



MARIPOSA NEWS

FEBRUARY 2013



Happy Valentine's Day



Time Of The Heart From Mary Anne

No matter how callous you may be about love, Valentine's Day triggers a soft spot in almost everyone's heart. This holiday is not just about romantic love either. Love comes from many parts of our lives and, hopefully, we have someone or ones to love as well. Your dog counts. Again this year, Mariposa Market is here to make your Valentine gift-giving as simple as possible. Our staff has picked out an assortment of wonderful cards, candies, flowers, and wines, as well as heart-motif candles and small gifts for the loves of you lives. We encourage everyone to have affection for your own self too, because this is the source of love for others.

This mid-winter season finds us recovering from a two week cold spell which seriously damaged produce crops in California, Arizona, and Northern Mexico. You may have noticed the extraordinary cost of produce these days. Lettuce and spinach, as well as specialty greens of all types, are especially affected. We are struggling to receive clamshell and bulk greens, which are extremely limited. Cauliflower, broccoli, celery, and mushrooms, have all become pricey. The citrus crop has been compromised as well, but the extent of the damage is not known yet. The citrus growers have access to some forms of frost protection. This is the first year that we have had enough California avocados to cover most of the season. We have supplemented with Mexican Hass Avocados from time to time. New crop avos from California are starting to come in now.

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Help With The GMO Project

We are once again going to remind you about the GMO project and how Mariposa Market hopes to secure your help to try to get labeling on some of the brands we carry. Listed below are some brands we carry which are organic (and a few which are not organic but very popular) whose parent companies provided money to defeat Proposition 37, which would have required GMO labeling. We are providing you with their telephone numbers so that you can call their customer hotlines and tell them that you will support and buy their products when they publically support our Right to Know.

Please also let us know how you feel about us continuing to sell these products. We try to sell only the organic parts of these brands, some of them which are well-regarded as products. The juice from Knudsen is of huge concern because there is very little juice which is organic or not owned by big conglomerates.

1. Alexia (organic hash browns, French fries, and other potato products) owned by Con-Agra
630- 857-1550
2. Cascadian Farms (organic jam and others) owned by General Mills 800-624-4123
3. Dagoba Chocolate (as bars and hot chocolate mix) owned by Hershey's 866-972-6879

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Hours

Mon-Fri 9-7 Sat 9-6 Sun 11-5:30

Mariposa Market - 500 S. Main St., Willits, CA 95490 - Ph (707) 459-9630

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There are also California tomatoes which have been fairly reasonable. Though they are greenhouse grown, they are relatively flavorful. The little Sugar Plum cherry tomatoes from Mexico are still the best tasting tomato in stock. Other produce items remain stable, and warm season vegetables from Mexico like cucumbers, bell peppers, and eggplant are reasonable and of good quality.

Mariposa Market will be in our new store four years on Feb. 2. Although we do not celebrate this date as our official anniversary, it is still an important milestone day for our business. We are all thankful for our success and hope to carry on as your local healthy grocery store for years to come.

GMO Project - Continued From Page 2

4. Honest Tea (not so honestly owned by Coco-Cola) 800- 865-4736

5. Kashi (cereals and bars, mostly only organic products) owned by Kellogg's 877-747-2467

6. Larabar (very popular) owned by General Mills 800-543-2147

7. Muir Glen (tomato products; we have drastically reduced our inventory of Muir Glen and substituted other brands where possible) owned by General Mills 800-832-6345

8. Odwalla (juice in refrigerated case) owned by Coca Cola 800-639-2552

9. R.W. Knudsen (juice, including Santa Cruz Organics)*; we are concerned about these juices because they are extremely popular and have a huge following) owned by Smucker's 888-550-9555

**Note: After speaking to the representative from Santa Cruz, parented by Smuckers, I learned that Santa Cruz and Knudsen companies are part of the GMO project and that they will soon be officially certified as Non-GMO, and that it will appear on their label soon. We will receive a letter verifying the company's position soon, which we will post by the juice. While they are under the auspices of Smuckers they do have some autonomy. I was also told that Smuckers did not support the proposed law because it was confusing and had unreasonable provisions.*

10. Silk (creamers and soy milks, organic only) owned by Dean Foods 888-820-9283

Help us by contacting these companies and insisting that they support the labeling of GMO products.

Give us feedback by dropping a note in our suggestion box. Thank You.

