

Seven Days of the Week and Seven Grains

Friday - Oats - Venus - Green

Interesting Oats Facts:

- Oats has the highest fat content of all the grains - 7 * that of rice and 4 * most other grains. Fat produces heat and warmth in the body.
- A good source of iron, zinc and potassium and rich in vitamin E.
- Used as a nervous system tonic, to protect the heart, balance cholesterol, help circulation and to treat mild cases of diabetes. Well known as an anti-depressant to increase motivation and stamina and give an improved frame of mind.
- Popular as a breakfast porridge with Northern Germanic tribes before being adopted by the Scots.

To Ponder:

- Related to the element of fire and the planet Venus.
- Germanic Priests used the grain in spring rituals which were presided over by Nertho, the goddess of fertility.
- "Sowing one's wild oats" refers to the fiery nature and fertility of oats
- Oats are known to 'heat up' horses and are used in periods before a race to rev them up.

Cooking with Oats:

- The whole grain is general only used for animal feed. This may have been treated with chemicals to prolong shelf life and should not be used for human consumption.
- Hulled oats are processed into rolled oats, oatmeal, oat flour or oat bran. Refrigerate to keep fresh as they do oxidise quickly.
- Because they do oxidise so easily, they may have been cooked before processing to remove the oil content and improve shelf life. This can reduce their nutritional quality.
- Generally eaten as porridge, granola or muesli.
- Also used in cakes and biscuits and one of my favourites, vegetarian "meat loaf".
- For cooking porridge, 1 cup rolled oats to 2 cups of water and boil for 10 minutes. Like all the grains they are easier to digest if soaked overnight and this will also reduce the cooking time.

Oats is the fifth grain of the seven we are looking at, with each grain relating to a different day of the week. When you add the seven grains to the diet, on their corresponding day, you provide the body with a balanced nutritional and energetic influence. This can help support health and harmony in daily life.

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