



Greenmarket Regional Grains Project Newsletter

April 2017



It all starts with the choice of grain, which is first a question of place and time."

– Karen Hess, A Century of Change in the American Loaf

The Greenmarket Regional Grains Project is pioneering the new frontier in local food: grains. With our partners, we're building the marketplace for grains grown and milled in the northeast. We are educating and connecting growers, processors, bakers and chefs – sparking a rise in demand for local grains while helping ensure the crop supply and processing infrastructure are there to meet that demand.

The evidence is clear: Regional grains have arrived.

Upcoming Market Dates

The Grainstand is coming to 82nd Street this Saturday! The retail stand also continues its weekly presence at Union Square on Wednesdays, Fridays and Saturdays. Here is our full schedule through April:

- March 25, USQ Saturday, 82nd Street St. Stephens, Manhattan
- March 29, USQ Wednesday
- March 31, USQ Friday
- April 1, USQ Saturday, Fort Greene, Brooklyn
- April 5, USQ Wednesday
- April 7, USQ Friday
- April 8, USQ Saturday, Grand Army Plaza, Brooklyn
- April 12, USQ Wednesday
- April 14, USQ Friday
- April 15, USQ Saturday, Inwood, Manhattan
- April 19, USQ Wednesday
- April 21, USQ Friday
- April 22, USQ Saturday
- April 23, 79th Street, Manhattan
- April 26, USQ Wednesday
- April 28, USQ Friday
- April 29, USQ Saturday
- April 30, Jackson Heights, Queens

Pre-ordered bulk bags are available at Union Square Greenmarket every Wednesday. [Check availability and pricing here](#). To pre-order and for more information, please e-mail us. Wholesale orders of \$250 or more can be delivered through Greenmarket Co., GrowNYC's wholesale distribution program.

Events: Vermont Grain Growers, Slow Grains

slow Food NYC presents: SLOW GRAINS

Sunday, April 9, 2017

12:00pm-3:00pm

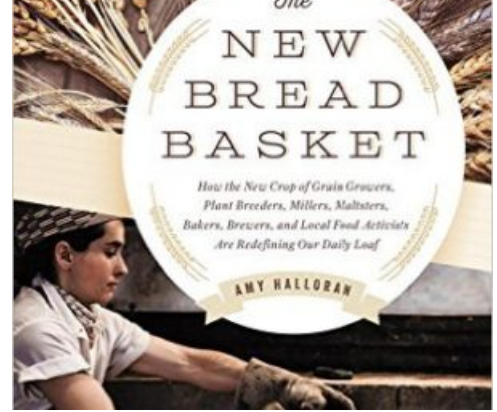
limmy's No. 43



43 East 7th Street
New York, NY 10003

Join Amy Halloran, author of *The New Bread Basket*, as she celebrates the baking innovators who are leading the way through the grain revolution!

Buy tickets [here](#).



Artisan Breadmaking & Heritage Grains

July 10-14, 2017
Sterling College
Craftsbury Common, VT

A beginner's artisan breadmaking course "using both domestic and wild yeasts with an emphasis on baking with retained heat provided by Sterling's wood-fired ovens."

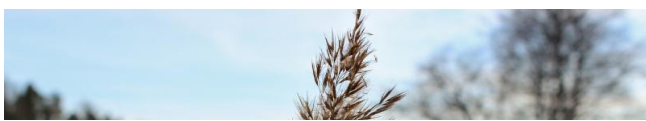
Registration and more information [here](#).

Featured Grain: OATS!

"A grain, which in England is generally given to horses, but in Scotland supports the people" - Johnson's English Dictionary, 1755

We'll give Mr. Johnson the benefit of the doubt that this definition of oats was offered in good cheer. Surely he knew about the crop suitability, health benefits and great flavor of this particular grain. If not, he was missing out. Luckily, it didn't stick. People the world over know and love the many attributes of a good oat.

Oats are a great crop for the Northeast. They are adapted to cool, damp climates like ours. They mature early, are reliable yielders and are resistant to many pests. Oats are big weed-fighters. They germinate quickly and cover the soil which outcompetes weed growth. They also have allelopathy - this means they release chemicals into the soil which inhibits the growth of weeds. Rye, barley and buckwheat also have these chemicals. A pretty cool way for plants to stake their claim on valuable resources like sunlight, water and soil nutrients!



