

de Stolfe

Journal ●●●●●●●●

National Oatmeal Day 2019 | Special





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National Oatmeal Day is Tuesday, October 29, 2019.

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This special issue is all about the grain, oats!

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We live in the 21st century! Anywhere you see a web link like this, click it to go automatically to the webpage that it references! (Try it now!)

www.tophandgraphics.com/rg/journals



Comments by RG



Producer, RG de Stolfe

National Oatmeal Day

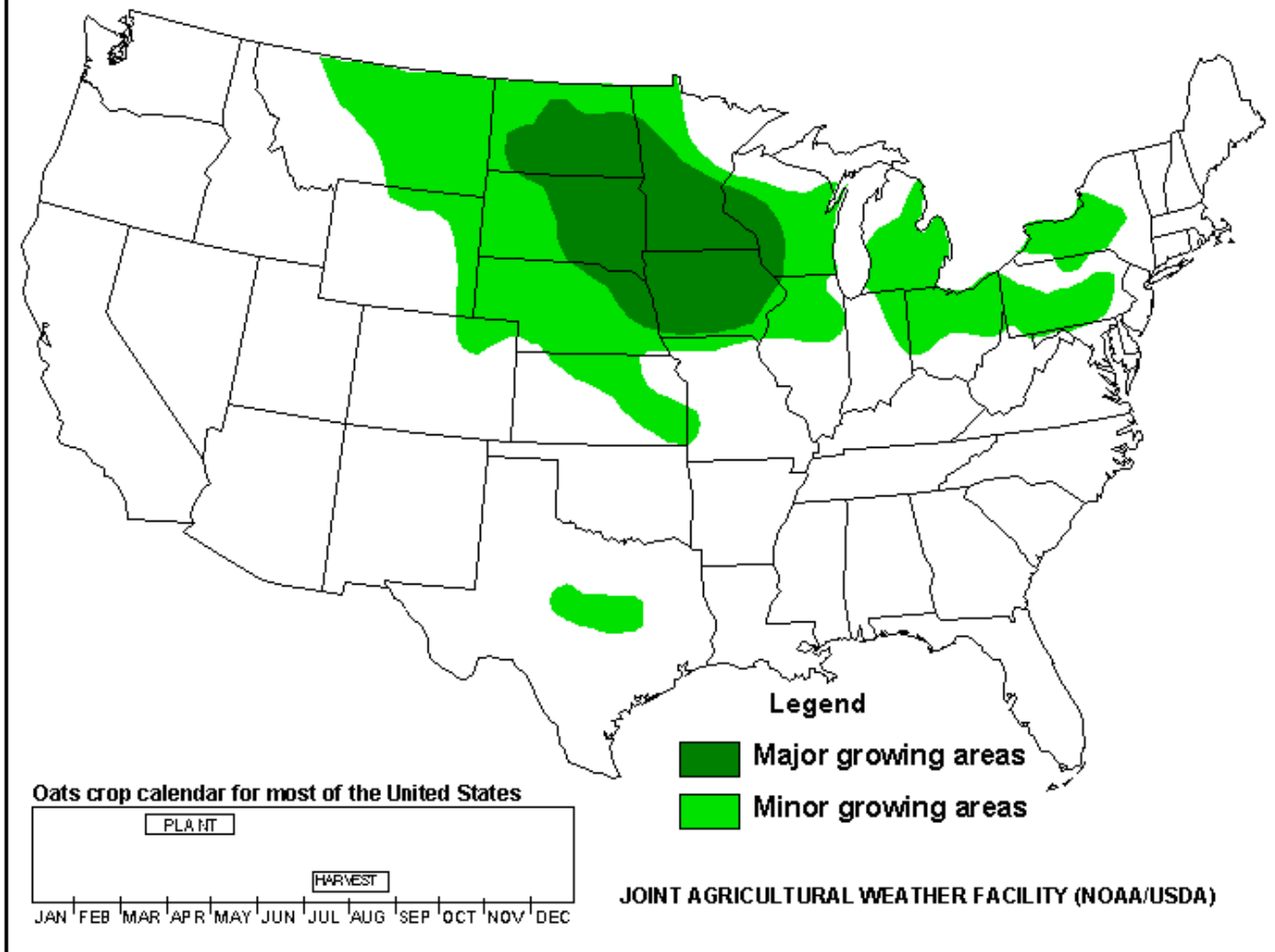
Tuesday, October 29, 2019

Okay, so this day is not nearly as interesting as National Pumpkin Day or International Coffee Day or National Doughnut Day, but it is still an interesting topic none the less, especially considering that few really pay much attention to it!

