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CAN()LAdigest

A new growing season is fast approaching. In this issue, we look at getting a jump start on spring planning in order to maximize your profit per acre.



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A STORY OF RESILIENCE

By Debbie Belanger



Even as early as the 2009 spring flooding in Manitoba, many of us were doubting the size and quality of this year's canola crop.

Then prolonged drought in Alberta dimmed our hopes further.

And when snow threatened the Saskatchewan harvest, well, 2009 looked to be shaping up as a year we'd rather not remember.

But lo and behold, we're looking at the very real possibility of a 12-milliontonne harvest, record high oil content, and some of the best yields ever.

Of course, not every canola grower had a good year, and some pressures abroad

took their toll on prices. Still, I wouldn't be surprised to see canola farm cash receipts for the past crop year holding very strong against crops like wheat and barley.

Canola has turned out to be resilient beyond expectations. While the varieties available today can justifiably take a great deal of credit for this, the skill of canola growers is also a huge factor. Canola is a crop that requires considerable expertise and investment. That's why, in this issue of *Canola Digest*, we're putting the spotlight on agronomy.

You'll see in our cover story, *Spring into profit*, information on measures you can take before seeding to maximize your profit per acre. In other stories, there is advice on seeding, some of which may surprise you, and another one on beneficial crops for rotation.

The canola industry has set as its goal to achieve 15 million tonnes of sustainable canola production by 2015. In the end, farmers will decide whether that goal is achieved. From where we stand today—from the standpoint of resilience and market potential, canola is still the best crop to grow in Canada.

As always, I look forward to your comments: editor@canoladigest.ca. •



Would you like to be interviewed for one of our stories? We are always looking for a canola grower perspective on a variety of topics. If you are interested, send the editor an e-mail at editor@canoladigest.ca.

CANOLA DIGEST SAYS...

- 10 years ago, in the February *Digest*, GM canola remained top of mind.
- 10 years ago, in a precursor to today's Prairie Canola Variety Trials, *Digest* profiled top-performing canola varieties.
- 10 years ago, an article examined the outcrossing of herbicide-tolerant canola and how it can be controlled.



10 YEARS AGO

- The threat of a Y2K virus does not materialize. Instead of wiped-out power grids, disrupted airplane flights and broken-down ATM machines, there is a worldwide party.
- Scientists announce they have completed a map of the entire human genome, the genetic blueprint for human beings. The possibilities for treating and preventing many diseases increase exponentially.
- After a five-week court battle, George W. Bush emerges as the U.S. election winner over Al Gore.
- A jury orders the tobacco industry to pay a record \$145 billion in punitive damages to sick Florida smokers.
- Who Wants to be a Millionaire - Canadian edition airs for the first time.
- The top-grossing movie in 2000 is The Grinch, followed by Cast Away, Mission: Impossible II, and Gladiator.



More affordable, more flexibility, more freedom.

Lower-priced Liberty herbicide for 2010 gives growers the freedom to get the most out of their InVigor hybrid canola.

When it comes to canola production systems on the Canadian Prairies, the biggest news for 2010 is the dramatically reduced price of Liberty® herbicide. This significant change offers growers using the LibertyLink® system all the outstanding yield and agronomic performance they've come to expect from their InVigor® hybrid canola, with even more flexibility in their weed control options. This change also offers growers the most affordable option for an effective resistance management tool, as Liberty is the only Group 10 herbicide on the market.

"Lower priced Liberty helps growers unlock the full yield potential of their InVigor hybrid canola," said Blaine Woycheshin, Liberty & Trait Agreement Manager for Bayer CropScience in Calgary. "It makes the advantages of using higher labelled rates of Liberty, where needed, or a 2-Pass option more affordable. Ultimately, it gives growers the freedom and flexibility to have customized weed control for their farm while employing sound resistance management practices."

What's the difference this year?

Liberty's new lower price is part of a twostep change by Bayer CropScience for the LibertyLink canola seed system – lowering the price of Liberty 150 SN herbicide while at the same time increasing the seed bag cost on an equal basis.

The bottom line is that the system cost is much the same.

"The new price of Liberty provides growers spraying their InVigor hybrid canola greater flexibility in how they use Liberty such as using higher labelled rates or a 2-Pass option," noted Woycheshin. "Liberty is more affordable and it allows more freedom and flexibility for growers."

With the affordable option to spray Liberty at higher labelled rates, growers have the opportunity to get even better weed control on weeds such as wild oats, cleavers, volunteer barley and wild buckwheat. Or growers have the flexibility to split up their application of Liberty and use a 2-Pass approach, which has proven to increase





yields by a whopping 3 bu./ac. more than just a single application of Liberty.

What is the Liberty & Trait Agreement (LTA)?

As part of the change, a one-time Liberty & Trait Agreement (LTA) must be signed by growers in order to purchase LibertyLink canola or Liberty herbicide in 2010. It's a straight-forward process that can be done quickly at retail locations across the Prairies.

Why Liberty?

With the news on Liberty's new price for 2010, Liberty has never meant freedom more than it does now. Plus there are other reasons why Liberty makes good sense for Prairie canola farms.

First and foremost, Liberty is the only Group 10 herbicide on the market. That makes the LibertyLink system a powerful resistance management tool. With an increasing over-reliance on glyphosate on Prairies farms it's an even more costeffective resistance management option.

Add in a new level of flexibility and there are many reasons to rethink your expectations of Liberty this season. Whether it's your standard 1-Pass option or a more economical 2-Pass option – getting the jump on early weeds while not sacrificing the ability to control a second flush – or choosing higher labelled rates and tank mixes to get tough-control grassy and broadleaf weeds, more affordable Liberty in 2010 means more freedom, more flexibility and more canola in the bin next harvest.

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By Julie McNabb

SPRING INTO PROFIT!

Scouting and planning well before seeding will pay off.

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efore seed goes into the ground in 2010, it's important for you to prepare an ideal seedbed, consider herbicide residue, and scout, scout, scout. The payoff will be solid stand establishment with excellent potential for a profitable crop.

