

# Saskatchewan flax Grower



**Gordon Cresswell**  
Chair,  
Saskatchewan  
Flax Development  
Commission

## Chair's Report

Welcome to 2005. When this newsletter arrives I am sure most of you will be putting the final seeding plans together for this season. None of the trade grains or oilseeds show any substantial margin of profit. This past season, flax has been the only exception. Market analysts are saying that with the intended acreage increase margins in flax will also decline.

The Board of Directors and advisors are working toward keeping flax in the forefront in the future. As to what has been happening since the last newsletter, the elections came and with no contest, the incumbents were re-elected.

Once again our Annual Meeting was held during Crop Production Week. Our sincere thanks and appreciation to all the speakers, coordinators and resource people that helped to make it a very successful day for an overflow crowd. I believe that at the peak we had in excess of 225 people registered.

The Board is working on numerous issues. We participated at presentations in Ottawa on the Seed Sector Review. The Canadian Food Inspection Agency is proposing that the agronomy information be removed from the data of new varieties being brought forward for registration. This includes information such as straw strength and heights,

days to maturity, disease resistance etc., attributes that farmers look for most when selecting a variety. Hence we are working towards defeating this proposal. The Fiber Committee is continuing to work with and gather information from the potential users of the product. As well the analytical work on the straw samples collected last fall continues.

As a Board we continue to monitor and participate in the Canadian On Farm Food Safety Program (COFFS). This program is being developed with consultation from farm organizations. Briefly this plan will be voluntary and a HACCP model. A manual is nearing completion. Consumers both domestically and internationally are requiring more information. This is another step to assure them of safe food in the future. The management committee made up in part by farm organizations across Canada is working on how the plan will be delivered at the farm level such as cost and verification/audit process. The current proposal is for an eight year cycle. Will keep you updated as to the progress.

May this be a great growing season.

Gordon Cresswell

### Our Mission

"To lead, promote, and enhance the production, value-added processing and utilization of Saskatchewan flax."



**Allen Kuhlmann**  
Vice Chair  
Saskatchewan  
Flax Development  
Commission

**March  
2005**

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Flax Development  
Commission



**SaskFlax**

## A Producer's Perspective Seed Sector Review

During the past weeks and perhaps even years your board of directors has watched as both provincial and federal departments of agriculture leave or threaten to leave areas long thought of as very important if not sacred to agriculture producers.

Plant breeding (varieties), regional variety testing and the requirements for variety registration have all been under attack.

Ostensibly these things happen for economic reasons. Producers are increasingly asked to fill voids created by governments. The demands on checkoff dollars keep increasing and cannot hope to cover all the demands.

Two resolutions were passed at the Flax Annual General Meeting on January 10, 2005. We have met with Minister Wartman and made a trip to Ottawa to

try to influence the seed sector review and encourage the CFIA not to weaken variety registration for flax. We continue to press the issue and we have some optimism that CFIA will understand that a strong value chain depends on a registration process that keeps inferior and harmful cultivars out of the system while allowing "designer" or novel new traits to flourish.

Additionally, the regional variety testing program (a provincial responsibility) has been cobbled together for a couple of years and is in a precarious state as stakeholders attempt life support.

We are working hard on your behalf to maintain a strong registration system federally and a viable regional testing system for varieties provincially. I believe it is crucial for the growing flax industry to succeed on both counts.

In closing may we all grow a decent crop at good prices in 2005. 2004 has provided enough challenge to either kill us or make us very strong; hopefully the latter.



# The Fiberfile

## The Fiber File

One of the unfortunate consequences of the past growing season (it would be generous to call it a "summer") and the frost on August 20th is the many fields of immature flax that had little or no chance of producing seed. Some farmers have phoned us wondering if the straw from frozen fields with little or no seed might still be useful as a fiber source. Unfortunately much of that frozen has little fiber in it.

