

Farmers' Forum

Farm Section

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Fargo-Moorhead

Benefits go beyond diet

Farmers sell flax products to ease pain

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A tractor accident taught Mark Hylden that the flax seed he grows near Park River, N.D., has more than dietary benefits.

Hylden, a fourth-generation farmer, knew from experience

For more information

Golden Valley Flax products can be purchased from the website www.gvflax.com. Sign up for a newsletter at www.flaxhealth.com.

that flax changes temperature slowly.

So he used the flax in a heating pad to soothe his aches and pains following the accident.

"It's been very therapeutic for my neck and shoulders," Hylden said.

Now his family business, Golden Valley Flax, sells therapeutic flax-filled pillows called FlaxPax.

They can be warmed in the microwave and the flax holds the heat for about 45 minutes, Hylden said. The pillows can also be used as cold packs.

Pam Anderson and Dee Scheer, both Fargo, went to last week's Pride of Dakota showcase in Fargo specifically to buy one of the FlaxPax.

Both women have used them before and wanted to buy one for a friend.

"They're just so comfortable



Dave Wallis / The Forum

Esther and Mark Hylden hold some of their flax products at their booth at the Pride of Dakota showcase at the Fargo Civic Center.

and warming," Anderson said. "It holds the heat a long time."

The Hylden family has farmed in northeastern North Dakota since 1881 and has received awards for producing high-quality flax.

The family has sold flax products for about 10 years.

Mark and his wife, Esther,

also work to promote the health benefits from incorporating flax seed into your diet.

Flax is high in omega-3 fatty acids, fiber and lignans.

Esther Hylden, a registered nurse with 23 years of health care experience, said studies have shown that flax seed can strengthen the immune system,

fight heart disease and some cancers, and has other health benefits.

During the Pride of Dakota showcase, customers sampled strawberry smoothies made with flax and could purchase cookbooks with flax recipes.

"You can wear it or eat it here," Mark Hylden said.

Their top seller is bags of ground flax, which they sell from their website.

"It's just a wonderful thing to add to your diet, and besides that it tastes good," Esther Hylden said.

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