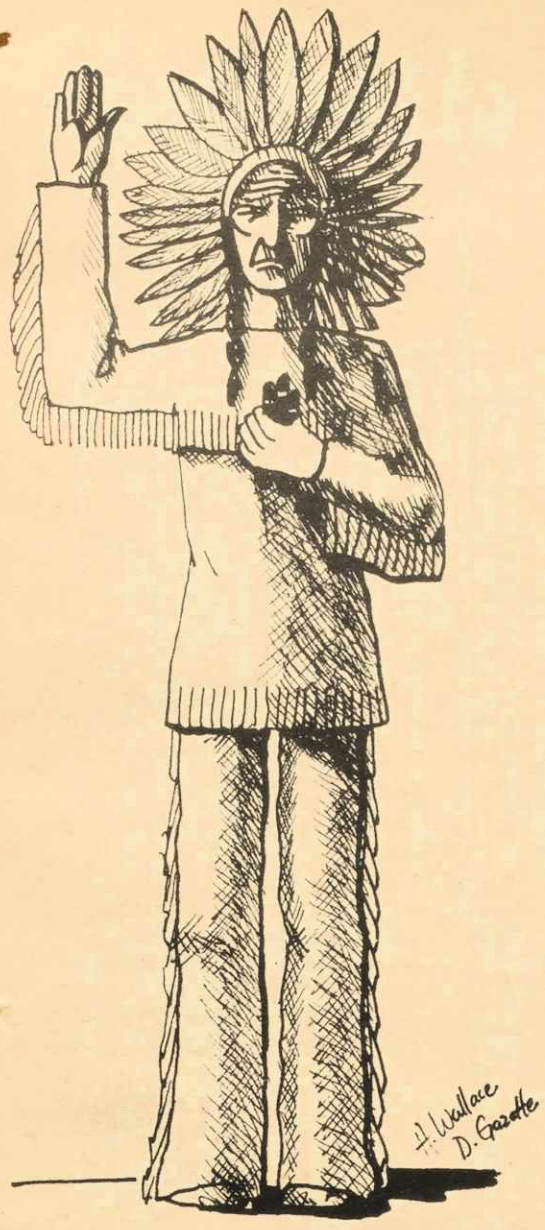

Yerba mate-is a natural cafine and the national drink of Brazil. **Confrey**-is a medicinal herb used and has been for hundred of years to help knit bones upon breakage. is helpful for respiratory illness.

Papaya-provides an enzyme which aids digestion.
Peppermint- soothes upset stomachs.

Part III The Staple's Stories

OAT STORY

When oats are harvested the indigestible outer hull is removed and there remains a grain the shape of an oval. This is the tastiest and most mutritious of all forms of oats. Put some of these oats in boiling water before you go to bed, turn off the heat, let them soak and heat them up in the morning. This makes an excellent, flavorful porridge.

Scotch oats or steel cut oats - is the name for oats in which each kernel is chopped into three pieces. It takes 10-15 minutes to cook scotch oats into a soft gruel. Oats are also ground on a stonemill but turn out more like a meal-half way between flour and cut oats. Oats processed this way are usually called wheel oatmeal or scotch oatmeal and are used to make scotch cakes or a good porridge. Few people have seen real oatmeal.

Rolled oats are also referred to as oatmeal. Rolled oats are made by steaming out the kernel at a very high temperature until very soft. The oat is then pressed to a nice round oat flake. Rolled oats take about 10 minutes to cook to a completely soft gruel. Old fashioned rolled oats really don't need to be cooked. You can eat them raw, or pour water or milk on them and let them soak awhile, or cook for 2-3 minutes. This way they are a little chewier but taste just as good.

Quick Oats - are large flakes of old fashioned rolled oats which have been chopped up. Five minutes of cooking time will turn quick oats to gruel.

Instant Oats - are powdered quick oats. You need only add boiling water to make them into gruel. Because there is a decrease in flavor each time you process the oats, instant oats do not taste as good as old fashioned flaked oats.