Fiber cells in a flax stem are modified phloem cells that form in the shape of hollow tubes when the plant is shooting in height from roughly the 30th to 60th day after seeding. When the weather is warm and moisture and soil nutrients are available, the plants grow relatively tall and lots of hollow fiber cells are formed. If the plant is under stress from drought or from very high or very low temperatures, the plants stay relatively short and fewer fiber cells are formed. After flowering, flax plants generally do not grow any taller or make new tillers. Instead, they use the products of photosynthesis to fill the seeds and the hollow fiber cells in the stems with cellulosic material. Under ideal conditions, the plant may have enough energy to fill all the seeds and most of the hollow fiber cells, however, under the stress of drought or high or low temperatures, the plants may have only enough energy to fill seeds and may not be able to fill most of the fiber cells.

Last August and September with its many cool days with few heat units produced many flax fields with very immature seed. They also had immature straw and hence the straw still has a low fiber content. This is why companies like Schweitzer-Mauduit (formerly Kimberly-Clark) who process flax straw have found that it is generally unprofitable to process flax straw from fields that have not produced a good seed crop.

On a more positive note, the Saskatchewan Flax Development Commission has been working closely with Biolin Research Inc. to build pilot plant scale machinery to extract fiber from small batches of flax straw. Planned capacity is 0.5 to 1.0 tonnes of straw per hour. The machinery is being built locally rather than being purchased from Europe to maximize possibilities to change speeds, angles, surface characteristics, pressures, etc. and allow us to more easily change and modify the machinery designs as tests are carried out. Such pilot plant machinery will be very useful for:

- making a range of semi-commercial samples of fiber and shives for potential end users to try; developing a straw grading system that closely reflects the value of

the fiber and shives that can be obtained from straw with particular grade characteristics;

- optimizing the physical conditions (e.g., moisture, speed, airflow) needed to achieve a given quality of fiber and shives from a given quality of straw; *and*
- developing machinery systems that can be scaled up to commercial size for a given type of straw and a given type of end product.

In the winter of 2004 construction of first stage pilot plant straw processing equipment started and in August of 2004 the partially completed machines were installed at the site of the Saskatchewan Flax Development Commission's new pilot plant at 161 Jessop Avenue in Saskatoon. First stage processing machinery is still being built and modified. It will take several more months before the machinery for the initial phase of processing is completed and wiring and dust collection systems are in place. Once these are complete, we will have the first pilot plant in Canada dedicated to flax straw, fiber and shives and the second one in all of North America. This is a significant milestone to developing a variety of profitable flax straw, fiber and shive based processing industries in Saskatchewan.

In the future, additional first, second and third stage machinery will be purchased or built. Machinery is being built and/or set up in a modular fashion so that the processing line can be changed by taking out one or more machines or by changing the position of one or more of them in the processing line. Such options are necessary to develop the most cost-effective ways to process different types or grades of straw. For example, unretted short pieces of straw destined for specialty paper do not require as much processing as long retted pieces of straw destined for textiles or insulation. Hence in the pilot plant we need the option of moving modular processing machinery around to get a pilot plant processing line appropriate for a particular kind of straw destined for a particular end use.

The Board of SaskFlax has decided to call its new facility in Saskatoon "Crop Fibers Canada." Initially this facility will house pilot plant processing equipment but it is hoped that future developments will include a resource and education center, work with other fiber crops, measurement and grading facilities, promotional work and other activities revolving around crop fibers. Thus the selection of a name that has the potential to be much more encompassing and long range than one that refers only to the initial pilot plant processing machinery that it will house.



**Alvin Ulrich**  
Fiber Specialist  
Saskatchewan  
Flax Development  
Commission

## Directors Wanted

Directors of Saskatchewan Flax Development Commission determine vision and direction for the industry; define policy and budget and work with the Executive Director and allied industry organizations to advance the industry through concentrated research and development initiatives.

