ex 9,31-32 which describes the devastation caused by the plague of hail: Barley is a grain that has been cultivated for human and animal consumption since the very earliest times. Barley bread was one of the staple foods of the Israelites and it was used in one of the most famous miracles of Jesus Christ (see below and in photograph). The grain itself is widely mentioned through the bible. The flax and barley were destroyed, since the barley had headed and the flax was in bloom. The wheat and spelt, however, were not destroyed, because they ripen later. Then Moses left Pharaoh and went out of the city. He spread out his hands toward The Lord; the thunder and hail stopped, and the rain no longer poured down on the land.(Exodus 9:31-33).

Even today barley is still an important food throughout the Middle East west, which may account for the generally low rate of heart disease in that part of the world. A diet that includes lots of barley, three times a day, has lowered blood cholesterol by about 15 percent in a number of medical studies. As anyone who has done any bible study at all knows, bread –always made from barley or other whole grain flours-was regarded as so vital to good health and along life that it was called “staff of life”

Barley is one of the world's leading grain crops. Grown since biblical times, barley's popularity is due in part to its ability to flourish in diverse climates ranging from the Arctic Circle to the tropics. About 30 percent of the barley grown in the United States is used for brewing malt beverages such as beer Barley was one of the earliest cereals to be cultivated, about 5000 BC in Egypt, and no other cereal can thrive in so wide a range of climatic conditions; polar barley is sown and reaped well within the Arctic Circle in Europe.

Barley is no longer much used in bread making, but it is used in soups and stews and as a starch. Its high-protein form is widely used as animal feed, and its low-protein form is used in brewing and distilling alcoholic drinks

BARLEY

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