The YWCA is offering a course on "Cooking with Natural Foods." The course begins 5 October at the Y on Barrington Street.

FLOUR STORY

A whole kernel of wheat is 1/16 of an inch long and includes bran which is the outside covering on the kernel of wheat, the germ which is the little nip at the end of the kernel from which the new sprout comes and endosperm, the starchy part of the kernel used to make flour. A wheat kernel is 2½% germ, 14½% bran and 83% endosperm. The bran has most of the bulk of the wheat and alot of the minerals, and the germ has almost all the vitamins and a large amount of protein by weight. Most of the protein of the kernel is in the white flour.

In North America modern mills use grinders, sifters and blowers to separate the wheat kernel into its component parts - germ, bran, shorts, middlings, and several grades of white flour. (At the point in processing, the bran is cut up so finely it can't be separated from the flour. If there is more flour than bran you have middlings. If there is more bran than flour you have shorts. 28 streams of flour are produced and the streams are blended back together in different combinations to produce various types of flour.

Steel ground whole wheat flour is flour made by mixing back together the component parts of flour after it has been separated. This is done automatically by machine. The fact that the grinders have flaked the bran and germ explains why steel ground whole wheat flour has little flecks of brown and yellow.

Stone ground flour is wheat that is usually ground between two circular stones. This process pulverizes all the separate parts of the kernel to the same size so that you get an even brown color in your bread.

From 100 pounds of wheat, a flour mill will produce 72 lb. of flour, 26 lb. of animal feeds (bran, shorts, middlings, and germ) and 2 lb. of foreign wheat seeds such as barley seeds.

Once the flour is ground, it would normally take it three months to mature. At three months it has optimum baking characteristics such as causing the bread to rise consistently. Before three months, bread made with this flour is likely to rise to varying degrees. It would take a lot of money to tie up warehouse space for the three months aging process. Therefore, the processors add a chemical called a maturing agent. This is an oxidizing agent which artificially matures the flour. A gassing agent is also added to the flour to make sure that bread baked with it will rise to the same height each time. A bleach is then added to turn the newly, ground creamy flour to the white color that it would acquire during a natural aging process.

All the chemicals used for maturing, gassing and bleaching the flour are approved by the Food and Drug Administration and supposedly have proved safe for human consumption.

Natural flour is regular white flour to which no chemicals have been added. Neither have vitamins or bran been added back.

Unbleached flour has not bleach added but it does have vitamins and a maturing agent added to it.

It has a very gradual deterioration up to one year old under suitable conditions. It is not the snow white flour that we know and love so well.

The Nutrition Canada Survey, the most comprehensive nutrition study ever undertaken in Canada, was carried out over a period of two years (October 1970 to October 1972).

The survey sample consisted of equal numbers of men and women from various age and income groups.

The Nutrition Survey shows that approximately half of the adults in Canada are overweight.

SUGAR

Sugar cane is **mashed** up and the fibres are separated to produce a sweet, syrupy sticky mass of dark brown crystals. The liquid is then taken off, leaving raw sugar which is large crystalized dark brown chunks largely composed of sucrose but also containing a lot of minerals, notably calcium and a few valuable trace minerals like chromium.

Big boats carry cargoes of this raw brown sugar to Canada where at Canadian refineries the dirty brown sugar is processed into clean, bleached white sugar which is 99.9% sucrose. There is no stage in processing in which it is possible to take off clean raw sugar. A valuable by-product of this refining, however, is blackstrap molasses which contains all the minerals and vitamins present in the raw sugar. Blackstrap molasses is high in calcium, minerals and B vitamins B1 and B2. Blackstrap molasses is 60% sugar and 40% minerals and extremely bitter. It is often prescribed as a tonic. Add a tablespoon of black molasses to a cup of hot water with lemon juice added.

