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T H E G o l d e n S p u r t l e

Annie Gough

If you take a trip to the Scottish Highlands, Inverness and Aviemore are two spots that would likely be recommended to you. The former, for being the hub of the Highlands and in close proximity to the infamous Loch Ness, and the latter for its stunning natural views and ski slopes. But nestled in between the two is the quiet town of Carrbridge. It doesn't have much to offer apart from its photogenic stone bridge. But one day every year, for the past 26 years, it becomes an international hub celebrating one of the world's most humble dishes: porridge. The event is The Golden Spurtle: The World Porridge Making Championship. What is a spurtle, you may ask? It is a classic wooden utensil (think spoonless spoon, or tapered stick) found in every Scottish kitchen, used primarily for stirring porridge

and stews. The name, just like the championship, may sound silly, but the level of competition is incredibly high, and participants take the challenge to heart.

"We use oatmeal a lot in Scotland – not just for porridge – mostly because it's very good for you," said head judge of the 2018 competition, Colin Bussey, in a video interview sponsored by the competition. Bussey, previously the head chef at the renowned Gleanagles Hotel and now the Managing Director of Food and Beverage Solutions Ltd, is a celebrity chef in Scotland well known for his execution of traditional Scottish dishes. His presence is proof that the Golden Spurtle is no trivial, podunk contest.

It all started when Roger Reed, owner of the Fairwinds Hotel in Carrbridge

and secretary of the Carrbridge Community Council, was trying to come up with ways to bring some more foot traffic into the village. A competition sounded like a good idea – loads of towns have silly, whimsical competitions. So Reed got to thinking, and a porridge contest seemed like a good shout; oats are a staple in Scottish fields and pantries, and worth celebrating for its accessibility and health benefits. Reed got Duncan Hilditch of the local Ecclefechan restaurant involved, who recruited some fellow chefs as judges, and the two organized the event in record time.

In September of 1994, porridge fans from all over Scotland came to

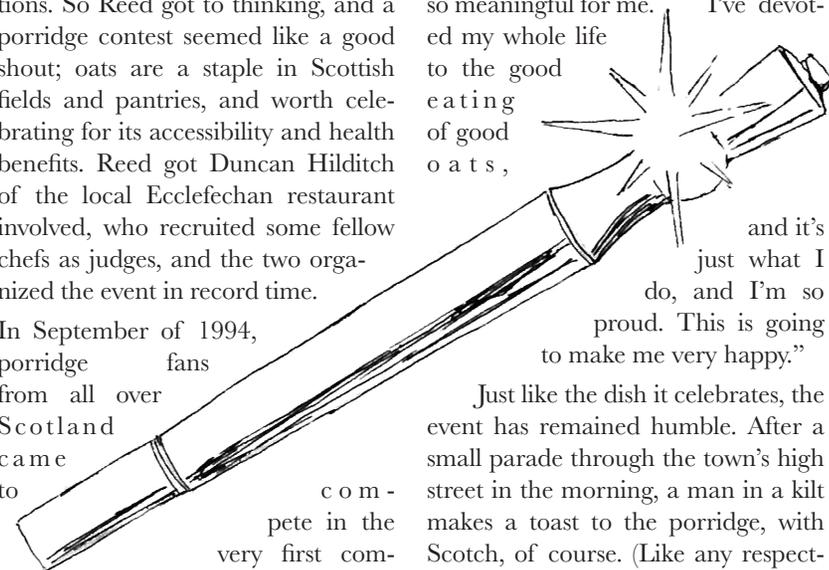
compete in the very first competition; local B&B owner Florence Ritchie took the top prize.

As the humble grain surged into the limelight on a wave of creamy oat-milk, the quirky contest grew. In recent years, porridge enthusiasts from as far as North America, Australia and Russia have trekked to Scotland for their chance at claiming the Golden Spurtle. Professional and amateur cooks alike compete (and have won). Because of the popularity, there is an application process vetted by the organizers, with only a few dozen able to compete. Bob Moore (yes, THE Bob of Bob's Red Mill) took home the trophy in 2016.