The Commission operates with six elected flax growers (registered producers) with two director positions available annually. Each director serves a three year term and may be

## Encore 2004

An incredible culinary performance excited Saskatchewan foodies and producers at the Saskatoon Centennial Auditorium on Friday, October 29, 2004. Elizabeth Baird and Emily Richards, Canadian Living Cooks who appear daily on Food Network Canada, performed at ENCORE 2004: Saskatchewan's Dinner Party. This dynamic duo showed the audience how to prepare an assortment of delicious dishes using Saskatchewan ingredients.

The host, Brigitte Gall, a Comedian featured on the T.V. show "Me, My House and I", shared stories about her life in Saskatchewan. Brad Johner added musical flavour to the mix. He has received a 2004 JUNO nomination, a 2003 Western Canadian Music Awards for "Outstanding Country Album" and other high-profile nominations.

After the show, the audience moved downstairs to tour the Saskatchewan made marketplace, watch more entertaining cooking demonstrations and, best of all, sample quality Saskatchewan fare, that included flax, pulses, meat, dairy, poultry, and grains.

Flax was featured in the recipe Flax Cracker Sticks. These are a delightful addition to any meal or can be used for dipping.

The Growing Saskatchewan Committee of which SaskFlax is a member organized the event. Growing Saskatchewan is an initiative which promotes pride in products produced in Saskatchewan. Growing Saskatchewan is committed to tackling issues and objectively profiling personal and positive indicators of Saskatchewan agriculture and food industry's commitment to providing quality food safe products with a watchful eye on the environment. Funding for this initiative is provided by the Canadian Adaptation and Rural Development in Saskatchewan (CARDS) Program. The CARDS Program is funded by Agriculture and Agri-Food Canada.

re-elected for a further three years.

Gordon Cresswell and Dave Sefton both returned to the board by acclamation at the Annual General Meeting held at Flax Day on January 10, 2005.

If you are interested in learning more about the Commission and the role of the Directors, contact the office or Nominating Committee Lyle Simonson and Chris Hale.

Nominations forms will be available through the office and in the next edition of the Saskatchewan Flax Grower.

## Flax Cracker Sticks

175	mL	rye flour	¾	cup
175	mL	all purpose flour	¾	cup
50	mL	flaxseed	¼	cup
50	mL	ground flaxseed	¼	cup
2	mL	baking powder	½	tsp.
2	mL	salt	½	tsp.
20	mL	canola oil	4	tsp.
125	mL	milk	½	cup
1		egg yolk, lightly beaten	1	
15	mL	coarse salt	1	tbsp.
		water		

- In a large bowl, using electric mixer, beat rye and all purpose flour, flaxseed, baking powder, salt and oil until crumbly.
- Add milk and mix until dough clumps together.
- Press into ball, adding a little more water if needed to make dough workable.
- Turn out onto lightly floured surface and knead just until dough is smooth.
- Press dough into flat disc, wrap and refrigerate for 10 minutes to relax dough.
- Preheat oven to 160° C (325° F).
- Divide dough into quarters.
- On lightly floured surface, roll out a quarter of the dough to 3 mm (1/8") thick and 18 x 23 cm (7 x 9") rectangle.
- Brush with egg and sprinkle with coarse salt.
- Cut into strips about 1.25 cm (½") wide.
- Place strips on ungreased rimless baking sheets. Turn each strip to twist slightly.
- Bake, two sheets at a time, in top and bottom third of oven, rotating and switching pans halfway through until crackers are golden and crisp, about 25 minutes.
- Let cool on rack.
- Make ahead and store in an airtight container for up to one week or freeze for up to one month.

Yield: 48 cracker sticks

The Following Companies are Registered to Collect the Flax Checkoff and have Agreed to have their Company Names Listed in the Newsletter.