Scouting and planning well before seeding is especially important in 2010 because of last year's dry conditions in many parts of the Prairies. These conditions mean that herbicides may not have degraded as quickly as usual, which increases the chances of injuring susceptible crops this spring.

"This year we are seeing key areas that were very dry last year," says Denise Maurice, vice president of Crop Production for the Canola Council of Canada (CCC). "That's why it's so important this spring to know what your risks and probability of carryover are."

Herbicides break down in the soil through microbial and chemical processes, but when the soil is dry these processes slow down significantly and may stop entirely if the soil is very dry. Herbicides that have residual characteristics in the soil can have higher than normal carryover following application in dry years, as warm and moist soils



are required for herbicide breakdown to occur.

Therefore, even if it rains from mid-September onward, after applying a residual herbicide during a dry summer, there is still a risk that unexpected herbicide carryover could affect the following crop. If any herbicides that farmers are using have residual properties, and they are in a dry area, they will want to take this into consideration in crop planning.

Eric Johnson of Agriculture and Agri-Food Canada's Scott Research Farm in Scott, Saskatchewan, has done extensive research on herbicide residue. The herbicide Odyssey® is of particular concern to canola. "Odyssey residues may carry over and cause damage to canola two years after application in dry, acidic soils common to the area around Scott," says Johnson.

In his studies, the level of canola injury depended on the amount of growing season precipitation received between the Odyssey application and the year the canola was grown. However, the amount of yield loss was also dependent on the amount of precipitation that the canola crop received during the growing season. "In our research, the two-year time period between a 1996 Odyssey application and a 1998 rotational canola crop had below-normal precipitation,"

RESIDUAL HERBICIDES

Horbioido	Group		2010 capala regrapping options**
Heibicide	Group	~	
2, 4-D	4	×	If applied as 2009 post narvest
		X	if applied as 2010 pre-seed burnoff
Absolute ^{®*}	2.4	X	if applied 2009 in crop
	,	1	Clearfield [®] canola only
	2	X	pH 7 - 7.9, all soils, if applied in 2009
		×	pH 7-7.9, Brown and Dark Brown Soil Zones if applied in 2008
Ally®		×	pH less than 7, Brown and Dark Brown Soil Zones, if applied in 2009
		1	pH less than 7, Grey Wooded and Black Soil Zones, if applied in 2009
	2	1	all canola in Grey Wooded and Black Soil Zones
Assert [®] , Assert [®] FL		1	Clearfield canola only in Dark Brown and Brown Soil Zones
Authority®	14	X	if applied in 2009
	4	X	if sprayed at the 1.0L rate or over in 2009 in crop
Banvel [®] II. Oracle [®]		X	if applied 2009 post harvest
		X	if applied as 2010 pre-seed burnoff
Everest®**	2	1	all canola in Grey Wooded, Black, and Dark Brown Soil Zones
		X	no canola in Brown Soil Zones
_			no canola if applied as a 2010 pre seed burnoff
Express [™]	2	1	if applied prior to 2 months of seeding canola
Express [®] PRO	2	1	10 months is needed after application to seed canola
Muster [®] , Muster Gold [®] II	2	X	no canola if applied in 2009
Odyssey [®] , 2 Odyssey DLX*	_	X	no canola if applied 2009 in crop
	2	1	Clearfield canola only
PrePass™	2, 9	1	all canola if applied as a 2009 pre-seed burnoff
		X	no canola if applied as a 2009 post harvest
Pursuit [®] , PulseStar™	2	1	Clearfield canola only in Black and Grey Wooded Soil Zones
		X	not to be used in the Dark Brown and Brown Soil Zones
Sencor®	5	X	no canola if applied in 2009

*Breakdown of Odyssey maybe slowed or delayed by environmental conditions such as drought, excessive cold, and/or acid soil (pH less than 6.5) resulting in an increased risk of injury to rotational crops.

** Rotational crops maybe affected if rainfall is below the 10 year average in the Grey Wooded, Black and Dark Brown Soil Zones with the combination of low organic matter (less than 2% growth), light textured soils or high pH (greater than 7.5 ie eroded knolls, sandy soils), may result in delayed growth and development in rotational crops. Drought restrictions apply to drought conditions (80% of normal June to September rainfall) for high pH soils (greater than pH 7.5) and severe drought (less than 65% normal June to September rainfall) for all soils.

This information is a guide only, please refer to the pesticide label for more details.

Source: 2010 and 2009 Crop Protection Guide: Weeds, Plant Diseases, Insects, Saskatchewan Ministry of Agriculture.

explains Johnson. "The 1998 growing season precipitation was 47 percent of normal and the canola experienced a 77 percent yield loss."

•

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In another study initiated in 1997 with Odyssey application, the following two years were extremely dry (56 percent of normal), resulting in extreme visual injury to the 1999 canola crop. "However, the 1999 growing season had 127 percent of normal growing season precipitation and only a 30 percent yield loss was recorded," says Johnson. "The years of 2000 and 2001 were generally wetter, and the rotational canola crops showed minor injury symptoms and did not experience any yield reductions from Odyssey carryover."

Soil moisture and temperature are very important factors in determining the rate of herbicide breakdown, but there are also other factors. "Soil properties such as organic matter content, soil texture and soil pH also play an important role in the carryover potential of residual herbicide," says Johnson. Generally, there are fewer problems with herbicide carryover when soil organic matter is high.

Maurice stresses that growers need to be aware if they are in a dry area, and can send in tests if they are at risk.

continued on page 10

There are two ways to test for herbicide residues: a plant bioassay and a field bioassay.

PRE-SCOUT FOR WEEDS

Besides the issue of herbicide residue, last year's weather will also influence the number and type of weeds this spring. As a result, pre-seed scouting is extremely important.

"This past fall we definitely had a wet October that could have germinated a number of winter annuals. Then we had a very warm November, giving them time to establish," explains Ken Sapsford of the University of Saskatchewan's Plant Sciences Department. "Therefore, there will be a high number of winter annuals this spring."