"When my name was called out, well I actually started to cry a little bit," said Moore in a video produced by his company (it's only a couple minutes and well worth the watch to get you feeling all warm and fuzzy). "It's so meaningful for me. I've devoted my whole life to the good eating of good o a t s ,

and it's just what I do, and I'm so proud. This is going to make me very happy."

Just like the dish it celebrates, the event has remained humble. After a small parade through the town's high street in the morning, a man in a kilt makes a toast to the porridge, with Scotch, of course. (Like any respectable Scottish event, plenty more whisky is dolled out throughout the day to keep spirits high.) Local volunteers assemble at Carrbridge's village hall, which has arched wooden beams and a graystone exterior that give it the look of a stripped down church. By 10 a.m., it's packed with competitors, judges, volunteers, spectators and media buzzing about. There are multiple heats (last year, there were five), each lasting only half an hour. Because it's just a wee village hall, only six cooks can compete at the same time, set up on card tables and portable gas hobs; the volunteers' efficient turnover of tables and dishes is crucial to keep the day moving smoothly.



Milky Oats

Katherine Rapin

Participants compete for three awards. First is the original Golden Spurtle, for traditional porridge in which contestants can only use oats, water and salt (some even bring water from their own well, to maintain a level of consistency and individuality). The ratio of these ingredients, as well as the stirring is key, along with fresh oats, no matter what kind (so no, the carton of Quaker that's been sitting in your pantry for a year won't do). Contestants can get as creative as they like with ingredients for a shot at winning the Specialty Porridge Award. Past winners have come up with recipes such as a Scottish tapas platter—the spread includes oat flour tacos, oat nacho chips, and toasted oatmeal and coconut tiger prawns—and Mexican mole on oatmeal pancakes. Finally, there is The Silver Spurtle, for junior competitors ages 8-16. Three judges – often renowned British chefs – do blind tasting of all the porridge that is cooked up for them.

While the competition is indeed spirited, there's a sense of camaraderie; after the awards are given, contestants, judges and locals all gather at the pub to celebrate a job well done and, of course, everyone's favorite grain.

These people *love* porridge.

In a documentary made by the award-winning Fergus Thom following the 2014 competition, Ian Bishop, a Carrbridge local and longstanding competitor, makes porridge at home while talking about his introduction to the event. He “stirs like bugger!” as he puts it, then tenderly adds cinnamon, sultanas, bananas, apples and homemade jam to the top.

“I can't tell you how good this is,” he mumbles between bites. It's as if he's discovered an entirely new food, his tone is so blissful. “I really can't. I can't put it into words.”

For more information on the cook-off, winning recipes and endearing videos of past competitions, visit goldenspurtle.com.

Nicole Boice was working at North Star Orchard when she had her first life-changing cup of tea. She found that tea made with fresh herbs—like mint and chamomile—tasted dramatically different than the dried, bagged and boxed kind most of us are used to.

She found herself gravitating towards the potent plants. She founded Oma Herbal Tea and runs her own small herb farm on her family's one-acre homestead in Schwenksville, PA.

She grows a small patch of oats to be harvested young and green and used in her teas and tinctures. Milky oats are soothing, benefitting the nervous and digestive systems, Boice says. (That's the common consensus among herbalists, but I couldn't find a single study on it. We know oats have magical properties, but please, integrous scientists, study this so we can understand why.)

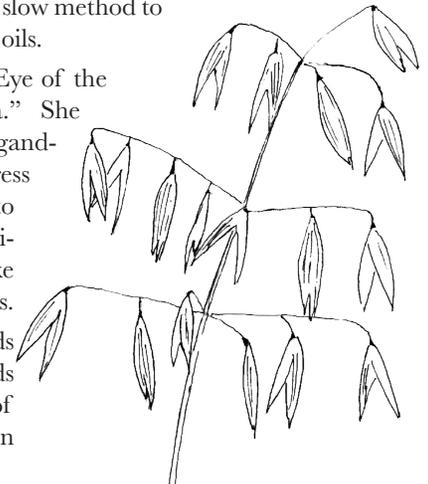
In early March, she scatters seed across a 2,000 square-foot patch by hand and then rakes them in, hiding the plump oats from the birds.