**ADM Agri Industries**  
Box 1070  
Carberry, Manitoba  
R0K 0H0  
Telephone: 204.834.2980  
Fax: 204.834.3680

**ADM Agri Industries**  
Box 820  
Watson, Saskatchewan  
S0K 4V0  
Telephone: 306.287.3100  
Fax: 306.287.3521

**Agricore United**  
Box 6600  
201 Portage Avenue  
Winnipeg, Manitoba  
R3C 3A7  
Telephone: 204.944.5411  
Fax: 204.944.5454

**Bioriginal Food & Science Corporation**  
102 Melville Street  
Saskatoon, Saskatchewan  
S7J 0R1  
Telephone: 306.975.1166  
Fax: 306.242.3829

**Bunge Canada**  
Box 750  
Altona, Manitoba  
R0G 0B0  
Telephone: 204.324.2209  
Fax: 204.324.5995

**CanMar Grain Products Ltd.**  
301 - 2184 - 12th Avenue  
Regina, Saskatchewan  
S4P 0M5  
Telephone: 306.721.1375  
Fax: 306.721.1378

**Delmar Commodities Ltd.**  
Box 1055  
Winkler, Manitoba  
R6W 4B1  
Telephone: 204.331.3696  
Fax: 204.331.3704

**Farmer Direct Co-operative Ltd.**  
1450 Park Street  
Regina, Saskatchewan  
S4N 2G2  
Telephone: 306.352.2444  
Fax: 306.352.2443

**Fill-More Seeds Inc.**  
P.O. Box 70  
Fillmore, Saskatchewan  
S0G 1N0  
Telephone: 306.722.3353  
Fax: 306.722.3328

**G.H. Schweitzer Enterprises Ltd.**  
Box 222  
Eston, Saskatchewan  
S0L 1A0  
Telephone: 306.962.4751  
Fax: 306.962.3251

**Lakeside Pulse & Special Crops Ltd.**  
312 - 131 Provencher Boulevard  
Winnipeg, Manitoba  
R2H 0G2  
Telephone: 204.255.5550  
Fax: 204.255.5054

**Larsen Seeds**  
Box 39  
Aylsham, Saskatchewan  
S0E 0C0  
Telephone: 306.862.7333  
Fax: 306.862.9552

**Mid-Sask Terminal Ltd.**  
Box 1208  
Watrous, Saskatchewan  
S0K 4T0  
Telephone: 306.946.2225  
Fax: 306.946.3954

**North East Terminal**  
Box 177  
Wadena, Saskatchewan  
S0A 4J0  
Telephone: 306.338.2999  
Fax: 306.338.2484

**North West Terminal Ltd.**  
Box 1090  
Unity, Saskatchewan  
S0K 4L0  
Telephone: 306.228.3735  
Fax: 306.228.3877

**Parent Seed Farms Ltd.**  
Box 36  
St. Joseph, Manitoba  
R0G 2C0  
Telephone: 204.737.2625  
Fax: 204.737.2248

**Parrish & Heimbecker Ltd.**  
700 - 360 Main Street  
Winnipeg, Manitoba  
R3C 3Z3  
Telephone: 204.956.2030  
Fax: 204.943.8233

**Paterson Grain**  
A division of Paterson Global Foods Inc.  
22nd Floor  
333 Main Street  
Winnipeg, Manitoba  
R3C 4E2  
Telephone: 204.956.2090  
Fax: 204.942.2389

**Pioneer Grain Company Limited**  
2800 One Lombard Place  
Winnipeg, Manitoba  
R3B 0X8  
Telephone: 204.934.5961  
Fax: 204.957.5614

**Pizzey's Milling**  
Box 132  
Angusville, Manitoba  
R0J 0A0  
Telephone: 204.773.2575  
Fax: 204.773.2317

**Prairie Flax Products Inc.**  
Box 789  
MacGregor, Manitoba  
R0H 0R0  
Telephone: 204.252.2940  
Fax: 204.252.2983

**Saskatchewan Wheat Pool**  
2625 Victoria Avenue  
Regina, Saskatchewan  
S4T 7T9  
Telephone: 306.569.4200  
Fax: 306.569.5133