Of particular concern are cleavers because they have started to take on a winter annual growth habit in the last few years, and winter annuals require a totally different control method than the spring annuals. Sapsford says the good news is that spring burnoff will control these winter annual cleavers. We've tested Roundup WeatherMAX® PrePass[™], glyphosate plus Express[®] and CleanStart[™], and all the products controlled cleavers in the spring even though they were in the eight-whorl stage, which is roughly the size of a teacup saucer." Only glyphosate and CleanStart are registered for use for pre-seed prior to canola.

Bottom line: While control options depend slightly on which system of canola you are growing and which weeds you are seeing, burnoff in the spring is your best bet. "Scout early in the spring and see if you have winter annuals present," says Sapsford, "and if you do, use a burnoff before you have to deal with both spring and winter annuals."

EVEN CROP RESIDUE

Preparing a moist, firm seedbed is another way of investing in your crop, according to Guy Lafond, production systems agronomist for AAFC.

"Check your field carefully for proper residue management," says Lafond. He points out that success with minimum or zero tillage requires even distribution of crop residue. Following a welldesigned crop rotation and even trash distribution will create a firm, moist, uniform seedbed.

"Trash level has two aspects—the amount of trash and how well it is chopped and spread," adds Emile deMilliano, manager of agronomy at Viterra. "Assess that and then ask yourself if you'll have to make any adjustments in your seeding operation. You might have to go in with the harrows before seeding if the levels are expected to be a problem."

With conventional tillage systems, he advises paying particular attention to moisture management. That means

"Soil properties such as organic matter content, soil texture and soil pH also play an important role in the carryover potential of residual herbicide." – Eric Johnson

But it's not just cleavers to watch for. Sapsford is warning growers that all weeds might be worse this growing season. "Last year, we saw a lot of poor crop establishment in the spring, and later rains, so weeds emerged after in-crop applications, which resulted in more weeds present in fields," he says, adding that this means there could be a higher number of weed seeds in fields this year, which could equate to more weeds. completing the first tillage operation in the fall or in the early spring. Farmers can then complete a second tillage operation before seeding to evenly distribute the trash and reduce the size of lumps. They should pack during the second tillage to reduce lump size, conserve moisture and create a firm seedbed.

Julie McNabb is a freelance writer and regular contributor to Canola Digest.

EQUIP YOURSELF

Guy Lafond, production systems agronomist for Agriculture and Agri-Food Canada, says there are several things to check before your seeder ever leaves the yard this spring:

Step 1:

- Check and inspect the drill very carefully before seeding.
- Inspect the seed rollers carefully for any defects or "nicks."
- Check the seed box for proper seal and for any debris.
- Check the area where roller sits for debris or uncleaned surfaces, which may affect the position of the roller.
- For air seeders, check for any air leaks.
- Check all main and secondary air hoses of your air seeder for leaks or debris in the hoses.
- Check distributor head on the seeder for any debris and obstructions for example, small pieces of straw that may be sucked-in by the fan.

Step 2:

- Calibrate seeder carefully in the yard and check calibration a short time after the start of seeding to make sure that desired rate is obtained.
- Check level of machine on a level surface in the yard and also again at the start of seeding to ensure that all sections of the machine are seeding at the same depth.
- Check depth of seed in the adjacent seed row to ensure proper seeding depth. The use of spacers on these openers maybe required.
- For those with seeders equipped with openers with independent depth control, check depth in adjacent seeded row and make adjustments as required.
- Check all openers for wear. Excessive wear could compromise the separation between seed and fertilizer, resulting in unnecessary seedling damage.
- Check all openers for blockages or partial blockages from debris.

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SLOW AND STEADY WINS THE PROFIT

By Angela Lovell

To avoid losing up to \$3,600 per quarter section, it's worth it to slow down.



id you know that by seeding at the optimum speed and depth, you can avoid losing up to \$3,600 per quarter section?

Harry Schudlo knows. He has managed to reduce his loss on his seed investment by reducing his seeding speed. Taking steps in the spring, like seeding at the proper speed and depth is half the battle of growing a canola crop. Or as Schudlo says, "Well sown, half grown."

"When you are seeding shallow and going slower, the soil covers your seed," says Schudlo, who farms in the Peace River area of Alberta. "The faster you go, your furrow is opened up because your shank throws the soil from the area where the seed is placed, so the seed is not covered." This creates a less-thanideal seedbed.

Denise Maurice, vice president of crop production with the Canola Council of Canada (CCC), explains the rationale behind 4 mph. "When you go faster than 4 mph, there's a lot of fluctuation and play in the seeder itself in a couple of ways, in the up-and-down motion but also in the way the soil and seed contact."

Depth of seeding is the other critical factor affecting plant stand establishment. In a survey of 1,051 canola growers published by the CCC in March 2009, 90 percent of respondents felt they were seeding at the recommended depth of ½ to 1 in. But, when asked how they checked and where they checked the seed depth, only 50 percent were doing it correctly. This puts growers at a disadvantage, as seed that is too deep will have to work much harder to germinate.

"When you have a small seed like canola, it's critical to have it seeded shallow so the temperature is optimum (5 to 10 degrees C) for germination and at a depth that the seedling would have enough reserves to reach the soil surface," says Jim Bessel, CCC senior agronomy specialist in Saskatchewan.

Other factors also influence plant establishment, such as moisture levels and soil type. "Seeding depth will vary a lot of times because of how compacted the soil is," says Bessel. With all this variability in conditions, seed depth is crucial to get canola off to a good start.

"Under normal growing conditions, we expect only 50 percent of the seeds to germinate. When seed cost is around \$9 to \$10/lb. and the recommended seeding rate is 4 to 5 lb. per acre, that means a potential additional cost of \$50 an acre. That's \$3,600 per quarter section in loss. Most of this comes from seeding at higher speed and seed depth."