Around the end of June—when the seed is in the milk stage and oozes a creamy liquid when squeezed—they're ready to be harvested. “You want to get the majority of the seed heads when they're a light yellowish green,” she says. She harvests by stripping the immature seeds from the straw by hand. Immediately after, she cuts the straw to be dried and mixed into tea blends.

She uses a quarter of her 40-pound harvest to make fresh milky oats tincture; the rest are laid on screens in her drying shed for about a week. “I try to keep it between 80 and 100 degrees,” she says. “I usually have the woodstove going to combat humidity.” She uses the low and slow method to preserve the brightest flavors and essential oils.

She mixes the dried oats into blends like Eye of the Tiger, which she calls her “focus tea.” She developed the blend around the ashwagandha root, which is said to reduce stress and boost mood. “I included herbs to accent its mood balancing and anti-inflammatory properties,” she says, like mint, holy basil, lemongrass, and milky oats.

For steeping this tea, she recommends crushing one tablespoon with your hands to release the volatile oils. Pour one cup of boiling water over herbs and steep for ten minutes before enjoying your first sip.



M o r g a n i c s

Katherine Rapin

Fresh oats first caught my eye through the little cellophane window of a brown bag at the farmers' market. In my pot, they cooked up creamy, forming a rich, silken beige... I sent fan mail to the farm.

I heard back from long-time organic farmer Scott Morgan. He ran the organic vegetable operation at Blue Moon Acres in Pennington, NJ for 10 years—helping them expand beyond the specialty microgreens they were known for among Philly chefs. And then he had his life-changing fresh oat moment during a visit to Castor River Farm south of Ottawa, Ontario.

George Wright and Kim MacMullin raise organic (leaning biodynamic) pork, chicken, and eggs and grow spelt, rye, buckwheat, barley, wheat and oats. They sell whole grains and fresh flour at local farmers' markets, and have become known for the steel-cut and rolled oats Morgan tried when he visited.

"I experienced what fresh oatmeal tasted like and realized there was an opportunity in the marketplace," Morgan says.

He now grows 10 acres of oats on his own farm in Hillsborough Township, NJ and sells fresh-rolled oats and whole groats year-round at area farmers' markets (including Headhouse Market in Philly).

One thing he's learned about growing oats in New Jersey over the past few seasons: you must plant them as early as possible. After the ground has softened and dried out just enough, ideally early March. "If you can't get in until mid-April, you're screwed," he says.

Oats take about 120 days to mature and they prefer relatively cooler weather; if they're planted as early as possible in the spring, Morgan can harvest before consistent 80-90 degree weather hits mid-summer. He usually plants the oats around the spring equinox and harvests by the fourth of July.

"And in between that time, I really don't do anything except watch it grow," he says, with the exception of weed management tasks at the very beginning of the season. While the oats are just small grassy sprouts, he

drags what looks like a massive wide-tooth comb through the rows to uproot weeds. This critical process gives the crop a head start in the organic farmer's endless quest to outcompete weeds.

Come late June, as the oats turn golden in the field, Morgan will walk through his fields and pull a few heads to check the moisture content. He's looking for 13% moisture or less—which ensures good storage capacity. If they're dry enough, he'll harvest. (If necessary, he'll dry the grain out further by blowing warm air through the harvest sacks.)

Once the combine cuts the oat tops, Morgan tills in the golden straw. "I'd rather turn it back in and use that as fertilizer than sell it for a couple bucks and have to buy those nutrients to put back into the soil."