Oats are super healthy for people, too. They are high in protein, can reach up to 17%, more than Emmer, Einkorn, Rye and Wheat! Oats are also



soluble and insoluble fiber. Soluble fiber slows digestion which reduces spikes in blood sugar and helps regulate waste. High fiber content in oats can help lower cholesterol, regulate blood sugar and lower the risk of some cancers! Both types are important to a healthy diet and are not often found in a single food item.

Oats do not contain gluten. The concern for people with Celiac Disease is if they are processed in facilities that handle wheat or rye. Folks with gluten intolerance and discomfort are safe to eat oats. The lack of gluten makes it difficult to use as a flour for breads (the high fat content in fresh oats also gunks up the mill, so we do not offer oat flour). As a whole, cracked, or rolled grain, however, it is quite versatile.

Oat groats are the whole kernel. Uncracked, unrolled, unmilled, un-anything. They cook up, in water or stock, in 30-40 minutes. They have a slender profile, soft chew, and creamy texture. They are a little bit sweet with a bit of earthiness. It's almost as if you dropped the honey jar in your Fredrick berries. Though many folks like them as a cereal, they make a mean oat groat risotto (ris-oat-o?) Saute shallots, simmer with stock and water, throw in some grated alpine cheese, herbs and a bit of cream, and you have a great side dish for lamb or pork chops or a roast chicken.

Cracked oats are the raw oat, broken open. They cook up pretty similarly to Scottish steel cut oats. They make a nice breakfast porridge with apples, berries, raisins, maple syrup, honey, cinnamon, cardamom, vanilla, bay leaves, all sorts of different combinations. They will cook up in 15-20 minutes and have a creamy texture with some wonderful chewy bits.



Rolled oats make a nice, creamy breakfast porridge as above but can also be made into a cold cereal like Muesli. Mix with some spices, nuts, seeds, and dried fruit, soak overnight in some milk, and voila! Try making your own granola, bars with fruit and nuts, or some refreshing, protein-packed smoothies.

Recipe Highlight: Oat Groat Risotto

From our own Henry Randall...

Oat Groat Risotto

2 cups (1 pound) oat groats

1 large shallot, minced



1 large shallot, minced
2 tablespoons butter
2 cups water
2 cups chicken stock (more as needed)
1/4-1/2 cup heavy cream
1/2 cup grated alpine cheese
1/4 cup mixed fresh herbs (parsley, rosemary, thyme, sage, tarragon, savory etc)
Salt and pepper to taste



- heat a sauce pot with butter until foam subsides. Add shallots and cook over medium-low heat until softened and aromatic
- add oats and stir until coated with butter and shallots. Allow to toast lightly until fragrant
- add water and stock, stir lightly and bring to a boil. Lower heat to a light simmer and cook until softened, 30-40 minutes. If getting too dry, add more stock as needed. Liquid should just cover the grain
- add heavy cream, simmer for a minute or two until creamy. Shut off heat, add cheese and stir until melted. Season with herbs, salt, and pepper
Goes well with roasted lamb, chicken, pork chops.



Beyond the groat:

[Pan-Seared Oatmeal with Warm Fruit Compote and Cider Syrup](#)

(steel-cut oats can be substituted for our own Main Grains cracked oats)

[Oat and Leek Soup](#)

[Oat and Maple Scones](#)

* Maine Grains dry-rolled, cracked oats and oat groats are available at the [Grainstand](#).

Donate to the Greenmarket Regional Grains Project

The Greenmarket Regional Grains Project is more committed than ever to building a resilient regional food system through linking urban and rural communities.

Make donations to GrowNYC [here](#). Be sure to note "GRAINS" if you'd like your donation to fund our project. Thanks!

Project Farmhouse is HERE

GrowNYC is thrilled to announce the opening of **Project Farmhouse**: a state-of-the-art sustainability center and event space that allows New Yorkers to explore environmental issues through the lens of food, horticulture, arts, and more. Steps from our iconic Union Square Greenmarket, Project Farmhouse is home to GrowNYC programming including workshops, talks and cooking events and is available for rent for your next event. Save the Date: April 29 Open House!

The Greenmarket Regional Grains Project and the Grainstand are programs of GrowNYC, the sustainability resource for New Yorkers: providing free tools and services anyone can use in order to improve our City and environment. More gardens, Greenmarkets, more recycling, and education for all.
Learn more at www.grownyc.org

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