Where and when producers check the seed depth is as important as the depth itself, because if they check in a spot that isn't reflective of the normal travelling speed, they will not get a true reflection of the seed depth, which will be deeper when they are going slower, such as at the field entrance or during a turn.

"Checking in the middle of the field and stepping into the previous seeded row will provide a more accurate picture of your seeding depth," says Maurice. "That's because here you would observe seeding depth at your full speed of travel."



For any producers to individually determine the optimum speed for their own conditions, however, may require a more involved approach.

Doug Moisey, CCC agronomist, explains. "The simplest test is for a producer to seed at their normal speed up the field, then on the way back, slow down a half-mph, then on the return trip, speed up a half-mph faster than their normal speed, then on the way back, speed up another increment. The ideal speed is the one that places the majority of seed at the optimum depth of $\frac{1}{2}$ to 1 in. below the press wheel furrow. Mark these areas and go back 10 to 12 days later to check emergence, and then again at 21 days after emergence to do some plant counts. The thing to observe is uniformity and number of plants per square metre."

Schudlo, who tries to seed at a consistent 1/2 in. depth, has experimented with different speeds and has found that 4.5 mph gives him the best results in terms of plant density and emergence. "You can go a little faster if your land is

really level, but when you have hilly land, the way your equipment operates, even with a floating hitch, will still have a tendency to plant deeper in some areas if you go a little faster, especially where the soil is softer."

Moisey says that openers do not usually make a difference unless they are not suitable for the soil type or the drill has not been set properly. Air drill seeders have become more prevalent and offer advantages in terms of width and capacity. Regardless of the equipment type a producer chooses, taking the time to perform correct calibration and some routine maintenance will pay dividends.

"Calibration is a key thing," says Bessel. "You can set up a calibration in front of the shop before you start, but it's also critical to take a few minutes once you are out in the field to stop and actually

do some checking in a number of seed rows just to see how things are going. That's important not only from a seeddepth perspective but also placement of fertilizer and where it is in relation to the seed."

Checking air pressure and tires can also affect seed depth by improving the ability of the seeder to deal with the differences in topography. Uneven wear on the boots can also reduce seedling establishment effectiveness, so they should be checked.

When pressured to get a crop in the ground, it's not always a priority for a farmer to decide to slow down and check seed depth. But in the long run, the investment in time can bring higher yields and profits at harvest.

Angela Lovell is a freelance writer and contributor to Canola Digest.

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VARIETY AND BEYOND

By Julie McNabb

Great varieties? Yes. Lucky weather? Yes. But hitting or topping the 50 bushels-per-acre mark takes more than that.

hile the last growing season

proved to be a challenging one, yields

still came on strong, ranging from good to excellent. For example, a quick look at crop insurance data shows some fields yielded as high as 65 bushels per acre.

Impressive numbers. Clearly, that didn't come only from proper variety selection.

One grower who experienced excellent yields is Barry Chappell, who farms near Hamiota, Manitoba, and is also a Pioneer sales rep. He has learned there are certain ways to get the most bang out of his buck, and choosing the right variety isn't the only element. "Genetics is only one piece of the pie," he says. "Without proper seeding depth, balanced fertility, and mother-nature, high yields can't be obtained."

Thanks to his sound management plan, Chappell's yields in 2009 ranged from 47 to 56 bushels per acre. "The earlyseeded fields were hit by frost and it did affect overall yield," he says. "The last sown fields (last few days of May) were not affected by the frost and were the best yielders."

For Oak Bluff, Manitoba grower Derek Erb, the best offence is a good defence. "On our farm, we really try to minimize risk, which means doing our best at controlling the things we can, such as



Barry Chappell, who farms near Hamiota, Manitoba, is pictured above at a grower information day.

variety selection, weed control, nutrient management and crop rotation," he says.

Doug Moisey, senior agronomy specialist with the Canola Council of Canada, says the key points to every grower's plan to maximize yield should be stand establishment, fertility, weed control and proper swathing management.

"The seeding advice I give is slow down and watch depth to maximize emergence, and also to pay attention to soil temperature," says Moisey.

A slower seeding speed will ensure uniform seed distribution, emergence and proper fertilizer separation in single-pass seeding systems. Seeding depth should be ½ in. to 1 in. into a firm, moist, warm seedbed so the seed germinates rapidly with a high percentage of emergence. As for soil temperature, Moisey says the ideal is at least 10 degrees C, but around 5 degrees C is a reasonable starting point.

Well-balanced weed control and fertility programs are also necessary to maximize yield, says Canola Council of Canada senior agronomy specialist John Mayko. "With canola prices having backed off of last year's highs, growers might be tempted to shave fertilizer rates in order to reduce costs. But canola

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growers who cut fertilizer rates may end up cutting their profits."

Growers will need to use generous rates of nitrogen to achieve optimum net returns. Nutrients such as phosphorus and sulphur will also need to be at adequate levels to optimize yields.

"Today's hybrids need adequate nitrogen to optimize the yield potential of the genetics," says Mayko. "With canola at \$9 per bushel and nitrogen costing approximately 45 cents per lb., for every 10 lb. of nitrogen applied, it will only take a half bushel gain per acre to recover that cost. Any yield above this gain is profit."

And while Moisey agrees that growers should maximize fertilizer to match yield potential and minimize risk, he warns to watch fertilizer application with the seed. High rates of fertilizer, especially nitrogen, placed in the seed row can greatly increase mortality under some conditions. If this is the case, growers should consider putting the extra nutrients down through a separate banding or broadcasting operation. Chappell says selecting varieties with disease resistance will also help farmers' bottom lines. He notes that Pioneer Hi-Bred at present has the only registered sclerotinia and clubroot-resistant Roundup Ready[®] canola varieties available, adding that seeding genetics with tolerance or resistance are a major step to maximizing growers' returns.

"Knowing, from the time you plant the seed in the ground, that resistance is in the seed allows you to more accurately plan and budget all other inputs to reach optimum yields in your geographic growing region.

Chappell says a solid marketing plan is also an important part of his strategy.