Morgan grows "naked," or hullless oats (*Avena nuda*), which means the seed easily sheds its hull during harvest. (Common oats hang onto their protective, inedible hull, which requires another step of processing to remove.) After he cleans the seeds—

blowing away any lingering hulls and sorting out the grain from stones, weed seeds and other debris—some are packaged up whole, and some stored to roll fresh before market. Morgan says he sells more rolled oats than whole groats, ten to one. Which is in part because his rolled oats are so different that what you can get at the store. (And in part because many of us don't know what to do with whole oats... see page 12!)

"The big guys polish which pulls some of the bran off and gives the oats a more uniform color," Morgan says. "Then they're steamed to soften, rolled, and roasted to make them shelf stable." The method he uses is called cold rolling. It's a louder, dustier process that yields a less uniform flake—none of which matters when you're after optimal taste and nutrition.

"You've got all the goodness that's in the whole live seed in the oatmeal."

Country

Boy

Breakfast¹

Scott Morgan

½ C. cooked oat groats (see page 12)

2 tsp fat (we like to use coconut, bacon or butter)

1 tbsp fresh grated ginger

drizzle of sesame oil

5 kale leaves, cut into slivers

dash of salt

leftover pulled pork from last night's dinner :)

homemade aioli

2 eggs

- Melt fat in pan, add all other ingredients into pan. Cook on medium to medium low for 5-10 minutes. You may need to adjust heat according to pan and stove top. You will know they are done when they are crispy and slightly browned. When finished place on a plate, top with the fried egg and warmed pulled pork, and finish with a drizzle of homemade aioli.
- You'll never go back to biscuits.

1 For an extra luxurious bowl of oatmeal, try toasting organic's oats in coconut oil before cooking with just water and a heavy pinch of salt. Morgan prefers savory oats, and he likes them whole as they are here.

The Naked Oat



Naked

A Beginners Guide to Whole Oat Cookery

Ana Caballero

Our oat-eating culture largely revolves around breakfast. Whether steel cut, stone ground, or rolled flat, the broken-down kernels are usually made into granolas, baked treats or that mushy goodness we know as oatmeal. But uncrushed, in its whole form, this grain is very versatile and deserves more attention in the kitchen, especially in savory preparations.

At the bakery, we use naked oats, or hullless oats, which differ from conventional ones in that the grain threshes free from the husk during harvest. We get them from Small Valley Milling in Halifax, PA. Since we have at least 200 pounds on hand at any given time, I've been using them for my many oat experiments.

SENSORY STUFF

Whole oats (or groats) can be best appreciated cooked in lightly salted water. In my opinion the savory contrast helps bring out their natural sweetness and toasty undertones. When cooked, the groats reveal their unique texture—a very fun bite that evolves from snappy to creamy as you chew.

What about the sliminess?

Oats contain more soluble fiber than any other cereal grain. When this soluble fiber—known as beta glucan (which lowers cholesterol and blood glucose)—comes in contact with water, it creates a viscous fluid that's slimy or gel-like. If you're not going for a porridge-like dish, this texture might limit your interest in cooking with oats. But an advantage of starting with whole oat groats is that you can almost entirely control this texture.

COOKING WHOLE OATS

One part dry groats yields two parts cooked groats

- In a pot, bring one part oats to three parts water (by volume) to a boil. Reduce to a simmer and let cook. You want the cooking liquid to evaporate, so cook with a partially fitted lid or with the lid off (just make sure the water doesn't fall below the level of the grains). Add salt to taste towards the end of the cooking process. For the first 45 minutes, you can walk away and forget about them. Around the 45 minute mark, start tasting.

At the 45 min mark

→ *45-60 min mark*

→ *60 min on...*

Oats are slightly 'al dente' and cooking liquid shows very little to no viscosity.

Oats are soft but still have some texture and cooking liquid has a light silkiness.

Oats will progressively break down and the cooking liquid gets creamier and/or gummier.

