

# UMKosher

United Mehadrin Kosher  
 1001 Prior Ave. S. • St. Paul, MN. 55116  
 Phone: (651) 698-8300 • Fax: (651) 690-1144  
 E-mail: rabbiz@umkosher.com

October 17, 2019

## TO WHOM IT MAY CONCERN

This is to certify that the following food items, produced for MOUNTAIN HIGH ORGANICS INC. of NEW MILFORD, CONNECTICUT and its Brand d/b/a BEVERI and TRESOMEGA NUTRITION, are under the Kashrut supervision and endorsement of UMKosher (United Mehadrin Kosher), and accordingly are KOSHER.

Product	Status	Restriction
Barley, Hulled	Pareve	UMK
Barley, Hulless	Pareve	UMK
Bean, Adzuki	Pareve	UMK
Bean, Baby Lima	Pareve	UMK
Bean, Black Bean	Pareve	UMK
Bean, Cannellini/White Kidney	Pareve	UMK
Bean, Christmas Lima	Pareve	UMK
Bean, Cranberries	Pareve	UMK
Bean, Cranberry/Barlotti	Pareve	UMK
Bean, Fava	Pareve	UMK
Bean, Flageolet	Pareve	UMK
Bean, Garbanzo Splits	Pareve	UMK
Bean, Garbanzo/Chickpeas	Pareve	UMK
Bean, Great Northern	Pareve	UMK
Bean, Jacob's Cattle	Pareve	UMK
Bean, Kidney, Dark Red	Pareve	UMK

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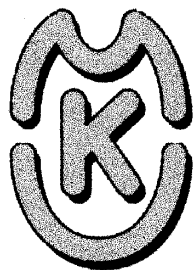
Sincerely

UNITED MEHADRIN KOSHER

Rabbi Asher Zeilingold  
 Executive Administrator

Rabbi Asher Zeilingold  
 Executive Director

- Dairy - when bearing the UMK symbol must have a 'D' (Dairy) next to the symbol.
- UMK - acceptable only when bearing the UMK symbol, or the letters UMK. If it is a dairy product it must have a 'D' (Dairy) next to the symbol.
- Rabbi's stamp - acceptable only when the package bears the stamp of UMKosher.
- Lot L.O.C. - acceptable only with a Letter of Certification for the specific lot number.



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Product	Status	Restriction
Bean, Kidney, Light Red	Pareve	UMK
Bean, Mung	Pareve	UMK
Bean, Navy	Pareve	UMK
Bean, Orca	Pareve	UMK
Bean, Pink	Pareve	UMK
Bean, Pinto	Pareve	UMK
Bean, Red	Pareve	UMK
Bean, Soldier	Pareve	UMK
Bean, White/Black, Small	Pareve	UMK
Chia Seed	Pareve	UMK
Coconut, Desiccated	Pareve	UMK
Dried Apricots	Pareve	UMK
Flour, Buckwheat	Pareve	UMK
Flour, Lentil (Green), Organic	Pareve	UMK
Flour, Millet	Pareve	UMK
Flour, Millet, Hulled	Pareve	UMK
Flour, Navy Bean	Pareve	UMK

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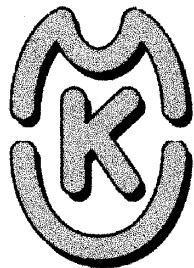
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Product	Status	Restriction
Flour, Quinoa, Organic	Pareve	UMK
Grain, Barley, Pearled	Pareve	UMK
Grain, Barley, Rolled/Flakes	Pareve	UMK
Grain, Barley, Whole	Pareve	UMK
Grain, Buckwheat Whole	Pareve	UMK
Grain, Buckwheat, Grits	Pareve	UMK
Grain, Buckwheat, Hulled, Groats	Pareve	UMK
Grain, Buckwheat, Hulls	Pareve	UMK
Grain, Buckwheat, Kasha (Roasted)	Pareve	UMK
Grain, Couscous, Regular	Pareve	UMK
Grain, Durum	Pareve	UMK
Grain, Spelt	Pareve	UMK
Grain, Teff	Pareve	UMK
Grain, Quinoa (White, Black, Red, Tri-color)	Pareve	UMK
Lentils, Green	Pareve	UMK
Lentils, Black	Pareve	UMK
Lentils, Brown	Pareve	UMK