**Terminal 22 (1998) Inc.**  
Box 430  
Balcarres, Saskatchewan  
S0G 0C0  
Telephone: 306.334.2222  
Fax: 306.334.2262

**Van Burck Seeds Ltd.**  
Box 7  
Star City, Saskatchewan  
S0E 1P0  
Telephone: 306.863.4377  
Fax: 306.863.2252

**Western Commodities Trading**  
Box 69  
Spalding, Saskatchewan  
S0K 4C0  
Telephone: 306.872.2280  
Fax: 306.872.2283

**Weyburn Inland Terminal**  
Box 698  
Weyburn, Saskatchewan  
S4H 2K8  
Telephone: 306.842.7436  
Fax: 306.842.5307



The Honourable Minister  
**Mark Wartman**  
 addresses delegates at  
 2005 Flax Day



## Annual General Meeting, January 10, 2005

The Annual General Meeting of the Saskatchewan Flax Development Commission was held on January 10, 2005 at the Canadian Room, Saskatoon Inn, as part of Crop Production Week 2005.

Committee chairs reported on the year to date actions carried out by SDFC and the actions pending until July 31, 2005.

Research continues to be a priority. Communications included newsletters, the web site and a field day. Flax as a feed ingredient for the beef industry and aquaculture continued to be an area of interest to SFDC. This past year saw SFDC working with AmeriFlax to showcase flax to the American food industry through food shows and information dissemination. Flax fiber continued to be a very busy segment of SFDC with operations ranging from research in the woven and non-woven market to the establishment of a fiber pilot plant.

Actions pending until July 31, 2005 include newsletter production and maintaining a presence on a number of committees in the industry to ensure that flax is being recognized for its many attributes. Attending various food conferences and food shows as well as compiling and disseminating consumer information will help to ensure an awareness of the benefits of flax to humans. Standards development and the establishment of the pilot project for flax fiber will be the priority for the fiber committee. The National Flax Initiative will be an important aspect of the development of the flax industry.

The budget was approved as presented. The following two resolutions were discussed and approved:

### Farmer Tax Credits

Saskatchewan flax producers please note that your 2004 investment in research through the flax check off is eligible for a tax credit.

For the fourth year, the Scientific Research and Experimental Development (SR&ED) tax credit is available to farmers. This tax credit is earned on check off dollars spent on research and development. For 2004, eligibility for the flax tax credit is 16.55%.

1. Whereas agronomic quality and disease data are important to the long term success of the flax industry and

Whereas the data collected in the current system of prior merit assessment are important to all flax industry stakeholders;

Be it resolved that the Saskatchewan Flax Development Commission supports moving flax to Category 1. in schedule A as a crop kind requiring Prior Merit Assessment in combination with Performance Information in order to receive a recommendation for registration.

2. Whereas the CFIA may be open to recognizing new forms of recommending committees for variety registration, and;

Whereas flax has unique requirements for variety registration terms, agronomics, quality and disease;

Be it resolved that the Saskatchewan Flax Development Commission supports the Seed Sector Review's recommendation of establishing Individual Crop Kind Committees for variety recommendations.

The Annual General Meeting was just one important segment of a successful day. Flax: Growing Value saw the audience of 225 plus producers, academia and industry representatives interact on such topics as flax as an ingredient for human and animal consumption; breeding flax to enhance straw fiber content to market prices.

The Commission was pleased to have the Honorable Mark Wartman address delegates and meet informally with Directors of the Commission to discuss such issues as regional variety testing, and seed sector review to the importance of agriculture as an economic driver in the province.

Other commodities like pulses, canola, wheat and barley have or will shortly release their percentages. Please check individual web sites for these figures.

This investment may be used to off set federal tax; carried back up to three years or if no taxes are owing some may be refunded. For more information on the tax credit check out Canada Customs and Revenue Agency web site at [www.cra.gc.ca/sred](http://www.cra.gc.ca/sred)

## The Unified Diet

Grant Roberts is recognized as one of Hollywood's top professional trainers and is the author of the soon to be released book *"the Unified Diet"*.