Year Of The Water Snake

Spring festivals are approaching! The Eastern part of our world celebrates new years a little differently than we Westerners do. A Spring festival, known as Chinese New Year, takes place anywhere from late January to Mid-February each year. Every year is ruled by one of twelve possible animals as well as one of five elements.

This year on February 10th, as we say farewell to the Water Dragon, we will be welcoming in the Water Snake. Water Snake year is good to take cautious chances, to plan things carefully, while still being able to be flexible and adaptable. Remember to expect the unexpected. Some traditions include cleaning the house before the New Year, giving good luck presents, family gatherings and feasting. Feasting includes eight to nine dishes. Auspicious ingredients include long noodles (do not break them) as they symbolize long life, oranges for luck, a whole chicken for health, a whole fish represents abundance, clams and spring rolls symbolize wealth, sticky rice cakes denote a rich sweet life and the layers of the cake indicate rising abundance for the coming year.

“All you need is love. But a little
chocolate now and then doesn't hurt.”

—Charles M. Schulz

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Nan Trichler — 25 Years At Mariposa

In March of this year, I will be celebrating my 25th anniversary at Mariposa. I often refer to my employment here as my part-time temporary job that became my career. I entered the scene in the early days, although the market had already been in business for 8 years and had evolved from a basic open air produce stand to a small market.

At that time Mariposa was offering non-taxable grocery items and a full line of dairy products, as well as produce. Mariposa Produce, as it was called in those days, featured organic produce from Potter Valley. The melons in particular were so superb that they are still my standard of comparison. The farmers brought truckloads of produce to us, as there was no Willits Farmers Market at the time. Michael, Mary Anne's husband, also made a couple of produce runs to Ukiah each week to supply the market.

For some of you who remember shopping there in those days, the big barn style doors were thrown open to an inviting country store atmosphere. The summers were pleasant, with the westerly breeze flowing through it. The winters however were "witches tit cold" in the drafty old building, with only kerosene heaters to huddle around. Gradually, we added a good heater and replaced the barn door after several break-ins. We also added taxable grocery and cosmetic items and a variety of Chinese herbs. Our supplement section was the size of a standard medicine cabinet. The layout and size of the store made it possible to operate it alone and I did just that, many times. Our staff numbered 10 or under and we were closed on Sundays.

We kept growing and expanding our product line, as customers requested various items. When a store front became available at 600 South Main Street, Mary Anne negotiated a lease and we moved into a store so spacious I wondered how we would ever fill it. In retrospect that was laughable but it was a dramatic change for us.

Finally, we had the room for a full aisle of health and beauty products, a small area for gifts and house-wares, a meat freezer and a sizeable bulk section. Of course, our main focus, the organic produce, was up front to greet everyone with its freshness. We kept adding quality items and our once a week delivery from Mt. Peoples Warehouse of about 50 cases mushroomed into 2 deliveries a week of cartons in the hundreds. We added Sunday hours and more employees.

By this time the market had been in existence for 15 years and like any teenager we were growing at an incredible rate. For the next 10 years we faithfully opened our doors to provide healthy nutritious food to our community. When we had long been too big to operate comfortably in the existing building Mary Anne had the opportunity to purchase the Store property and the adjacent lot, which had housed the Skunk motel. This was in 2008. And we began our plans to build the existing market.

This was a steep learning curve for many of us who made the transition. Mariposa became a corporation. We switched from our antiquated cash register system to a computerized system. As the building and organization took form, we were finally able to emerge as the fully realized beautiful butterfly we are today.

There is, of course, a whole novel waiting to be written about the daily human drama surrounding the market. Thousands of lives intersected at Mariposa and, in the end, I think human interaction in the form of community service is what kept me interested and committed. My favorite part, hands down, has been the seasonal crop of babies, some of who grew up to work here. All the wonderful people I've gotten to know over the years has been a great blessing in my life. I feel really fortunate to have found a career that's allowed me to experience true wealth in the form of many lasting friendships.

I like to think there are many small community oriented businesses flourishing in other parts of the country that valuing the human element is still possible, that community really matters and that health in the form of nutritious food is still the best medicine.

Thanks for letting me become a part of your lives all these years with hopefully more to come.