Thanks to its combination of highyielding hybrids and sound financial tools, Cargill's contract program is achieving some pretty impressive returnon-investment numbers. "Our combination of high yields and an effective riskmanagement plan provides growers with higher returns per acre over commodity canola because they can capture higher

CANOLA SEEDING TIPS

SEEDING RATES: Determine your seeding rate based on TSW and % survival. Shaded areas indicate plant populations for optimum yields.

Average seeding condition* Plants per square foot (Seed Survival = 50%)					
TSW	Seeding rates (lb/ac)			c)	
Thousand Seed Weight (grams)	3	4	5	6	7
2.5	6.3	8.3	10.4	12.5	14.6
3.0	5.2	6.9	8.7	10.4	12.2
3.5	4.5	6.0	7.4	8.9	10.4
4.0	3.9	5.2	6.5	7.8	9.1
4.5	3.5	4.6	5.8	6.9	8.1
5.0	3.1	4.2	5.2	6.3	7.3
5.5	2.8	3.8	4.7	5.7	6.6
6.0	2.6	3.5	4.3	5.2	6.1

Above average seeding condition* Plants per square foot (Seed Survival = 70%)						
TSW	Seeding rates (lb/ac)					
Thousand Seed Weight (grams)	3	4	5	6	7	8
2.5	8.8	11.7	14.6	17.5	20.4	23.3
3.0	7.3	9.7	12.2	14.6	17.0	19.5
3.5	6.3	8.3	10.4	12.5	14.6	16.7
4.0	5.5	7.3	9.1	10.9	12.8	14.6
4.5	4.9	6.5	8.1	9.7	11.3	13.0
5.0	4.4	5.8	7.3	8.8	10.2	11.7
5.5	4.0	5.3	6.6	8.0	9.3	10.6
6.0	3.6	4.9	6.1	7.3	8.5	9.7

*Average: adequate moisture, cool soil temperature (5°C) and shallow seeding depth. *Above average: ideal moisture, warm soil temperature (10°C) and shallow seeding depth.

SEEDING DEPTH: 1/2 in. to 1 in., depending on soil moisture conditions.

REDUCE YOUR SPEED: Slow down to ensure uniform seed distribution (4–5 mph), emergence and proper fertilizer separation in single-pass seeding systems.

Thousand Seed Weight (TSW) is also referred to as Thousand Kernel Weight (TKW).

TARGET: 10 Plants/ft²

These recommendations are guidelines only to help ensure successful stand establishment For more information about successful seeding go to **www.canolacouncil.org**



prices," explains Cargill's Rick Wiebe.

Cargill offers high-yielding varieties that were created from an alliance with Bayer CropScience, in combination with complete acre package options and several financial and riskmanagement tools.

Another important aspect of maximizing return is to pencil out the potential profit situation. To help with this, Viterra has a profit planner calculator on its website that allows farmers to enter yields, expected price and input costs to come up with a cropping plan based on sound financial information.

Manitoba farmer Derek Erb sums it up this way: "Most growers take out crop insurance and hail insurance to protect against weather or other uncontrollable risks and are turning towards marketing experts to help make pricing decisions, so it only makes sense to have a good plan and use the right variety for the right acres to protect your investment." •

Julie McNabb is a freelance writer and regular contributor to Canola Digest.

WITH SEED, SIZE MATTERS

To maximize yield, ideal plant populations range from 7 to 14 plants/ square foot. However, each variety of canola seed you buy has a different range of seed size, which affects plant population, so you need to adjust your seeding rate accordingly. This is key to making sure the right amount of seed is planted to ensure a proper plant stand. New hybrids have larger seeds, so there is more poundage to achieve 10 plants/square foot.

Use the charts at left, which will be on most canola seed bags this spring, to determine what seeding rate you should be using depending on seed size (measured as thousand seed weight or TSW in grams). And remember, each time you switch varieties you might have to recalibrate your seeder.

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ROTATE FOR RESULTS

By Carla Pouteau

Crop rotation is about far more than disease management.

rotation, we often think of disease management. But, in fact, recent research is demonstrating many benefits to producers from this long-standing practice, among them, the potential

for greater yields.

hen we talk about crop

Anastasia Kubinec, oilseed business development specialist with Manitoba Agriculture, Food and Rural Initiatives, has studied crop rotation with the help of growers' information submitted to Manitoba Agricultural Services Corporation (MASC).

"From 1998 to 2007, canola planted on canola stubble resulted in an 83 percent potential yield, whereas canola on spring wheat, winter wheat, oats, and barley stubble resulted in 103 percent, 104 percent, 104 percent and 105 percent potential yield, respectively," says Kubinec.

"We could speculate that the yield decrease may be due to increased disease pressure, such as blackleg, but do not know that for sure, as yield-limiting factors are not a part of the information collected in the MASC harvest production reports. For fields to qualify to be included in this analysis, they must have been 120 acres or larger."

Kubinec suggests a good crop rotation would include cereal such as wheat, barley or oats, and broadleaf crops such as canola, field pea, and flax. "This diverse rotation will help manage weeds, insects and diseases. Plus, additional diversity can come by growing winter and spring wheat. Winter crops in rotation spread the workload but also work well at breaking pest cycles."

Randy Kutcher, a plant pathologist with Agriculture and Agri-Food Canada (AAFC) based in Melfort, Saskatchewan, and fellow AAFC scientist Stewart Brandt based at Scott, Saskatchewan, have been studying crop rotations with canola for 10 years. They point to the advantages of proper rotation.

"Crop rotation benefits include improved water utilization, efficient nitrogen management, and improved soil health," says Kutcher. "In fact, some of the benefits from crop rotation cannot be attributed to something specifically and are often referred to as the 'rotation effect."

There was evidence of this in the three-year rotation studied by Kutcher and Brandt. "We saw a yield benefit in our canola after field pea in that rotation," says Kutcher. "Field pea is shallow-rooted and extracted less water the year before canola. Plus, being a legume, peas added additional nitrogen to the soil."