DNA evidence confirms that the human body has not evolved much over the last 2.5 million years that the genus has been on the planet. Yet in today's society the incidence of obesity, cancer, diabetes and heart disease continue to rise and claim lives at an unprecedented rate. Why? What has changed?

Well for one, Diet!

The 1980's propagated the notion that fat was bad. This is not true. Only certain types of fat are harmful. Others such as flax seed oil belong to the category of good fats as it is a source of Essential Fatty Acids that are instrumental in achieving optimum human health. Clearly the High Carbohydrate- low fat craze is one of the worst dietary theories perpetrated on mankind yet some twenty years later the demonization of all fat remains all too commonly accepted. As a nation, people ate less fat yet got substantially more obese.

In the wake of the obesity epidemic, as a professional trainer the most commonly asked question I receive is: How can I lose weight?

First, I politely correct the client by responding, "You mean how do you lose unwanted body fat?" Weight can mean water or even precious calorie burning lean muscle tissue that must be protected at all costs.

That being established I tell them the answer: "Eat more fat!" This is usually followed by an awkward silence as they wait for the punch line. But the joke has already been played on them. Fat is not the enemy, sugar or more specifically carbohydrates are.

There are three types of food: protein, fat and carbohydrates. Two are absolutely essential for health. Protein that contains essential amino acids and certain fats such as flax seed oil, play a vital role in human health. That is what the word essential means in the nutrition world. That your body is not capable of producing it on its own and needs it, means that it should be supplied in the form of food or supplementation daily.

Carbohydrates on the other hand are not essential. They provide calories and nothing else that the body can't produce on its own. While the body does require sugar, it is capable of a process called gluconeogenesis (which literally means "the creation of new sugar"), a process where sugar is created from non-carbohydrate sources. While admittedly it is difficult to eliminate all carbohydrates, it is important to remember when incorporating carbohydrates, choose complex carbohydrates such as whole grains and those with low glycemic values as the preferred choice. Simple carbohydrates such as those found in highly processed foods like white flours, white sugar and others high on the glycemic index should be avoided due to the adverse hormonal reactions associated.

To further illustrate the point, I'll give you a 60 second oversimplified lesson on endocrinology (the

science of hormones), their relation to the three elements of Protein, Fat and Carbohydrates and illustrate the hormonal event of eating.

**Insulin:** When carbohydrates are ingested your body releases insulin, an incredibly powerful hormone with anabolic qualities which means it is responsible for building things up and storing things in cells like fat. Insulin's primary role is to ensure sugar entering the blood stream does not rise to dangerous levels. It does this by diverting the sugar out of the bloodstream and into cells where it is converted and stored as fat. Insulin is not only the fat storage hormone. It can actually prevent the body from utilizing fat as a fuel and can be largely responsible for hunger cravings. When Insulin does its job, blood sugar actually drops and stimulates cravings for more high carbohydrate foods. The higher the glycemic index the quicker sugar enters the bloodstream and the higher the insulin response.

**Glucagon:** Only foods containing large amounts of protein stimulate Glucagon secretion. Glucagon has the opposite effect of insulin. It instructs the body to breakdown fat. It is a fat releasing hormone. If you do not consume enough protein, Glucagon steals it from your lean muscle tissue.

**Eicosanoids:** Essential Fatty Acids are the building blocks for all eicosanoids in the body. Eicosanoids also known as prostaglandins live in the body for only seconds at a time exerting positive effects on the immediate vicinity of their release. They stimulate the immune system and have anti-inflammatory properties as well inhibit blood clotting and promote vasodilatation.

If you are reading this and saying "Two out of three isn't bad" or asking "With two against one, what chance does carbohydrate induced insulin have against Glucagon and Eicosanoids?" Well, Insulin wins every time. In fact in the presence of insulin fat stores are not accessible as an available energy source and the release of Glucagons and eicosanoids are inhibited.

So there you have it, reduce your intake of carbohydrates and insure adequate consumption of protein and essential fatty acids. Supplementing with Flax seed oil can insure that your body receives its required daily dose. Essential Fatty acids can be instrumental in reducing the risk of diseases including those first listed above. As an added benefit, good fats such as Flax seed oil give your skin elasticity as we age and the anti inflammatory properties are incredibly beneficial in reducing arthritic conditions.