Some Heart Health Myths Debunked By Alecia

When discussing heart health, we've been programmed to focus on two main culprits, namely high cholesterol and high blood pressure. And, although both can clearly play a role in heart disease, they are not the only contributing factors. In addition, the information and options that we are given to deal with these health concerns seem to be driven by misconceptions. The truth about cholesterol, for instance, is that it is not the evil villain that it is portrayed to be.

Cholesterol has extremely valuable functions on a cellular level, ranging from being a precursor for adrenal and sexual hormones to playing a vital role in a properly functioning nervous system, including the brain. It is a vitally important component in the formation of nervous system synapses. Surprising to most, cholesterol protects us against free radical damage, helps fight infection, and is transported to tissues in the body where it repairs damage due to inflammatory response. At this point, many doctors and so-called health experts recommend such low levels of total cholesterol, that no one can actually achieve such numbers with diet, exercise, or life-style changes. These levels are even lower for patients considered "at risk" for heart disease. These recently updated guide-lines "coincidentally" support the use of cholesterol-lowering drugs (statins), a 26 billion dollar a year industry.

One in four Americans over the age of 45 are currently taking statin drugs as a form of "preventive medicine". Cholesterol-lowering drugs are not without danger. They significantly deplete the body of CoQ10 which plays a key role in cellular energy production and is found in every cell of the human body. Studies have found CoQ10 to be essential for muscle function. Compromised amounts in the body create weaknesses in the muscles, including the heart muscle.

The other issue that is of concern for heart health is high blood pressure or hypertension. Hypertension is a serious symptom whose control has long been a key factor in preventing heart attack and stroke. The good news is that, in most cases, high blood pressure can be kept in check by life-style changes. Nutrition, exercise, and stress management are key factors.

One important factor to maintaining optimal blood pressure is keeping insulin and blood glucose levels low. Research has revealed that this connection exists and even mainstream medicine is starting to acknowledge that these factors are important considerations. As we, as a nation, have focused our diets on processed and refined foods, packed with fast-release carbohydrates, sugars, and hydrogenated fats, the rates of many chronic diseases has sky-rocketed. Even "low-fat" meals, which are purported to support a healthy lifestyle, are often loaded with excess carbohydrates and sugars. This and other diets are creating a wide-spread condition called insulin resistance. Although it is manifested differently in dif-

ferent individuals, Insulin Resistance (IR) is defined as "a state (of a cell, tissue, system or body) in which greater than normal amounts of insulin are required to elicit a quantitatively normal response". In other words, as a cell is exposed to excess insulin, it is eventually going to become more and more insulin resistant. Although this happens uncontrollably, the variable is the rate at which it happens. Consistently high carbohydrate (simple, especially) diets made up of refined flours, sugars, and fats are the culprits.

Insulin also plays an important role in the storage of magnesium. When insulin levels are too high and the cells become insulin resistant, magnesium cannot be stored in the body. Magnesium is then excreted through our urine and is the basis for what is called "magnesium wasting disease". Without sufficient magnesium the blood vessels constrict rather than relax, causing blood pressure to rise.

Although there are many reasons for hypertension, the most important thing to realize is that it is often controllable without medication. Normalizing your Omega 6 to Omega 3 ratio is very important. Most Americans get too much Omega 6 so supplementation with Omega 3's can really be helpful. Omega 3 fats are one of the best ways to re-sensitize your insulin receptors. Also, get out in the sun. Vitamin D deficiency has also been linked to insulin resistance. And, maybe most importantly, deal with stress. Stress absolutely contributes to high blood pressure, but does not receive the attention it deserves. It's easier to administer a medication.

February is Heart Health Month, a great time to focus attention on your cardio-vascular system. Matters of the heart are also about love and laughter. Both of these medications are free.

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Saying Good-bye To Odwalla

We have carried Odwalla juices and juice blends since the very beginning when they were a private business and not owned by Coca Cola. These juices are fairly popular, but we are making an effort to weed out products that are owned by companies we feel do not have the same values as our store. So, since Odwalla is now owned by Coca Cola and is not organic, and because The Coca Cola company supports the non-labeling of GMO's and does not further healthy practices, we have decided to take Odwalla off of our shelves. Columbia Gorge is a much better, though a little more expensive juice option, because it is owned by Columbia Gorge and because it is organic. We will also be adding in a few more Purity brand juices, which are organic, as well.

New Grocery Items of Note

Cabo Chips — Taste just like Have-a-Chip, but contains non-GMO corn.

Danielle Roasted Coconut Chips — A low calorie, very tasty snack.