I am personally not a fan of al dente oats. My favorite is the second stage because that's when the qualities of the whole oat really shine, especially if eating plain or mixing with other ingredients in loose risotto-like consistencies (the cooking liquid at this stage helps build natural sauciness to whatever you mix it with). If you are looking for more of a porridge or congee-like texture, I would suggest cooking it well over 60 minutes. In the end, it all depends on preference and application.

RECIPE TIME

In the past six months, between staff meals and recipe testing, I have cooked many oat dishes. Some have been worth documenting. The recipe below has a couple steps to it but is worth the process. It can also be used as a base recipe—you can switch out the veggies and seasonings as desired. In my experience, what needs to get used up first in the fridge is often the best source of creativity.

Ginger-Fried Oat Bowl with Veggies & Amino Marinated Egg

To make the ginger fried oats:

Two cups will yield around one and a half cups of crispy oats

2 cups of cooked oats, strained from liquid (simmered for 45-60 mins, as above)

1 tsp of finely minced or grated ginger

1.5 tbsp liquid aminos (can substitute for soy sauce)

Vegetable oil (enough to fully submerge the oats in oil)

- Heat vegetable oil in a pot at around 325-350°F (you will know when the oil is ready by throwing a kernel into the hot oil, if it immediately spits and rises to the surface your oil is ready). Stirring occasionally, fry oats until crispy—you'll know they're done when bubbles subside, which is a signal that the liquid has evaporated from the grain. Strain from oil.
- Place a shallow pan over medium heat and add enough to lightly coat the pan. Add ginger and stir until it just starts to brown. Return fried oats to the pan and add the liquid aminos. Stir continuously until the oat kernels have absorbed all the aminos and the liquid has completely evaporated (around one to two minutes). Transfer the oats to a pan lined with paper towels and let cool. Once cool, store in a tightly sealed jar—they'll stay crispy for about 10 days.

FOR THE VEGGIES

- Start with a base of diced and sauteed alliums (onions, garlic, leeks etc.). Select a mix of veggies of your preference and rough chop into small pieces. Add to the pan and brown a little. Add water or stock, just enough to cover the vegetables. Add seasonings of your choice (curry paste, harissa, aromatics etc.) and let simmer without a lid for at least 15 minutes or until the liquid is barely covering the bottom of the pan. Add salt to taste. As a rough guideline one part cooked veggies into two parts oats works very nice.

ASSEMBLING

- Mix the veggies into the cooked oats. You want the final mix it to resemble a loose risotto consistency. Taste and season as needed. Right before serving, fold in a couple handfuls of crispy oats and pour into individual bowls. Slice an amino marinated egg (I've run out of space to give you this recipe but there are plenty on the web—search 'soy marinated egg') in half and nestle into the oats. Top generously with more crispy oats, fresh scallions and chili oil.

OTHER DELICIOUS WAYS TO USE OATS:

- Market ratatouille and fried egg over boiled oats
- Vinegar braised chicken with mushrooms and oats
- Oats with braised octopus and potatoes
- Nixtamalized oats with black mole, raw onion and feta
- Radish salad with oats and avocado
- Soupy beans over oats with miso roasted turnips and pickled fennel

Oatcakes:

The OG of

Scotland

Lex Ridgeway

Nope, it's not actually cake. Straddling the fence between crackers and biscuits, these babies are one of the oldest staples of Scottish cuisine. The first recorded mention of them was in AD 43 during the Roman conquest! Because of Scotland's notoriously damp climate, not many grains could thrive in their soil. Enter the mighty oat. Travelers and soldiers alike were known to carry sacks of oatmeal and a small frying pan to make a quick meal that would satisfy their hunger along their journey. Throughout the medieval period, Scots relied heavily on oats as a filling and nutritious crop, along with many other counties in the United Kingdom. Staffordshire, Wales, Yorkshire, and Ireland all have their own variations of oatcakes, making oats an accessible "grain of the people." Today, they're a staple breakfast food to have with tea, or to serve alongside cheese and jam.