BROWN SUGAR

Brown sugar is white sugar, 99.9% sucrose with molasses added back and recrystalized. Even what is popularly called raw sugar is the same thing - white sugar with the molasses added back and recrystalized. There are varying grades of "raw" sugar. Demerara has the lowest proportion of sucrose - 88%.

MOLASSES

Store-bought molasses is made with sugar syrup and black strap molasses. The percentages vary with brands but generally it is 80% sugar syrup and 20% black strap. The heaviest black strap brand available on the market is called cooking molasses which is 80% black strap and 20% fancy (table molasses). This molasses sells only in Newfoundland. Blackstrap molasses can be made an excellent table molasses. Mix it half and half with honey. The honey stretches out the full bodied flavour of the blackstrap molasses and makes it less bitter.

HONEY

All honey originally comes from the hive in liquid form but in North America it usually crystalizes after 3-6 weeks depending on the blossom the bees have eaten. Because liquid honey crystalized, people thought the bees had been fed sugar. It was called sugared honey and promptly rejected. Honey processors, frustrated by the reaction of housewives, started to liquify it. In order to maintain honey as a liquid, it is heated to 165F. It will then stay a liquid unless refrigerated which may cause it to crystalize. Nobody knows about the enzymes of honey but people know that raw honey, which hasn't been subjected to any heat, will ease a sore throat and a cold better than pasteurized honey. Raw honey usually tastes better.

Heated honey was then called pasteurized honey - a misleading term since the honey is not actually boiled. But the word had appeal for both honey producers and consumers because it is associated with cleanliness and safety. Few people know that honey is a natural antiseptic and antibiotic simply because it is too sweet for germs to live in.

Nevertheless, honey is heated to a temperature of 165° to keep it a liquid, and to prevent fungus and yeast growth. Some beekeepers use holding tanks which have an automatic heater set at 120° F - a minimal temperature to keep the honey moving. This frees the farmer to tend to other business since he simply melts down the honey should it solidfy. On the other hand people who produce raw honey work at least twelve hours a day during honey harvesting time. They have to package the honey before it solidifies or be left with the task of scooping out tons of solidified honey by hand. Understandably, raw honey is not plentiful.

In the southern states and the tropics there are certain honies that rarely solidify. This depends on the blossoms the bees have eaten. Eucalyptus and orange blossom honey for instance, can stay years in a jar without crystalizing. A Canadian liquid honey has been either pasteurized or heated or is less than a few months old. Since pasteurized honey is flash heated at 165°F for a few seconds only, it is probably better than heated honey which is maintained at 120° for several hours. Another complication arose with marketing honey. When honey crystalizes naturally sometimes, large coarse crystals form. Since some people did not like these large crystals, the processors mixed the pasteurized or heated honey with a small amount of fine crystal honey, and stirred it around for several hours. This is called creamed, whipped or churned honey. In most cases pasteurized honey is used to make creamed honey.

Every honey is different since the taste depends upon the blossoms eaten by the bees. Nova Scotians prefer the distinctive taste of local honey. Western honey produced by big co-operatives is cheaper but has a uniform taste since so many types of honey are mixed together.

OIL

In the processing of soybean, sunflower and other seeds, the seeds are cooked to a pulp, then auger-presses squeeze the pulp. Because this process releases only 2/3 of the oil, a solvent is floated over the pulp which dissolves the oil. This oil floats to the top and is skimmed off. A heating process evaporates the solvent leaving the oil solvent-free. The oil obtained from both processes (pressed and solvent-extracted) are combined.

At this point the oil is full of color, flavor and vitamins. However, the natural dark coloring of most oils was though to be unappealing. Therefore, manufacturers bleach the oil until it is completely transparent, an equally unappealing color. So, the manufacturers color it to a mellow yellow and put it through four or five different steps to purify, it of sediments which would settle to the bottom or cloud it. Processors heat the oil to 400° F with steam, and filter it through diatomaceous earth, chemical filters, degummers and boric acid. The finished product lacks taste, smell and vitamins. All tasteless, odorless oils have been chemically refined.