Lu Lu's Love Truffles and Maca Buttercups — Healthy, delicious chocolates for you valentine.

Blue Lotus Traditional Masala Chai — The Best! The Blue Lotus owners traveled many times to India to perfect this recipe.

Bulk Raw Lebanese Tahini — A creamy traditional tahini from Lebanon. Ask for assistance in the Bulk department and we will get it for you.

Popcorn The Snack Food Supreme

Protein! Fiber! Antioxidants! Vitamins and Minerals! No, it's not spinach, Popeye. It's POPCORN! Popcorn has been a favorite snack for centuries. Discovered in ancient Peru and then introduced to the English by the Native Americans, popcorn is widely loved and consumed.

In recent times, however, recipes have been tweaked for your tasty enjoyment. Now known for its butter-slathered fat and caramel-crunchy calorie-ness, most health conscious folks avoid it as they would a Big Mac and Fries. Understandably too, as a large popcorn at the movies theater contains over 1200 calories and a ton of saturated fat. This is a tragic exploitation of one of the world's healthiest treats. Sadly, I too have fallen victim to popcorn programming.

The smell of freshly popped corn levitates me and yes, I have actually considered visiting that giant popcorn ball somewhere in Illinois. Popcorn, by itself, is extremely nutritious though. It is said that the hulls (the ones that get stuck in your teeth) contain all of the polyphenols plus other nutritional benefits. So I guess those pesky hulls deserve a little more respect. One cup of popcorn made without oil contains only 31 calories. It is a great source of dietary fiber and contains a fair amount of manganese. Since each kernel contains a tiny bit of water and oil, just naturally, it really is unnecessary to use oil to pop the corn.

To reduce calories, popcorn can be air-popped in a special "popper" or simply placed in a brown paper bag (roll down the top) in the microwave for a few minutes. When the popping slows down, remove the bag. Be careful, contents can be very hot. Or, if this is too much work for you, you can visit the "chip aisle" at Mariposa Market and drool over the many popcorn options.

We carry Bearitos 50% Less Fat Popcorn which is a great option for revolutionaries and resolutionaries alike. And, thanks to Debbie Flowers, our produce manager, we now carry YaYa's Herb and Garden Popcorn, which is really good. Yummy Monkey brand, which is fresh-popped, is our most popular brand with its homemade goodness. The one flavored with nutritional yeast is the BOMB! We've ordered a huge supply in hopes that we will never run out again. Amen.

-- Angelia



New Grass-Fed Beef

One of our biggest challenges at Mariposa has been keeping in stock a good supply of quality beef. We make agreements with different vendors but often we are shorted on our orders or the price creeps up to unrealistic levels. So, we are excited to be able to bring in a reliable source of grass-fed beef at a very reasonable price, from Humboldt County. We will be getting a delivery every Monday.

The meat is packed to stay fresh for two weeks, but we will freeze whatever is left over on Mondays. Grown in the lush grasslands south of Eureka in the Fresh Water area, this beef is 100% grass-fed from Angus cattle. No hormones or antibiotics are fed to these cows. Be sure to cook this meat under the special instructions for grass-fed beef. Steaks must be seared and quickly cooked. Roasts are best slow-cooked at 250-300 degrees for several hours. See our Facebook page for more details.



“What the world really needs is more love and less paper work.”

—Pearl Bailey

Arsenic in rice? Lundberg Farms Shine

The question of arsenic in rice has become a growing concern nation-wide. During my research, I realized that I would like to shine a light on a company I have grown to love and trust, the Lundberg Family Farms. This company is a 3rd generation family business located in the heart of the Sacramento valley. On their website I found some information on the studies concerning arsenic in rice, which you can access simply by going online to Lundberg.com.



In the meanwhile, I am happy to say that they, too, were greatly concerned and took the past 3 months to have their products tested to measure the level of arsenic in their rice. The preliminary results satisfied them that their rice is safe and “falls below the limits of concern” that multiple health agencies around the world are discussing.

Mariposa Market carries a host of organic Lundberg products, such as bulk rice, bagged rice blends, rice cakes, rice chips, risotto, rice couscous, pastas and rice syrup. Their products are Non GMO verified and eco-farmed to protect and preserve our delicate eco system. I cannot sing enough praises over this company!