OG OATCAKES:

12 oz. whole oats, ground

1/2 tsp baking soda

1.5 tsp salt

2 oz. butter

(or lard for more traditional)

4-7 tbsp hot water

- Preheat oven to 350* F. Mix ground oats, baking soda, and salt together in a bowl. Melt the butter or lard and combine with your dry mix. Starting with 4 tablespoons, add just enough water for dough to become a firm mass that doesn't stick to the sides of the bowl. If you accidentally add too much, just add a little more oatmeal until you get the proper consistency!
- Sprinkle some ground oats on your work surface and roll out to 1/4" thickness. Cut into desired shapes and bake on a parchment lined sheet pan until golden brown, about 20 minutes. If you're feeling old fashioned, try cooking them in a frying pan with some butter instead!

LOST OATCAKES:

You know we had to jazz ours up a bit for some fun. The toasty walnuts and dried sage along with the buttermilk's tang add an awesome depth of flavor.

180g lightly toasted walnuts

180g rolled oats

219g ground oats

23g sugar

6g baking soda

9g salt

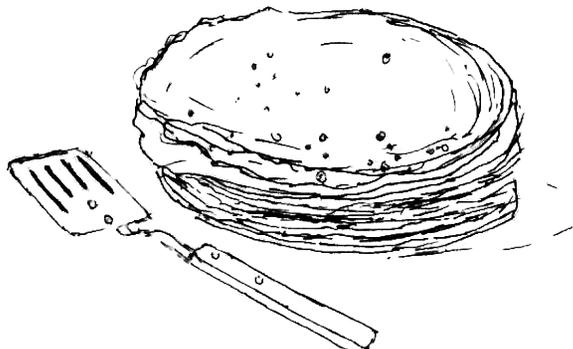
1 tsp dried sage

83g butter, melted

45g buttermilk

67g egg whites

- In a food processor, grind together walnuts and rolled oats into a coarse meal. Add this mixture along with all dry ingredients into a mixing bowl and combine together to evenly distribute.
- Drizzle in butter while mixing; add buttermilk and egg whites last. Again, if your dough is a little too sticky feel free to add more ground oats, one tablespoon at a time until you have a soft but firm dough.
- Roll out to 1/4" thickness, cut into desired shapes, and bake at 350°F for about 15-20 minutes, until golden. (These have a great shelf life, staying tasty for up to a month!)



Staffordshire Oatcakes

Simon Firth

Simon runs the bike shop next to our bakery on Howard Street, Firth & Wilson Transport Cycles, and often stops in to grab a coffee and a canelè for his wife. When he heard about our oat research, he cooked us up a big batch of oatcakes. He taught Chef Ana to warm them in a pan with crumbled cheddar, bacon and scallions on top, as is traditional. Good neighbor, eh?

When most people hear oatcake they think of the Scottish version, a parched cracker or biscuit made with mostly oatmeal. But in my hometown of Stoke on Trent in the West Midlands of England, the mighty oatcake is a crepe-like round of oaty goodness traditionally sold from front window of terraced houses (row homes) known as ‘holes in the wall.’ They’re doled out by the dozen or stuffed with bacon, cheese and mushrooms—or whatever takes your fancy—to savour on your way to work or the football match. A regional delicacy that is rarely found outside of ‘The Potteries’ region, recipes abound but here is my favorite from Felicity Cloake of *The Guardian*. I use *Morganics* oats ground fresh at the *Headhouse* farmers market & 200g of bread flour. Enjoy!