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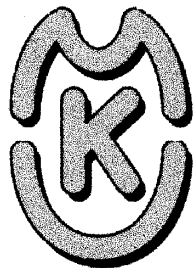
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Product	Status	Restriction
Lentils, French Green	Pareve	UMK
Lentils, Red	Pareve	UMK
Millet, Hulled Millet	Pareve	UMK
Millet, Whole	Pareve	UMK
Nuts, Almonds	Pareve	UMK
Peas, Black Eye	Pareve	UMK
Peas, Green Split	Pareve	UMK
Peas, Green Whole	Pareve	UMK
Peas, Yellow Splits	Pareve	UMK
Peas, Yellow Whole	Pareve	UMK
Organic Tri-Color Popcorn	Pareve	UMK
Organic Small Red Chili Beans	Pareve	UMK
Organic Whole Grain Oat Groats	Pareve	UMK
Rice, Arborio	Pareve	UMK
Rice, Basmati (Brown, White)	Pareve	UMK
Rice, Brown medium	Pareve	UMK
Rice, Brown Short	Pareve	UMK

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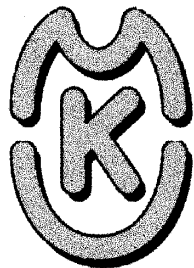
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Product	Status	Restriction
Rice, Jasmine	Pareve	UMK
Rice, Long grain brown and/or white	Pareve	UMK
Rice, Medium grain brown and/or white	Pareve	UMK
Rice, Sweet Brown	Pareve	UMK
Rice, Sweet White	Pareve	UMK
Rice, White Sushi	Pareve	UMK
Rice, White, short	Pareve	UMK
Rice, Wild	Pareve	UMK
Seed, Alfalfa	Pareve	UMK
Seed, Amaranth	Pareve	UMK
Seed, Flax, Brown	Pareve	UMK
Seed, Flax, Brown (Roasted)	Pareve	UMK
Seed, Flax, Golden	Pareve	UMK
Seed, Flax, Golden (Roasted)	Pareve	UMK
Seed, Flax, Milled (Brown, Golden)	Pareve	UMK
Seed, Millet, Hulled/Hulls	Pareve	UMK
Seed, Popcorn White	Pareve	UMK

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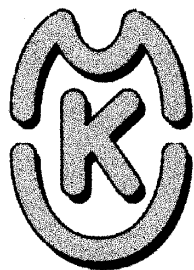
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Product	Status	Restriction
Seed, Popcorn Yellow	Pareve	UMK
Seed, Poppy	Pareve	UMK
Seed, Pumpkin	Pareve	UMK
Seed, Quinoa, Black/Red/Tricolor	Pareve	UMK
Seed, Rye	Pareve	UMK
Seed, Sesame, Hulled	Pareve	UMK
Seed, Sesame, Natural	Pareve	UMK
Seed, Sunflowers, Hulled Roasted	Pareve	UMK
Seed, Sunflowers, Whole	Pareve	UMK
Sesame Seeds, Black	Pareve	UMK
Sorghum	Pareve	UMK
Soybean, Black	Pareve	UMK
<b>Beveri</b>		
Seed, Chia, Black	Pareve	UMK
Seed, Chia, Milled (White/Black)	Pareve	UMK
Seed, Chia, White	Pareve	UMK
Flaxseed – Milled, Golden	Pareve	UMK

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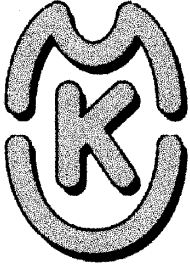
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<b>Beveri</b>		
Flaxseed – Whole, Golden	Pareve	UMK
Flaxseed with Chia	Pareve	UMK
Organic Quinoa Pasta, Elbows	Pareve	UMK
Organic Quinoa Pasta, Fusilli	Pareve	UMK
Organic Quinoa Pasta, Linguini	Pareve	UMK
Organic Quinoa Pasta, Orzo	Pareve	UMK
Organic Quinoa Pasta, Penne	Pareve	UMK
Organic Quinoa Pasta, Spaghetti	Pareve	UMK
Organic Virgin Coconut Oil	Pareve	UMK
<b>Treesomega Nutrition</b>		
Organic Quinoa Pasta, Elbows	Pareve	UMK
Organic Quinoa Pasta, Fusilli	Pareve	UMK
Organic Quinoa Pasta, Linguini	Pareve	UMK
Organic Quinoa Pasta, Orzo	Pareve	UMK
Organic Quinoa Pasta, Penne	Pareve	UMK
Organic Quinoa Pasta, Spaghetti	Pareve	UMK

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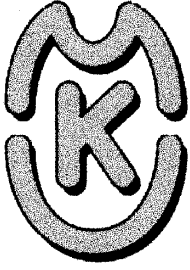
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Product	Status	Restriction
<b>Tresomega Nutrition</b>		
Organic Virgin Coconut Oil	Pareve	UMK
Organic Refined Coconut Oil	Pareve	UMK

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