On that note I would like to highlight a product I have come to love and that is Sweet Dreams Brown Rice syrup. It is a nutritious sweetener that is half as sweet as sugar and is recommended as a tasty alternative for those watching their sugar intake. You can bake with it, put on top of desserts or pancakes, and in your morning cup of tea. It is located in our baking section. I urge you to try it! Also on the Lundberg website there is a section listing products we carry for your special dietary needs, such as gluten free, kosher and vegan diets.

Sweet Dreams! Terri, Grocery Manager

Sushi Shorts

Sushi is a healthy balanced great food! And it is so inexpensive and easily made with your own two hands! There is endless variety of combinations of ingredients that everyone will love! In short , they consists of the following:

“Sushi Rice”, in our bulk section, or brown rice if you prefer! I have also used quinoa mixed with rice. The rice is seasoned with brown rice vinegar or my preference Eden Mirin rice wine, which gives the rice a pearly sheen and is slightly sweet.

The rice is then flattened onto sheets of nori sea vegetable. Top the rice down the middle with whatever suits your fancy, such as shredded carrot, sliced avocado, cucumber sticks, slivered red bell pepper, and some tempeh or tofu for added protein. Bay shrimp is another option.

Using a sushi mat, roll the nori up like a burrito seal the seam with water, then slice. Simple as that! We have all you need to make certain that your sushi rolls are not laden with refined sugars, chemical dyes, additives or preservatives. Just wholesome ingredients with optimum flavor, colorful appearance and your own special style! Come by the international aisle in Mariposa and pick up a free step by step “Eden’s Art of Sushi” instruction sheet and get rolling your own sushi! It’s fun and easy and the whole family can get creative!

Have a Happy Healthy New Year! Terri, Grocery Manager

Beer And Wine Notes From Debbie Mac

With the holidays in the rearview mirror and the New Year ahead of us we have great expectations of a wonderful new year and plenty of resolutions to fill!!! Hopefully at Mariposa we can all help get you off to a great start.

In the beer and wine department we try to provide local and organic choices with a variety available for all tastes. We now have Parducci Zinfandel and Pinot Noir along with a Chardonnay and the Sustainable Red and White that we normally carry. On display this month we have a Sparkling Wine from Terra Savia that is made with organic grapes, and two flavors from Weibel, Pomegranate and Almond. We are also featuring Muscat Canelli from Barra that is also organic and sweet. If you would like a sweet red wine there is Red Velvet from Cupcake vineyards. The ports we are featuring this month are Six Grapes from Grahams and Steel port. They are sweet but go perfect with dessert or chocolate. We also carry a chocolate Amore from Trentadue and a Frey vineyards no sulfate Late Harvest dessert wine.

There are studies that suggest that red wine has resveratrol, an antioxidant, which helps prevent damage to blood vessels, reduces bad cholesterol and prevents blood clots. Just remember, moderation is the key. Other foods containing resveratrol include blueberries, cranberries, and peanuts.

The beer continues to change with the seasons. We try to provide local beer along with suggestions from customers. We are looking into different gluten free beers that have been suggested. We hope to provide a good variety so there is something everyone will enjoy.



Terra Savia and Weibel sparkling wines

From Our Suggestion Box

Punch Cards (buy 10, get one free), for Wheat Grass shots, coffee, etc...

We do not give out punch cards so that we can keep our prices reasonable.

Bobs Red Mill Hot Cereal "Mighty Tasty":

Yes, this is something we can order, so look for this in the cereal section in the next couple of weeks.

Schisandra Berries and Reishi Mushrooms:

We will have our Bulk Herb Department look into ordering these two items.

Sami's Bakery crackers, Millet Flax and Garlic:

Our main distributor does not carry this brand, however, we will look into it.

Chocolate covered Oskri Coconut Bars:

We do carry Oskri Coconut Bars, but since we have a large selection of candy and treats, it's unlikely we will increase this section. You can, however, special order a case (box) of Oskri Original Coconut Bars with Dark Chocolate.

Individual Hansen Soda in the refrigerator:

We will work on changing out some of the individual drinks and making room for some of the Hansen.

Buffalo Jerky:

We do carry a wide variety of beef jerky, and will continue to look for a reasonably priced buffalo jerky.

Nantucket Nectars:

The Nantucket Nectars come from the Dr Pepper Snapple Group, not a brand that we carry. These drinks are not organic and are very high in calories and sugar. The calories range from 230 to 310 and sugar can be as high as 72 g.