MAKES 10 LARGE OATCAKES

450ml milk + 450ml warm water

250g finely ground oats

(you can grind ordinary oats in a food processor)

100g strong wholemeal flour

100g strong white flour

1 tsp fine salt

4g dry yeast or 10g fresh yeast

- Fat of your choice to cook (lard, bacon drippings, clarified butter, vegetable oil)
- Heat the milk with the same amount of water in a pan until about blood temperature.
- Meanwhile, mix the oats, flours, and salt in a large bowl. Mix the yeast with a little of the warm liquid and then cover and leave until frothy.
- Stir into the dry ingredients and then whisk in the remaining liquid until smooth.
- Cover and leave in a warm place for about an hour until bubbly, or overnight in the fridge if you prefer.
- Grease a large frying pan with a little fat and put on a medium-high heat. When hot enough for the batter to sizzle as it hits it, give the bowl a quick whisk, then add a ladleful to the pan and tilt to spread it out.
- Cook until dry on top, then loosen the edges and carefully turn it over (depending on the size, it may be easiest to flip it onto a plate or board slightly larger than the pan) then slide it back into the pan. Add any toppings you would like to melt or heat through (cheese, for example), and cook until golden on the bottom.
- Fold over and eat, or allow to cool then cover and store in the fridge or freezer, reheating in a dry pan.

O a t s in Skincare

Katherine Rapin

Mack McKamey is the founder of The Raw Spa—Philly’s bomb zero-waste skincare company. She forages for ingredients like violets, spruce tips, cherry blossoms and magnolia; her mom, a third generation farmer, grows her coriander and other spices and turns the company’s organic waste (besides what gets repurposed in her products or fed to her bird, Jack) into rich fertilizer.

She makes a staggering 500 different products including bath teas, skin tonics, body quenches, clay bars—many of which harness the power of local oats!

Get them at the Rittenhouse and University Square Farmers’ Markets, and at Jersey City’s artists and makers market in May.

I sat down with her to learn more.

KATHERINE RAPIN: When did you first encounter the idea of using oats in skincare?

MACK MCKAMEY: Oats were one of the first ingredients that I formulated with. The first line I launched and the first that I did some serious R&D for was an Egyptian-inspired line. I looked at different ingredients that would have been available during the reigns of different queens and pharaohs. The easiest one was Cleopatra, which is the most oat-heavy line—lots of oats, goats milk and honey.

KR: Why were you interested in looking at that?

MM: I went to school for anthropology and misunderstood my final project. I wanted to look at the historical uses of different botanicals and how they overlap with modern applications. My professor was like, that was supposed to be on methods—carbon dating, how to excavate a dig. Since I already had all the research, and I liked skincare and knew that was what I wanted to do, I found a way to use a failed college project to launch the Raw Spa.

KR: Tell me more about what you found in your research.

MM: Everyone knows the idea of when you’re a little kid and you get chicken

t s

pox and you get that horrible oatmeal bath. Or when you get sunburned or poison ivy you can use an oatmeal lotion. It occurred to me that when I was doing all this research that I didn’t really know why.

I was curious why something that’s traditionally associated with food has such a long history of being used in some capacity for skin ailments. I started looking at the phytochemicals that were present in oats and did research on those phytochemicals. It turns out that a lot of the stuff that’s in oats that makes them so healthy for your body are very similar to what makes them so healthy to put on your skin.

KR: I’m going to ask you to nerd out and tell me more about these phytochemicals. Starting with Saponin.

MM: Saponin is a phytochemical that has the ability to break down oil and loosen things so they can be lifted up off the skin. Soap works differently than saponin because it actually burns your skin; from a chemical standpoint saponins are more of a method soften and loosed things to wash it off as opposed to a chemical ripping it off. Oatmeal soaps tend to feel a little gentler because you’re getting a milder soap that has the benefits of the saponin.

KR: Okay, how about polysaccharides like beta glucan?

MM: Think of them like gelatin; it’s a chemical that can hold a massive quantity of water. So that when added to water it plumps up and gets really big and fat and happy. And it sits on your skin and your skin absorbs that moisture, but then there’s a very thin layer of that starch that is over the skin that helps keep your skin from evaporating out water.

KR: And flavenoids and silicic acid?

MM: They help to relieve irritation and inflammation—topical like sunburn, poison ivy. Think of it like a cooling agent.

KR: Vitamin A and B?