Sometimes nothing speaks better of a practice than the actual experience of a farmer. Fiepko Buiskool-Leeuwma has been managing a 3,000-acre farm in southern Manitoba for 20 years and believes there is merit in a diverse crop rotation.

Each year he plants about 800 acres of canola. Other crops in the rotation include: wheat (preferably winter wheat), barley, oats, canary seed, and soybeans. Due to the late fall this past year, no winter wheat was planted, so Buiskool-Leeuwma is adding field peas to the mix for the first time in 2010. "We like to grow winter wheat because of the flexible timing of seeding and harvest, so we are trying field peas for that reason in 2010—they tend to be earlier."

Of course, disease control is clearly a major goal of crop rotation.

Kutcher and Brandt's research involved crop rotations with canola for 10 years using "old" canola genetics (Westar cultivar) and weed control tools compared with "new" canola genetics, a hybrid with blackleg resistance and herbicide tolerance. They compared these two canola systems under several different canola rotations: continuous canola, two-year rotation of canolawheat, three-year rotation of canolapea-wheat, and four-year rotation of canola-wheat-pea (or flax)-wheat. They were trying to determine whether advances in weed technology, such as herbicide-tolerant systems and disease

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resistance, could overcome the need for a longer rotation.

"Not so," says Kutcher. "What our research showed is that the impact of shortened canola rotations on severity of blackleg was not too noticeable in blacklegresistant varieties within the first four years. But it became more significant in years five, six, seven and beyond."

Their study showed that continuous canola and two-year rotations of either canola variety had greater incidence and severity of blackleg than four-year and sometimes the three-year rotation. This trend became more consistent and significant in later years of the study.

"Even though the latest varieties are rated as R for resistant, they are not immune to blackleg," warns Kutcher. "When canola is grown more frequently, there is less time for crop residue to be broken down, which results in a buildup of disease inoculum in the field. What we know about the blackleg pathogen is that it can mutate and adapt. So shorter canola rotations are increasing the risk for blackleg and potentially selecting for alternative pathogen types."

Although Kutcher and Brandt's rotation study did not include assessments for clubroot, it's another disease that threatens canola production, Kutcher warns. "The Europeans have been dealing with clubroot for some time, and part of their management strategies involves resistant varieties, but crop rotation is another critical management tool."

While the recent release of a clubrootresistant variety in western Canada is promising, he says, "To maintain its longevity, adequate crop rotation needs to be practised."

But what about profitability?

When asked about the possibility of tightening canola rotation for profitability, Buiskool-Leeuwma quickly replies, "We know our production exactly. We have a scale in the yard and weigh everything. A yield monitor on the combine or standing back and looking at the bin are anecdotal. Scales don't lie.

"Farming is a risk because we are at the mercy of Mother Nature, so we need to manage the things we can, like our crop rotations. I am not comfortable pushing canola because of blackleg but rather prefer to keep canola rotations as long as possible."

Carla Pouteau is a freelance writer and farms near Mariapolis, Manitoba.

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MAKE A HEART-HEALTHY 2010 RESOLUTION

By Angela Dansby

Canola industry can help reduce Canada's burden of cardiovascular disease.

ccounting for 31 percent of Canadian deaths, more than any other cause, cardiovascular disease (CVD) is literally heart-breaking.

Cardiovascular disease includes heart disease, diseases of the blood vessels and stroke¹. Every seven minutes in Canada, someone dies from heart disease or stroke. And these diseases cost the Canadian economy more than \$22 billion annually in health-care costs and lost productivity². Yet, this doesn't have to be the case; unlike cancer, CVD is often preventable.

In an effort to turn this number-one public health threat into the best opportunity to save lives, the Government of Canada created in October 2006 a steering committee to develop a Canadian Heart Health Strategy and Action Plan (CHHS-AP). Eldon Smith, O.C., M.D., cardiologist and emeritus professor of medicine at the University of Calgary, was appointed chair of the CHHS-AP, overseeing the 29-member committee and co-ordinating with three national advisory organizationsthe Heart and Stroke Foundation of Canada, Canadian Cardiovascular Society and Canadian Institutes of Health Research's Institute of Circulatory and Respiratory Health.

"It's a tragedy to see over 70,000 Canadians dying each year from cardiovascular diseases when we know how to prevent them," Smith says. "It's a travesty that we don't do more. It doesn't mean more emergency rooms, hospitals, etc. We need more screenings, prevention and intervention ... We don't need more health care, we need a better health system. It should be a no-brainer. A country like Canada ought to have a heart-health strategy."

According to the CHHS-AP, up to 80 percent of all premature CVD cases can be avoided. And the food industry, including canola oil, can help.

THE MASTER PLAN

After two years in the making, the CHHS-AP was released in February 2009. Now it is waiting to be approved and funded by the federal government. The six primary goals of this landmark, comprehensive plan are to:

- Create heart-healthy environments through education, legislation, regulation and policy.
- Help Canadians lead healthier lives by developing messages about risk factors, providing self-help tools, and

bringing screenings and follow-up to communities. (Nine out of 10 Canadians over age 20 have at least one risk factor for CVD. Certain risk factors obesity, diabetes, and hypertension —and deaths are projected to rise without intervention.)

- End the heart-health crisis among Aboriginal/indigenous peoples, who are 1.5 to 2 times more likely than other Canadians to develop CVD, by actively involving them in developing solutions and providing culturally appropriate support.
- Continue reform of health services by fostering innovation to support chronic disease prevention and management programs among primary care teams.

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¹ Statistics Canada, Mortality Summary List of Causes 2005. Released March 2009.

² Canadian Heart Health Strategy-Action Plan Steering Committee. Building a Heart Healthy Canada. Released February 2009.