Browse through this brief special issue to learn more about oats and the variety of ways it is processed and used. You might just be surprised!

Enjoy!

United States: Oats



Source: <http://1664596.sites.myregisteredsite.com/wte/CropareasMaps/usa/USregions.htm>

Nothing But The Oats

What Are Oats?

Quite simply, oats are a grain, a plant. They grow in fields from seeds. They sprout and grow as a grass and produce a seedhead, which is a stalk that grows above the blades of grass onto which the seeds are

attached to the main stem. While they are similar to wheat, rye, and barley, their seeds look a little different. Humans and animals can eat oats and are easily digestible. Here's what the dictionary has:

1 **oat** \ 'ōt, usu ōd. + V \ *n* -s often attrib [ME *ote*, fr. OE *āte*]
1 a (1) : a plant of the genus *Avena*; *esp* : a cereal grass (*Avena sativa*) that is an important grain crop in temperate regions through its wide cultivation as a source of food for both human beings and animals (2) *usu* **oats** *pl* but *sing* or *pl* in *constr* : a crop of oats (<~s can be grown further north than

wheat>); *also* : a field or plot of growing oats (<the ~s are doing well>) **b** *usu* **oats** *pl* but *sing* or *pl* in *constr* : oat seed; *esp* : the seed of the cultivated oat plant **2** *archaic* : a crude reed instrument made of an oat straw : an oaten pipe

2 **oat** \ " \ *vt* -ED/-ING/-S *archaic* : to feed (a horse) with oats

oatcake \ 'e, = \ *n* : a thin flat cake made of oatmeal mixed with water, milk, or buttermilk and cooked on a griddle or in an oven

oat-en \ 'ōtən \ *adj* [ME *oten*, fr. *ote* + *-en*]
1 : made of oat grain or of oatmeal (<~ bread>) **2** : made of oat straw or of an oat stem (<a shepherd playing on an ~ pipe> (<~ thatch>) **3** : of or relating to oat plants (<~ hay> (<~ chaff>)

oat-er \ 'ōd.ə(r) \ *n* -s : HORSE OPERA

oat grass *n* **1** : WILD OAT **1a** **2** : one of several grasses of the genera *Danthoina* and *Trisetum* **3 a** *Austral* : ULLA GRASS **b** : an Australian forage grass (*Anisopogon avenaceus*)



oat 1a (1)

Nothing But The Oats

Once oats are harvested off the plants and processed to remove the hulls, what's left is the "groat", the oat seed or kernel. From there, the groats can be processed in a variety of ways for human consumption. The raw oats are also processed as feed for horses and other animals. Here are some of the ways to process the groats as we would recognize them.



Read More

- [Oldways Whole Grains Council](#)

Photo credits

Grain Millers (Raw Oats, Oat Groats, Rolled Oats, Quick/Instant Oats, Oat Flour)
Purcell Mountain Farms (Scottish Oats)
Whole Grains Council (Steel Cut Oats)

Raw Oats

This is what oats look like just after harvesting and before the kernels (groats) are separated from the hulls and stalks.

Whole Oat Groats

A groat is another name for a grain kernel. Whole oat groats are the result of simply harvesting oats, cleaning them, and removing their inedible hulls.

Steel Cut Oats

If you cut groats into two or three pieces with a sharp metal blade, you get steel cut oats. They cook quicker than whole oat groats, because water can more easily penetrate the smaller pieces. Steel cut oats are also sometimes called Irish oatmeal.

Nothing But The Oats



Scottish Oatmeal

Instead of cutting oats with a steel blade, the Scots traditionally stone grind them, creating broken bits of varying sizes, which some say results in a creamier porridge than steel cutting.



Rolled Oats—Regular

Rolled oats are often called regular or old fashioned oats. They are created when oat groats are steamed and then rolled (pressed) into flakes. This process stabilizes the healthy oils in the oats, so they stay fresh longer, and helps the oats cook faster, by creating a greater surface area.



Rolled Oats—Quick

If you roll the oat flakes thinner, and/or steam them longer, you create quick oats and ultimately also create instant oats. The nutrition stays the same (these are all whole grains) but the texture changes, often becoming clumpy or gluey.



Oat Flour

Oat flour is what you get when grind finely the groats. It becomes a whole grain flour that can be used in baking or to thicken soups and stews.

Horses Like Oats

Just because I can, let's talk about horses!
Horses like oats, which are easier to digest with less chance of colicing.

(Don't confuse horse colic with the human condition by the same name that babies can have. Horse colic is potentially lethal for horses! Baby colic is nothing like horse colic, even though the medical condition is similar.)

