

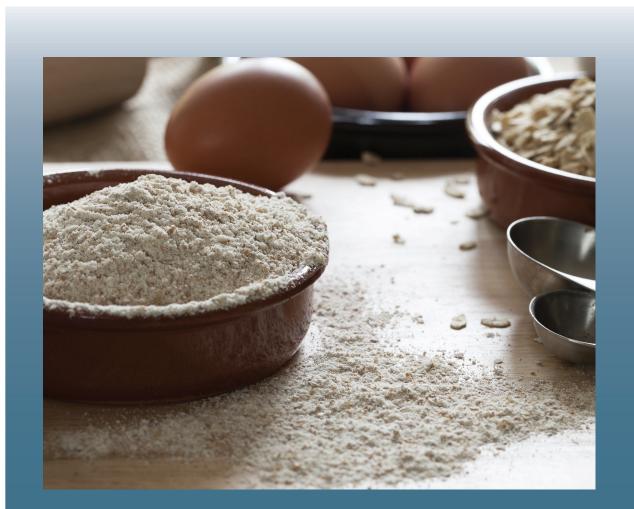


Oats were originally seen as a nuisance weed and were pulled out when they were found in fields growing wheat and barley.



Many of the oats grown are used as feed for livestock.

This material is funded by USDA'S Specialty Crop Block Grant Program and USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2018 Oregon State University extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation or veterans status. Oregon State University Extension Service is an Equal Opportunity Employer.



Oats almost never have their bran and germ removed during processing, which means that they are virtually always eaten as whole grains!



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