FRAMEWORK FOR A COMPREHENSIVE CANADIAN HEART-HEALTH STRATEGY AND ACTION PLAN



PREDICTED AGE-SPECIFIC DIABETES POPULATION IN CANADA IN 2000, 2010 AND 2016



Source: Ohinmaa A., et al. (2004). The projection of prevalence and cost of diabetes in Canada 2000 to 2016. Canadian Journal of Diabetes 28(2):00-00. (available online at: www.diabetes.ca/Files/JohnsonCJDJune2004.pdf)

Charts and graphs: Canadian Heart Health Strategy and Action Plan, "Building a Heart Healthy Canada," February 2009.

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- Build the knowledge infrastructure to enhance prevention and care by ensuring more accurate and timely information is efficiently shared.
 - Develop the right service providers with the right education and skills by systematically planning the Canadian workforce and encouraging innovation.

By 2020, the ultimate objective of the CHHS-AP is to decrease the annual rate of CVD deaths by 25 percent, which Smith calls "very reasonable and doable." This will include:

- bringing the CVD burden among Aboriginal/indigenous populations in line with other Canadians;
- decreasing high blood pressure in adults by 32 percent;
- decreasing the smoking rate by 25 percent; and
- decreasing direct health-care costs by \$7.6 billion and indirect costs by \$14.6 billion.

"Canada is a pioneer with this strategy by taking the whole health system into consideration, from pre-conception to death; no other country has taken such a comprehensive approach," Smith says. "We can't focus on one silo after silo ... prevention is very important. We often wait until disease hits and then try to address it.

"Schools especially need to emphasize physical activity and nutrition, as well as workplaces and communities," he adds. "Diabetes is increasing in Canada at an alarming rate, like obesity."

This is especially true among Aboriginal populations, Smith notes, where about 70 percent of adults and 50 percent of children are overweight and obese. Diabetes—which is driving high blood pressure, heart disease and stroke affects 6 percent of the whole Canadian population and 20 percent of its Aboriginal peoples.

GOOD FOR CANADA'S HEALTH AND WEALTH

Smith notes that a modelling study on the impact of five targets of the CHHS-AP —decreasing blood pressure, increasing physical activity, decreasing smoking, increasing fruit and vegetable intake, and decreasing obesity and overweight —indicates that by 2020, over 600,000 fewer Canadians would be impacted by CVD, resulting in a cost savings of more than \$75 billion.

"Implementing this strategy is good for health and wealth," he says. "People who are ill reduce productivity ... the economic benefits of a healthier population are phenomenal."

The value of the CHHS-AP is clear. The question is how quickly can it be funded and implemented?

"Like real estate being about location, location, location, policy development is about timing, timing, timing," notes Smith, who hopes for appropriations of some elements of the CHHS-AP in early 2010.

Sally Brown, M.H.S., CEO of Heart and Stroke Foundation of Canada, which is leading advocacy for the CHHS-AP along with the Canadian Cardiovascular Society, says they did not expect government approval of the CHHS-AP would happen all at once, but they hope to have much of it implemented within five years.

"There is a huge need for federal and provincial governments alike to move on the prevention, system change and information management recommendations in the report and for the Aboriginal cardiovascular disease crisis to be addressed immediately," she says. "Many of the prevention recommendations do not require increased government investments ... they require increased government will."

CANOLA INDUSTRY PART OF SOLUTION

A key element of the CHHS-AP is to develop effective partnerships within and outside the health sector to engage citizens, care providers, professional organizations, industry and the media to enable Canadians to become leaders in heart health. This includes CanolaInfo, the Canola Council of Canada's promotion program for food use of canola oil.

CanolaInfo has already demonstrated leadership by raising public awareness of heart-smart canola oil and sponsoring the Heart and Stroke Foundation of Ontario's Spark Together for Healthy Kids[™] program, which aims to reduce childhood obesity. But the entire canola industry contributes to heart health every day by producing canola oil as an alternative to sources of saturated and trans fats at retail and in food service.

"We [canola farmers] feel good about making a contribution to improving the health of people around the world," says Terry Youzwa, a farmer in Nipawin, Saskatchewan, who has been growing canola since 1979 and serves on the boards of the Canola Council of Canada and SaskCanola.

"We have a competitive advantage in terms of health with canola oil production," Brown adds. "It increases the good cholesterol and decreases the bad, plus it is a made-in-Canada solution [to saturated and trans fats]."

While trans fat is approximately five times more harmful on a gram-by-gram basis than saturated fat, Brown notes the latter is more prevalent in the food supply. With the least saturated fat of all commodity cooking oils and zero trans fat, canola oil fits well into the CHHS-AP.

"Saturated fat should be substituted by unsaturated fats and oils such as canola as much as possible," Brown says. "Unfortunately, many companies replaced trans fat with saturated fat, instead of taking the opportunity to replace them with unsaturated fats."

"We know that trans fat is very harmful —3,000 deaths a year could be attributed to it—and saturated fat increases the risk of cardiovascular disease," Smith adds. "If we could decrease trans and saturated fats and salt in processed foods, we would do an enormous amount of good for Canadians."

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Let's talk. Give a Bunge grain marketing specialist a call today.



TRANS-FORMING THE FOOD SUPPLY

Health Canada released its final set of trans fat monitoring results on December 22, 2009. This data focused on small- and medium-sized restaurants and fast-food chains, as well as other food service entities in high schools, movie theatres, hospitals, universities, etc.

"Canada's trans fat verdict is in," Brown says. "Levels of heart-clogging trans fat are still far too prevalent in our food."

The new data shows that 21 percent of french fries, 26 percent of chicken products, 50 percent of bakery products and 60 percent of cookies—which are often consumed by children—are still made with high levels of artificial trans fat, according to the Heart and Stroke

Foundation of Canada. A high consump-

tion of trans fat leads to a threefold increase in the risk of heart disease.

"Processed trans fats should be banned altogether," Brown says. "They have absolutely no nutrient value. If they were seen as causing cancer as opposed to heart disease, they would have been gone by now."

"In Canada, we have tremendous agricultural capacity and our raw food material is good for consumers," Smith adds. "The problem is what happens when it leaves the fields. We can do a lot better job. As Canadians, we have developed a real taste for fat, salt and sugar, and the food industry has learned this. We need to wean people off these tastes This will require some labelling changes and regulation."