Horses are fed one or both of two types of oats, oat hay and grain feed.

Oat Hay

Oat hay is the same oats that humans eat, but that the entire plant is harvested while still green and baled. Oat hay is usually cheaper, though not as nutritious, than the other types of hay making it very popular as feed. Because the hay is not as nutritious, horses are often fed a supplement of grain feed.



Oat hay



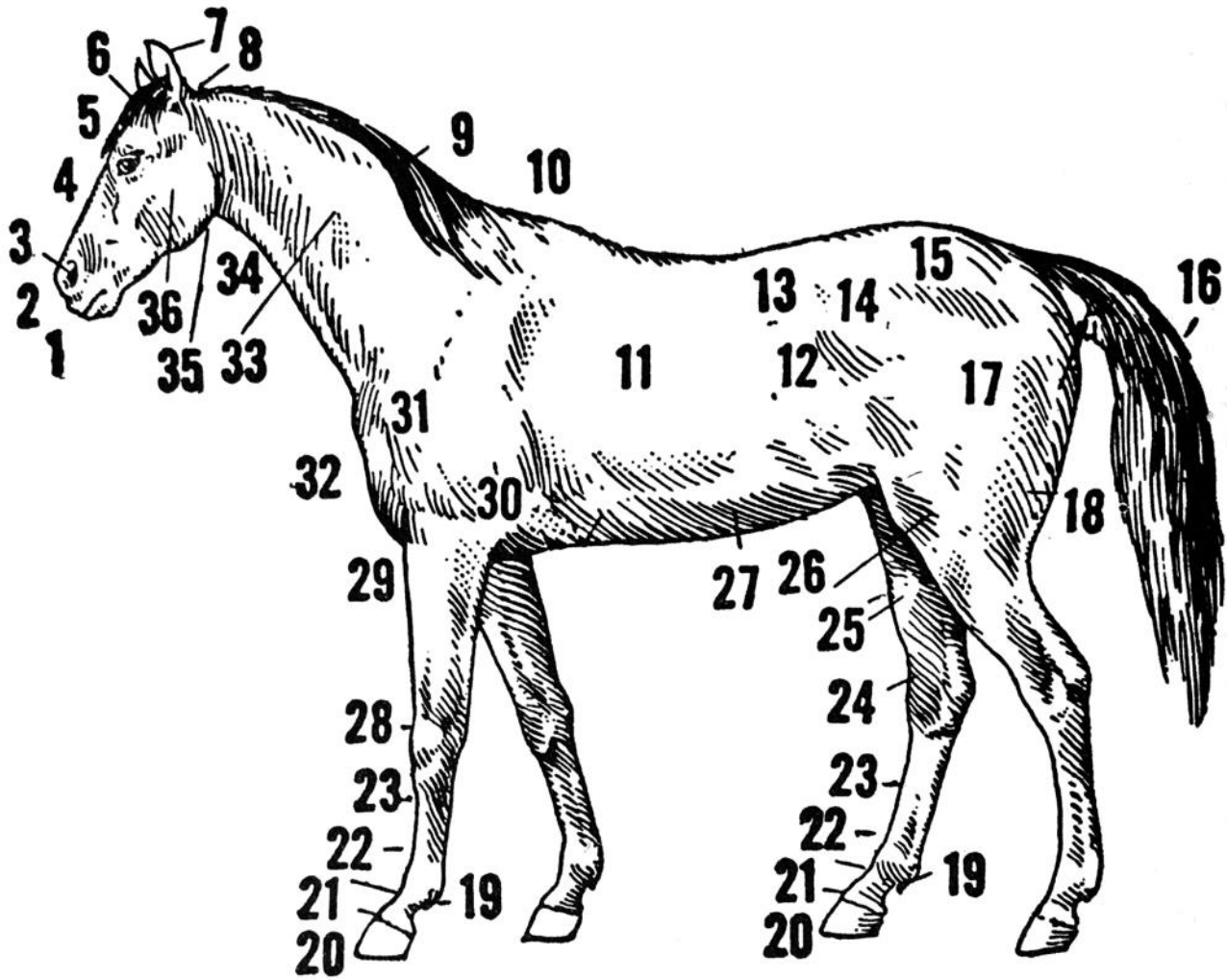
Grain Feed

Grain feed is often one of two types, regular or sweet. They can be pure oats or a mix with other whole grains.