KeVita probiotic drink:

The Grocery Department is working (as we type) on making room for this in the drink cooler, so look for it soon!

Vital Vittles bread:

This is impractical for us because we have to order 20 loaves of bread and this is a slow seller. We'd have to freeze the bread and this would compromise the quality. If enough people request its return, we could possibly bring it back on a small scale.

Brown Cow Plain Greek Yogurt, Cream Top, Pint:

Not offered in this size.

Badger Balm:

We do carry this product!

Bay Shrimp:

Fresh bay shrimp is not in season until April. The Frozen option is mushy.

"Kisses are a better fate than wisdom."
—e.e. cummings

Crunchy Winter Green Salad

This wonderful salad was adapted from a recipe featured in *Bon Appétit* magazine.

- 1 Fennel bulb
- ½ bunch of celery
- 1 watermelon radish
- 1 shallot bulb sliced very thin
- 1 Persian cucumber (optional)
- 3 tbsp. lemon juice
- 3 tbsp. olive oil
- Salt and pepper to taste

Using a mandolin or very sharp knife, thinly slice the fennel bulb, the watermelon radish, and the cucumber. Slice celery at the diagonal about 1/4 inch wide. Salt the raw vegetables to taste. Mix together oil and lemon juice. A nice touch is to add 1 tbsp. zest from your lemon. I also added some (a handful) of finely sliced dino kale. The salad is not only tasty but also beautiful.

All About Oats by Kevin Copperfield

I eat oats, you eat oats, Mariposa Market sells oats:

Just about everyone in the USA has eaten or is currently eating oats in one form or another. So where did oats come from? How are oats made? Can you eat them raw? Does a raw oat exist? Are they healthy?

The wild ancestor of our common oat, *Avena sativa*, and the closely related minor crop, *A. byzantine*, is the hexaploid wild oat, *A. Sterilis*. Genetic evidence shows the ancestral forms of *A. Sterilis* grew in the Fertile Crescent (that arc of fertile soil bridging the Red Sea and the Persian Gulf) of the Near East. Domesticated oats appear relatively late, and far from the Near East, in Bronze Age Europe (3200-600 BC). Oats, like rye, are usually considered a secondary crop, i.e., developed from a weed of the primary cereal domesticates, wheat and barley. As these cereals spread westwards into cooler, wetter areas this may have favored the oat weed component, leading to its eventual domestication. They have a lower heat requirement and greater tolerance of rain than other cereals such as wheat, rye or barley.

Today, most oats go through many processing procedures after the hull is removed. Because of this they also lose a lot of their nutritional value. It is advisable to look for oatmeal that has gone through the least processing. Doing so will help you get the most nutrition that a bowl of oatmeal can offer. For example, old-fashioned oats are the most processed since they have to be rolled and steamed. The bran is then removed which is where a great deal of the nutrients reside. The types that are least processed are steel cut oats and oat groats.

Oat processing is a relatively simple process—

Cleaning and sizing: Upon delivery to the milling plant, chaff, rocks, other grains and other foreign material are removed from the oats.

De-hulling: Centripetal acceleration is used to separate the outer hull from the inner oat groat. Oats are fed by gravity onto the center of a horizontally spinning stone, which accelerates them toward the outer ring. Groats and hulls are separated on impact with this ring. The lighter oat hulls are then aspirated away while the denser oat groats are taken to the next step of processing. Oat hulls can be used as feed, processed further into insoluble oat fiber or used as a biomass fuel.

Kilning: The un-sized oat groats pass through a heat and moisture treatment to balance moisture, but also to stabilize them. Oat groats are high in fat (lipids) and once removed from their protective hulls and exposed to air, enzymatic (lipase) activity begins to break down the fat into free fatty acids, ultimately causing an off-flavor or rancidity. Oats begin to show signs of enzymatic rancidity within four days of being de-hulled if not stabilized. This process is primarily done in food-grade plants, not in feed-grade plants. Groats are not considered raw if they have gone through this process: the heat disrupts the germ and they cannot sprout. Though technically not raw at this point, these groats are considered the most “raw” you can buy.

