

# THE OATS STORY

## The production of oats



### 1 The Growing year

September | October | November | December | January | February | March | April | May | June | July | August



CULTIVATION DRILLING GROWING FERTILISING DISEASE & PEST CONTROL HARVEST

### 2 Processing

#### Stage 1

Incoming oats are sampled and tested for moisture content, weight and foreign matter. The oats are cleaned to remove the straw, stones and other unwanted items. After cleaning they are stored in large grain silos.

#### Stage 2

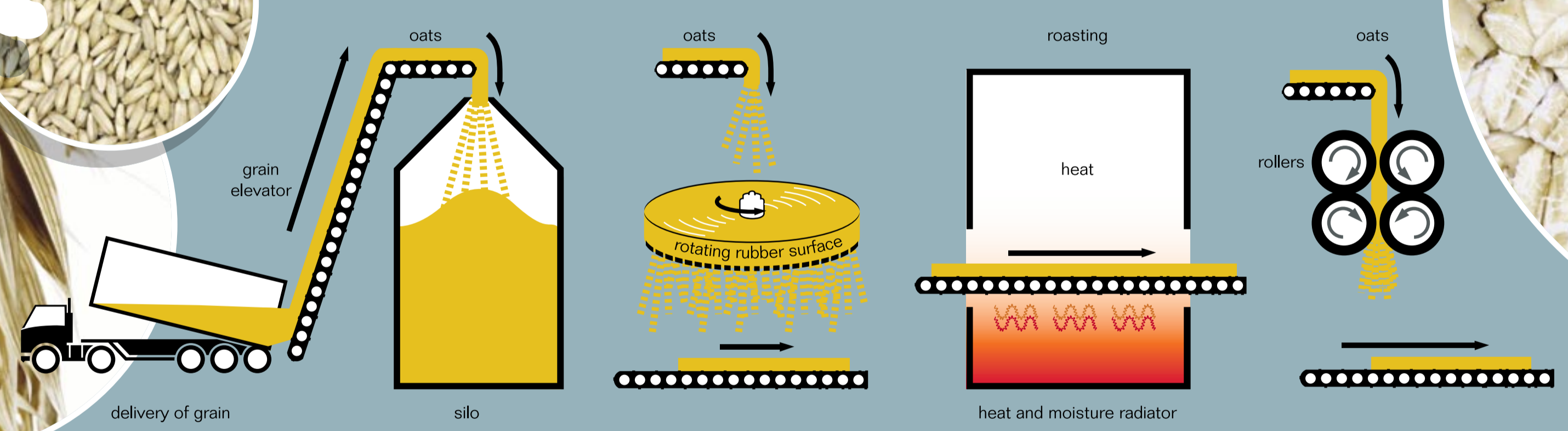
The oats are grown inside an outer protective husk, which needs to be removed. They are fed into a high speed drum, where they separate on impact. The hull or husks are ground and used for animal feed.

#### Stage 3

To prevent spoiling, the oats pass through a heat and moisture radiator which removes some of the moisture content. This process stabilises the product and develops the flavour.

#### Stage 4

The last stage of the milling process, the oats are rolled to produce oat flakes or ground to produce oatmeal.



### Oat Uses



PORRIDGE MUESLI BISCUITS EQUINE FEED CATTLE FEED SKIN PRODUCTS

## DID YOU KNOW?

### Oat Facts

**On average** nearly 700,000 tonnes of oats are produced each year in the UK.

Oats are low in sodium and a good source of potassium.

Oats can help to lower cholesterol when eaten as part of a low fat diet and healthy lifestyle.

Oats contain folic acid which is essential for healthy foetal development.

Oats are a good source of B vitamins particularly thiamine, riboflavin and niacin.

Oats - *Avena sativa* (Latin name).

**Skin** - The high levels of silicic acid in the straw extract will explain its use as a remedy for skin conditions, especially in external applications. Good for dry and itchy skin conditions.

**Three types of processed oat** - rolled oats also known as oat flakes, oatmeal which has had the tough bran removed and pinhead oats, also known as coarse oatmeal or steel cut oats.

Oats are a wholegrain food. Wholegrains have an approved Health Claim by the Joint Health Claims Initiative which states people with a healthy heart tend to eat more wholegrain foods as part of a healthy lifestyle.