Horses Like Oats

Anatomy of A Horse



parts of the horse: 1 mouth, 2 nose, 3 nostril, 4 face, 5 forehead, 6 forelock, 7 ear, 8 poll, 9 mane, 10 withers, 11 ribs, 12 flank, 13 loin, 14 haunch, 15 croup, 16 tail, 17 thigh, 18 buttock, 19, 19 fetlocks, 20, 20 hooves, 21, 21 coronets, 22, 22 pasterns, 23, 23 canons, 24 hock, 25 gaskin, 26 stifle, 27 belly, 28 knee, 29 forearm, 30 elbow, 31 shoulder, 32 breast, 33 neck, 34 throatlatch, 35 lower jaw, 36 cheek

What's with the "Milks"?

So, soy milk came around and people went crazy for it.



Then came almond milk, and again people went crazy for it!



Chocolate almond milk is actually really good!

What's with the "Milks"?

After that, manufacturers just got weird!



Now, the latest craze of the "milk" fads...
Oat Milk!



National Pumpkin Day

I continue briefly with the pumpkin pie spiced nonsense to mention about this one cereal.

This is Cheerios.

One of many varieties other than the plain Cheerios.

[And as a side note, I've never been sure just exactly how they made it "gluten free" when I was not aware that there was even any gluten in it!]

This flavor is delicious!

I first tried it in 2018 and ate the whole box in a few days!

It is similar to the honey-nut variety, but with the pumpkin and cinnamon flavors.

Try some today before it disappears for another year!



Now back to the regular topic of oats and oatmeal.

International Coffee Day

And you thought I couldn't also include something about coffee!



Many restaurants offer oatmeal as a breakfast item (which seems really weird to me for some reason).

Some of these restaurants include:

- *Dunkin' Donuts*
- *McDonald's*
- *Steak 'N' Shake*
- *Burger King*
- *Wendy's*
- *Panera Bread*
- *Denny's*
- *Starbucks*

National Doughnut Day

Or even that I couldn't include something about doughnuts from 2018!



*Pumpkin
oatmeal
doughnuts!*

Boom!

Baking with Oats

I posted this recipe in the May and June 2014 issues of the Journal after I started my job in Leadville that first year. As I recall, they were good, but I would adjust a few things from how I made them that time, namely to add more butter to the crumb topping. (or I might have accidentally forgot to add it!).



Oatmeal Muffins

Batter

2 tablespoons	butter
2 cups	whole rolled oats (“old fashioned”)
1¾ cups	flour
1½ teaspoons	salt
¾ teaspoon	baking powder
¼ teaspoon	baking soda
1⅓ cups	light brown sugar
6 tablespoons	melted butter
1¾ cups	milk
2	eggs

1. Preheat oven to 375°F.
2. In a pan, toast the rolled oats in the butter.
3. Then grind the oats in a food processor. Add in the flour, salt, powder, and soda and mix.
4. Then add in the brown sugar and melted butter. Mix. Mix together the milk and eggs until smooth.
5. Mix in half of the flour mixture with a whisk and add the rest. Let the batter sit for 20 minutes.

Topping

½ cup	whole rolled oats (“old fashioned”)
⅓ cup	flour
⅓ cup	pecans, chopped
⅓ cup	brown sugar
1¼ teaspoons	cinnamon
Dash	salt
4 tablespoon	melted butter

For the topping, mix all these ingredients together.

6. Using an ice cream scoop or a ½ cup, put into a buttered muffin pan (or possibly use muffin liners). The muffins will be near full. Then add about 2 tablespoons of the crump topping on top of the batter.
7. Bake for 18-25 minutes in the middle rack, rotating once.
8. Let cool and eat.

(from America’s Test Kitchen as seen May 17, 2014)

Baking with Oats

Cowboy cookies are basically chocolate chip cookies with the addition of oats. What makes them cowboy cookies specifically is with the addition of walnuts or pecans!

This recipe is mostly based on Cowboy Cookies found in Trail Boss's Cowboy Cookbook. Society for Range Management, 1985.

Cowboy Cookies

Makes 36-48 cookies

(This recipe is easily halved for a smaller batch.)

- | | |
|-------------|----------------------------------|
| 1 cup | butter (2 sticks) |
| 1 cup | sugar |
| 1 cup | brown sugar |
| 2 | eggs |
| 2 teaspoons | vanilla |
| 2 cups | flour |
| ½ teaspoon | baking powder |
| 1 teaspoon | baking soda |
| ½ teaspoon | salt |
| 1 teaspoon | cinnamon |
| 2 cups | quick oats |
| 2 cups | chocolate chips* (12 oz package) |
| 1 cup | chopped walnuts or pecans* |

**I find adding a little less makes the cookies better.*

1. Preheat oven to 350°.
2. In a stand mixer or with a hand mixer, cream the butter, then add the sugars and cream together.
3. Add eggs and vanilla and cream until smooth.
4. Add the flour and the other powders and mix thoroughly.
5. Add the oats, chocolate chips, and nuts and mix until combined.
6. Drop into rounded tablespoons (say walnut sized) on baking sheets lined with parchment.
7. Bake in oven one sheet at a time in middle of oven for 10-15 minutes until a golden brown. They will still be somewhat chewy with crisp edges.
8. Let cook on baking sheet for 5 minutes and put on wire rack to cool. (Or eat while warm!)