I recently trained Academy award winning actress Hilary Swank for her role in Million Dollar Baby. The transformation of her physique to that of a lean mean fighting machine was accomplished in large part due to her use of flax seed oil. Through intense training, reduced carbohydrates, adequate protein and substantial amounts of flax seed oil, Hilary gained over twenty pounds of lean muscle tissue and her body fat percentages actually reduced significantly. While you might not win an academy award in Hollywood, flax seed oil can contribute to giving you a "million dollar body".



**Grant Roberts**  
One of Hollywood's  
Top Professional  
Trainers is the author  
of the soon to be  
released book  
*"the Unified Diet"*

## What Happened to My Yield?

I have had many phone conversations with frustrated farmers who are not getting performance out of their flax. These phone calls have formed the basis for many articles I have written for the Saskatchewan Flax Development Commission newsletter on topics like stand establishment, flax in crop rotations and even an economic comparison of flax and canola. I have yet to find all the answers. I suspect that the lack of yield and performance is due to a number of factors many of which we can control and some of which we cannot. These include date of seeding, seeding rate, stand establishment and weed control and many more.

The 20-year average yield for Saskatchewan grown flax is 17.5 bu/ac, an increase of just over 0.5 per cent per year for that timeframe. At that yield, flax is not a very competitive crop. (Figure 1: 20)

You may have heard about Flax Canada 2015, a joint venture between industry and government. One of the goals of Flax Canada 2015 is to increase the value of flax at the farm gate through the creation of new markets and by increasing demand. If all of the opportunities surrounding flax come true over the next decade, we will need to increase flax production in Saskatchewan and western Canada. We can do that through increasing yield per acre, increasing the frequency of flax in rotation or growing flax in

new areas. In order to do any of that, we need to

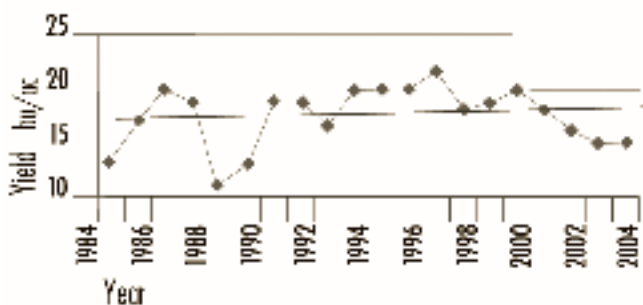
understand flax production on the acres where we grow it, then build upon the successes, and solve the problems we have identified.

A step that Flax Canada 2015 has taken towards meeting these challenges is to conduct a grower survey. I suspect most of you have just let out a large sigh, no one likes surveys. They are time consuming and usually conducted by a firm trying to decipher your buying patterns. Because that is the attitude of most people answering surveys, I am giving you a heads up now. We are planning to conduct this survey after harvest between October and December. We want to collect information related to all aspects of flax production from seed choices to crop rotation to stand establishment. We also want to learn about problem weeds, insects and diseases and understand more about harvest and straw management. All of this information is important to give producers and agronomists the tools they need to grow flax successfully.

We plan to use the data to prepare new technical information, develop programs for extension meetings and most importantly, to provide researchers with a solid understanding of where to focus their attention. So if your phone rings sometime this fall, don't dismiss it as another survey trying to gather better marketing information. I hope that you can find 20 minutes to help the flax industry move forward.

**Bill Greuel,**  
*Oilseeds and Transgenic  
Crops, Saskatchewan  
Agriculture, Food and  
Rural Revitalization*

**Figure 1: 20**  
*Year Yield Trend  
for Saskatchewan  
Grown Flax*  
Source: Saskatchewan  
Agriculture, Food and  
Rural Revitalization



## Quality of Western Canadian Flaxseed

Each fall the Canadian Grain Commission conducts a survey of Canadian grain quality.