They're going to act like humectants. They help the skin suck in the water and hold the water to repair the moisture barrier. Especially damaged and delicate skin—they help it heal.

KR: Tell me about a few of the products in the Cleopatra line.

MM: There are about 20 products in the Cleopatra line; most people don't realize that I make about 500 different products over the course of the year! Things that have oats are the sugar bar, the salt bar, the lotion and the clay bar. The lotion has oat milk; in the salt bar I so oat milk, ground oats and also whole oats on top, and the oil is infused with milky oats; the clay bar is really finely milled oats to the point that it's almost a flour.

And everything that I use either to make the oat milk is strained out is put through an alcohol bath to pull out any chemicals that are alcohol-soluble so that I could put those into the bath cupcakes and clay bars. Then the fibers get ground down into a powder and get folded in [to the sugar bar and exfoliant bar] as an exfoliant instead of relying on microbeads. (When you're using a sugar bar, your skin doesn't have time to absorb all the phytochemicals so it seems really silly to take a fresh batch of oats and grind them down to use as an exfoliant.) Those are two of my more ingenious zero-waste products.

KR: I read you use Morganiacs oats; did you notice a difference when you switched?

MM: When I met Scott he gave me a little bag to try out. First off, they're fresher. Second, he has them rolled so thin that when you grind them down it's this amazing silky texture—it also makes a richer oat milk. I can soak the batch of Morganiac oats for an hour and have my oatmilk; Quaker oats I start it in the morning put it in the fridge and come back to it tomorrow. And it actually smells like oats! Quaker oats just smell like cardboard.

KR: Anything I didn't ask that you want to mention?

MM: I'm the only company in Philadelphia that does zero-waste for skincare!



Simple Oat Wash

Mack McKamey of the Raw Spa

This is actually one of my first recipes ever, from back in college. I make it in a half gallon jar and use it as a body wash in the winter, so it's pretty versatile in terms of batch size and use!

INGREDIENTS:

1 cup organic rolled oats + 2-3 Tbsp extra for dusting

½ - 1 cup raw honey

¼ cup powdered goat milk (or non-fat dry milk)

- In a spice grinder or coffee grinder grind down all the oats to a fine powder. The finer it's ground, the silkier the wash! Combine the powdered milk, one cup of oat powder and a half cup of honey in a mixing bowl. Blend well with a spoon, adding a little more honey as needed, to create a sticky thick dough.
- Roll the dough into one teaspoon-sized balls, then drop them into the reserved oat powder, rolling them around to coat completely. Store in a glass jar or metal tin, away from direct sunlight.
- To use, take one ball in the palm of your hand and knead it with warm water, until it forms a smooth thin paste, the texture of warmed honey. Massage gently into your face and neck, then rinse with warm water and pat dry.

Lost Bread Sunflower Oat Scrub

Olivia Crabtree

Local oats. Local honey. Local sunflower oil... OatMG! Use this moisturizing scrub on your hands, face and lips for a glow that will shine through the darkest winter days.

Makes about 3 ounces

50g coarsely ground rolled oats

25g sunflower oil

34g honey

20g demerara sugar

Pinch of coarsely ground herb(s) of choice (we used lavender and rosemary)

- Grind oats in a food processor or spice grinder and stir all ingredients together well. Take your sweet time massaging into skin, letting the oats exfoliate, the oil nourish, and the honey soothe. Store at room temperature in a lidded container.



I DINNA care," said bluff Scotch Oat,
"For dinner at a table d'hote;
A bowl of porridge and some tea,
At home, are good enough for me."

Edited by Katherine Rapin

Cover Art & Design by Kat Freeman

***Recipes & Tips by The Lost Bread Team:
Lex Ridgeway, Sam DeGennaro, Allison Carafa,
Ana Caballero, Alex Bois, Kenan Rabah,
Lindsey Ohl, Claire Porter, Olivia Crabtree,
Braden Biel, and Anna Rekowska***