**Now a QUICK
Quaker Oats**
Cooks to perfection in **3 to 5 minutes**

The Secret Of quick-cooking oats

Now there's a Quick Quaker Oats, Mrs. Housewife. It is the quickest cooking oats in the world. It cooks in from 3 to 5 minutes, and cooks as well as an hour would cook it. Ask your grocer for Quick Quaker if you want this style.

Thin flakes, partly cooked

The difference is this: In Quick Quaker the oats are cut before flaking. They are rolled very thin and are partly cooked. So the flakes are smaller and thinner—that is all. And those small, thin flakes cook quickly.

That same super-flavor

All Quaker Oats are flaked from the finest grains only—just the rich, plump, flavorful oats. All the flavorless grains are discarded. So we get but ten pounds of these cream oats from a bushel.

That's why Quaker Oats dominates. Millions of mothers, all the world over, insist on this extra flavor, so their children will love oats.

That flavor is in Quick Quaker the same as in regular Quaker. So you always get it in the style you like best.



Regular Quaker Oats

Come in package at left—the style you have always known.



Quick Quaker Oats

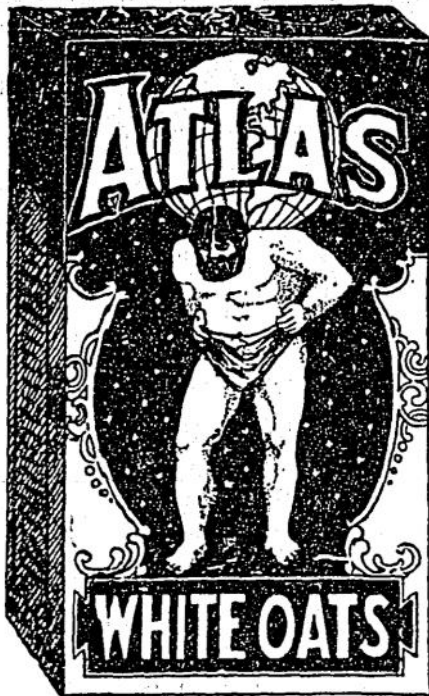
Come in package at right, with the "Quick" label.

Your grocer has both. Be sure to get the style you want.

Packed in sealed round packages with removable covers

*The Herald Democrat. [Leadville, Colorado]
Wednesday, March 21, 1923. Page 2.*

"DON'T LET THE CHILDREN FORGET
THEIR ATLAS IN THE MORNING."



ATLAS OATS are sold in two pound packages only.

ATLAS OATS are full of life giving strength, hence health.

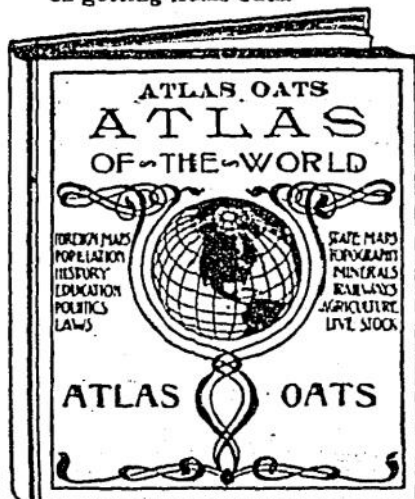
ATLAS OATS is far more economical than doctors and medicine.

ATLAS OATS contains more nourishment than meat, flour or potatoes.

ATLAS OATS is nature's own food for all her children, grown amid pure air and sunshine.

ATLAS OATS, A two pound package contains more strength than 20 loaves of white bread or 3 pounds of meat.

ATLAS OATS are kiln dried, not steamed; they have that sweet, nutty flavor so desirable. Your grocer can get them for you; insist on getting Atlas Oats.



This fine Atlas, containing 91 colored maps, 97 pages of reading matter, given a way for tickets in every package of Atlas Oats. Just what you want to keep posted on current events. Save the blue tickets. Write to us for list of other premiums.

**KANSAS CITY OAT MEAL & CEREAL CO.,
KANSAS CITY, MO.**

de Stolfe Journal.....

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