Sizing of Groats: Many whole oat groats break during the de-hulling process leaving the following types of groats to be sized and separated for further processing: whole oat groats, coarse steel cut groats, steel cut groats and fine steel cut groats. Groats are sized and separated using screens, shakers and indent screens. After the whole oat groats are separated, the remaining broken groats get sized again into 3 groups (coarse, regular, and fine) and then stored. “Steel cut” refers to all sized or cut groats. When there are not enough broken groats to size for further processing, whole oats groats are sent to a cutting unit with steel blades that evenly cut groats into the three sizes mentioned above.

Three methods are used to make the “finished” product—

Flaking: This process uses two large smooth or corrugated rolls spinning at the same speed in opposite directions at a controlled distance. Oat flakes, also known as rolled oats, have many different sizes, thicknesses and other characteristics depending on the size of oat groats passed between the rolls. Typically, the three sizes of steel cut oats are used to make instant, baby and quick rolled oats, whereas whole oat groats are used to make regular, medium and thick rolled oats. Oat flakes range from a thickness of 0.36 mm to 1.00 mm.

Oat bran milling:

This process takes the oat groats through several roll stands to flatten and separate the bran from the flour (endosperm). The two separate products, flour and bran, get sifted through a gyrating sifter screen to further separate them. The final products are oat bran and de-branned oat flour.

Whole flour milling

This process takes oat groats straight to the grinding unit (stone or hammer mill) and then over sifter screens to separate the coarse flour and final whole oat flour. This method is used often in India and other countries. In India whole grain flour of oats (Jau) is used to make Indian bread known as Jarobra in Himachal Pradesh.

Eating rolled oats raw: When it comes to rolled oats, they are usually all okay to eat “raw”. I use raw in quotations because they have already been steamed. So although minimally processed, they aren’t technically raw. The light steaming process, as well as the flattening of the surface, is a form of pre-digestion that makes the grains easy enough for our stomachs to handle. Thinner rolled oats are easier to chew on and might have a milder flavor than the thick-cut rolled oats but they are comparable in digestibility.

I hope this article was useful in choosing the right form of oat for your dietary needs.

Sumptuous Sweets—Double Chocolate Brownies

Sumptuous Sweets for Your “Val” (healthy too)

Recipe borrowed from veganbaking.net and adjusted to be gluten-free

Double Chocolate Brownies, Vegan, and Gluten Free

- 3 Tbsp. of water
- 2 Tbsp. golden flax meal
- 1 $\frac{3}{4}$ cups “Cup 4 Cup Gluten Free Flour” (in our bulk section)
- $\frac{1}{2}$ tsp. Xanthan gum
- $\frac{1}{4}$ tsp. baking soda
- 7 Tbsp. cocoa powder
- 4 oz. semi-sweet chocolate, chopped into $\frac{1}{2}$ in. pieces
- $\frac{3}{4}$ tsp. salt
- $\frac{1}{4}$ cup boiling water
- 1 $\frac{1}{2}$ cups sugar (or $\frac{3}{4}$ cup agave)
- 6 Tbsp. (80 grams) coconut oil or non-hydrogenated stick margarine, melted (not tub margarine)
- 1 $\frac{1}{2}$ tsp. vanilla extract
- 1 $\frac{1}{2}$ cup walnuts, chopped (optional)

1) In a small mixing bowl whisk together the water and flax meal. Let it sit for about 10 minutes so the mixture gets goopy. Preheat oven to 350F. If you wish you may line an 8X8 inch baking dish with parchment paper allowing excess parchment paper on opposite sides so you can pull the brownies out of the baking dish later. If not, grease the pan with coconut oil or vegan butter.

2) In a medium mixing bowl whisk together the flour, xanthan gum, and baking soda. Set aside.

3) In another medium bowl add the cocoa powder, semi-sweet chocolate, and salt. Add the boiling water and using a spoon, mix in the ingredients into a paste, making sure that all of the chocolate pieces are melted. Add the sugar or agave, coconut oil, vanilla extract, flax meal mixture from Step 1 into the chocolate mixture and mix until smooth. Stir in the walnuts if you're using them. Using a spoon, mix in the flour until well combined. The mixture will become extremely thick.

4) Transfer the batter to the baking dish. You may need to use your fingers or a spatula to press the thick dough into place. Bake for 35 minutes on your oven's lowest rack. Transfer the baking dish to a wire cooling rack and allow it to cool for about an hour.

5) Transfer the brownies to the wire rack by lifting them out of the baking dish by taking hold of the exposed parchment paper on each side. Allow them to cool completely before slicing into squares.



Thanks to Gaea for this recipe!