The survey which is carried out in all growing areas on the Prairies is a helpful information tool that indicates how the year's crop will perform in food processing.

Following is an excerpt from their report "Quality of Western Canadian Flaxseed 2004"

The Canadian Grain Commission harvest survey of western Canadian flaxseed shows the 2004 crop to be above average in oil content with a below average protein content and a significantly higher than average iodine value. The iodine value

is 9 units higher while the oil content is 0.5% higher and the protein content 0.9% lower than the 10 year means.

Compared to 2003, the oil content, 44.8%, is 0.6% higher while the protein content, 22.1%, is 3.5% lower. The linolenic acid content, 61.6%, is 8.7% higher than in 2003, resulting in an iodine value of 201, 17 units higher than in 2003.

The Grain Research Laboratory's long-term harvest survey results have shown that cool, wet growing conditions tend to produce a flaxseed crop with higher oil contents and iodine values, but lower protein contents.

For more details visit [www.grainscanada.gc.ca](http://www.grainscanada.gc.ca), click on Statistics then Crop Quality Data, next Current and Historical Data then select Flax.

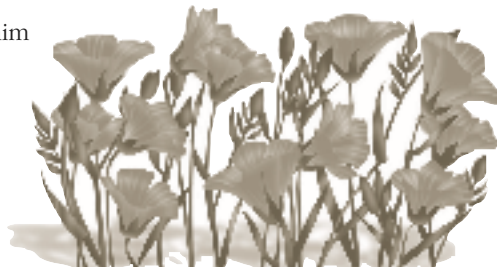


*Rene Jalbert, Farmer  
Perdue, Saskatchewan*

Since discovering Elite™ herbicide from Nufarm, Rene Jalbert has achieved 95% to 98% control of broadleaf and volunteer weeds in his flax. Even his neighbours have commented on his exceptionally clean fields.

Jalbert also likes the fact Elite is competitively priced and backed by the Nufarm Service Promise.

Elite doesn't just make him a more affordable farmer. It makes him a practical farmer too.



# Nufarm Better Crops – Better Kitchen Contest

**ENTER TO WIN A  
\$10,000 DREAM  
KITCHEN CABINET  
PACKAGE FOR  
YOUR FARM!**

Fill out this entry and  
send it to: *Nufarm  
Agriculture Inc. P.O Box  
44055, South Centre Postal  
Outlet, Calgary, AB T2J 7C5.*

Name:

---

Farm name:

---

Address:

---

---

Phone:

---

**• How many acres of  
flax do you plan on  
seeding in 2005? \_\_\_\_\_**

**• Are you interested in  
receiving information  
on Elite?**

Yes  No

Contest closes June 1, 2005. All entries  
must be post marked no later than June  
1, 2005 draw takes place June 15, 2005.  
Note: one entry per farm family.

## Flax Checkoff Deadlines

Period 2 August 31, 2005  
Period 1 February 28, 2006

Application forms are available by contacting SaskFlax at:  
A5A 116 103rd St. Saskatoon, Sk S7N 1Y7  
306.664.1901  
306.664.4404 Fax  
saskflax@saskflax.com

## Our Logo Tells A Story

The bright and lively crown of the sheaf of flax represents the coming together of many members into a solid organization.



# SaskFlax

The stalks of the flax plant positioned in a woven manner represent fiber-based products as well as the close interaction between

members of the organization.

The boll of the plant, made up of three oil droplet shapes, represents oil-based products as well as the overlapping areas of production, research and marketing.

*Saskatchewan Flax Grower is published bi-annually by the Saskatchewan Flax Development Commission, for registered flax producers, registered buyers and allied organizations.*

*Subscription rate for other individuals/organizations is \$50.00 per year. Contact office for more details 306.664.1901.*

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Are you getting more than one copy? Address incomplete or name misspelled? Let us know. Call 306.664.1901, 306.664.4404 fax, or mail in the label for correction. Thank you.

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