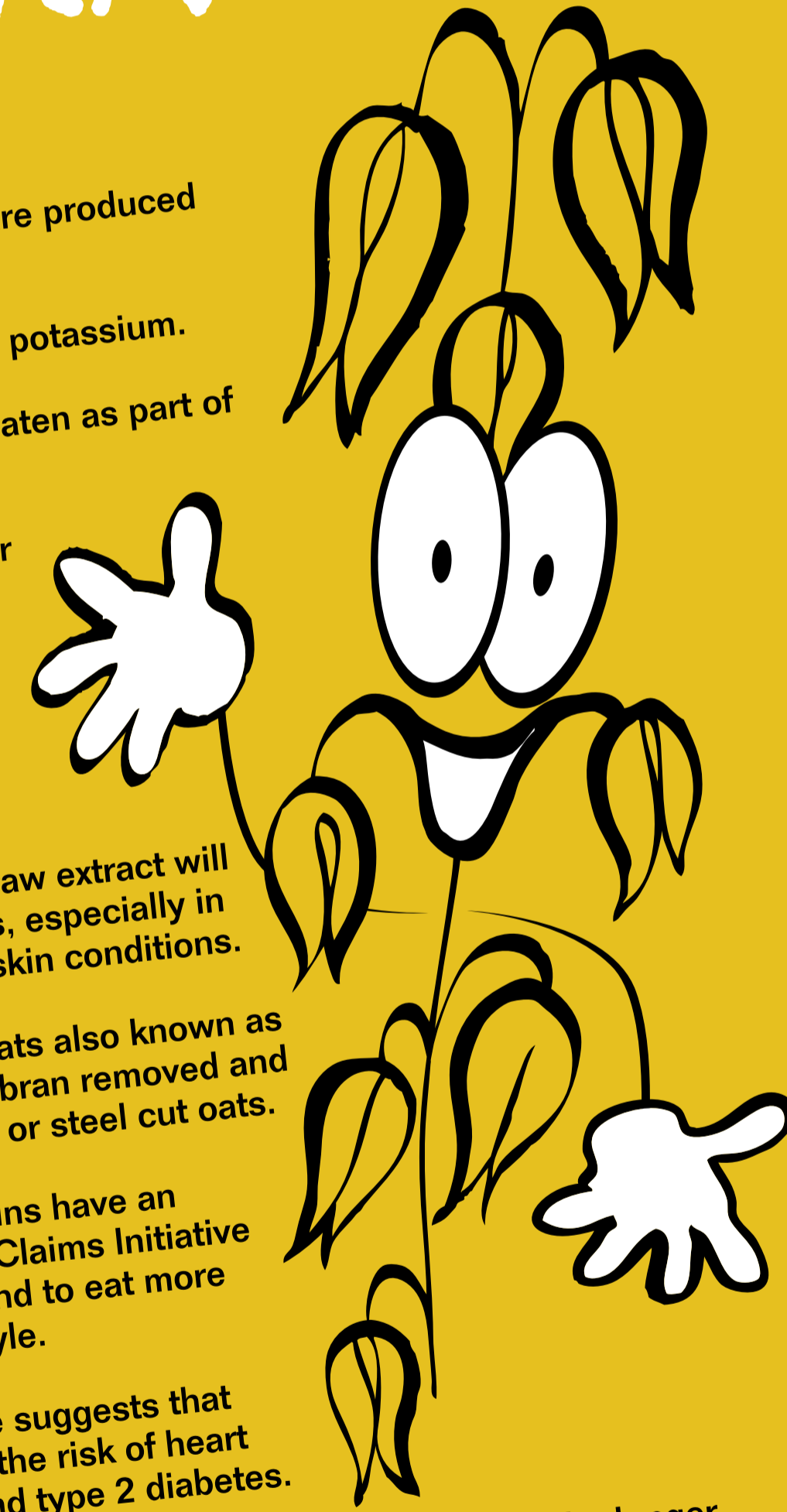
**Wholegrain:** A growing body of evidence suggests that diets rich in wholegrain foods can reduce the risk of heart disease, stroke, certain types of cancer and type 2 diabetes.

Oat based foods release energy slowly helping to make you feel full for longer and can therefore help with weight management.

Porridge oats and oatmeal are 100% natural with no added sugar, salt or additives.

**Collection** - harvesting is carried out in August/September. The oat grain is separated from the straw in a combine harvester and is transported to the farm grain store in a tractor and trailer. The straw is baled, stacked and used for animal feed and bedding.

**This is the Assured Food Standards mark** - If this mark is present on any product that you buy it guarantees that the product has been produced to a high level of food safety, environmental protection and animal welfare.



Information taken from Hamlyn's of Scotland