In addition to banning trans fat, Brown advocates standardizing serving sizes

on food products so consumers can compare nutrient profiles and getting restaurants to post calories on menus.

"Not all food is good for you, but the food industry can make it a whole lot healthier than it is," Brown says, noting the tremendous role farmers can play in combatting CVD. "We need to get the word out and reach Canadians in all walks of life, including our farmers and their families."

"Just looking at the waiting lines at health-care facilities, anything we can do reduce the burden of care is worthwhile," Youzwa says. "And if we can take everyday steps to improve our health, why wouldn't we be doing it?"

For more information about the CHHS-AP, go to **www.chhs-scsc.ca**. •

Angela Dansby is communications manager for CanolaInfo.



Let's blow out the candles on trans fats.

June 2009 was the two year anniversary of the federal government's trans fat "voluntary reduction period." The verdict is in – federal regulations are urgently required.

Federal trans fat regulations could help Canadian agriculture gain a new competitive advantage. Canola growers in Canada would benefit from increased demand for healthier oils.

The Canadian agriculture sector can help SAVE LIVES. We urge you to write to the federal government to request that it live up to its commitment and introduce trans fat regulations.

We've made it easy for you. Go to heartandstroke.ca/GoodbyeTransFats and with the click of a button join us in sending a clear message to the federal government.



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www.heartandstroke.ca

SETTING UP FOR SUCCESS

By Carla Pouteau

Veteran canola growers consider getting a good canola stand established half the battle and half the profit.

ne of the most important steps in the canola production cycle is stand establishment. Canola can be a particular crop when it comes to germination and emergence. So we checked in with our panel of producers and asked how they set up their canola crop for success right from the start.

HOW DO YOU PREPARE THE FIELD FOR CANOLA?

Chorney: Our clay soils need help drying out. We need to make a tillage pass in the fall to bury and break up residue and get some black soil showing. We recently changed to an air drill with mid-row banders to seed and fertilize in one pass. Since moving to this system, we are usually seeding into good moisture and get more even germination.

Halstead: Canola usually follows wheat or barley or flax in our rotation. We direct-seed all in one pass. We fertilize according to the crop we are growing.

Youzwa: Canola is planted into cereal stubble, so residue management is important. We harrow twice prior to seeding. We will soil test fields prior to canola. It is our best crop so it is critical we apply the right nutrients.

Felstad: Canola usually follows wheat or barley. We are soil testing more and more lately as we experiment with variable rate. We band anhydrous in the fall and place phosphorus and sulphur with the seed. We will pre-seed burnoff or spot spray prior to seeding. We seed with a disk drill (low disturbance) and this buys us some time because we have the opportunity to post-seed burnoff, especially during the second half of seeding.

Auch: We zero-till so residue management at harvest is crucial. Canola usually follows wheat, barley or rye. We soil test regularly. We are looking at changing our opener to try and disturb the residue more to warm the soils earlier and since heavy residue seems to exacerbate frost.

Hames: We direct-seed into stubble so preparation begins in fall with residue management. Since we are always seeding into cereal stubble and not baling any straw, we try to spread straw the full width of the header and heavy harrow most years to break up sprayer tracks and clean up straw piles. We soil test in fall to determine fertilizer requirements. In the spring, pre-burn or post-seed burnoff is used to control early weeds.

Schudlo: Canola usually follows oats and we heavy harrow once in the fall and again in spring. We need to blacken the soil somewhat to help it warm up. In the Peace Region, pre-seed burnoff is tough because we are cooler in spring, so weed growth is slow, and we don't want to delay seeding. We'll do postharvest weed control the previous fall.

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From left to right: **Brian Chorney** *farms 1,800 acres at East Selkirk, Manitoba;* **Brett Halstead** *farms 3,000 acres in eastern Saskatchewan near Nokomis; and* **Terry Youzwa** *farms 2,400 acres in northeastern Saskatchewan near Nipawin.*



From left to right: **Colin Felstad** farms 5,300 acres in north-central Alberta near Dapp; **Kevin Auch** farms 4,800 acres in southern Alberta near Carmangay; **Todd Hames** farms 4,500 acres in northeastern Alberta near Marwayne; and **Harry Schudlo** farms 3,800 acres in the Peace Region near Sexsmith, Alberta.

WHAT IS YOUR APPROACH AT SEEDING?

Chorney: We will pre-seed burnoff weeds if necessary. We aim to seed at 5 lb. per acre, and I have a motto "When in doubt, seed shallow" – seed

- just covered with soil and have the
- ٠

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packers press it in. We travel at about 5 to 5.5 mph. We will usually seed our wheat, then oats and then canola.

> Halstead: We will pre-seed burnoff if necessary. We seed at 5 lb. per acre and will adjust a little bit if the thousand kernel weight varies one way or another. We seed with an air drill with Stealth openers at about 4.2 to 4.5 mph. We will usually seed malt barley and then move into canola. We will not chase moisture and like to seed shallow (½ in.) but will go to 1 in. if necessary. If too dry, we won't quit seeding but will seed into dry soil and wait for rain.

> Youzwa: We work with the weather and pre-seed burnoff if possible. We seed at 4 to 4.25 lb. per acre and travel about 4.5 mph. We like to seed shallow into moisture and will go not deeper than an inch. If it is dry, we seed an inch and hope for rain. We seed with an air seeder with ³/₄ in. openers and mid-row banders. Soils that are low in phosphorus will get 15 lb. of phosphorus and Jumpstart. We prefer to seed something else prior to seeding canola, especially if soil temperature is low, to reduce spring frost risk.

Felstad: We seed at 5 lb. per acre and pay attention to seed size. We like to

seed to moisture but not too deep. We are not big on planting into dust so will seed deeper if necessary. We like to have canola seeded by mid-May but usually start seeding when the land is dry and move to wherever is ready next.

Auch: We seed at 5 lb. per acre as a minimum and will usually seed at ¹/₂ to ³/₄ in. but no deeper than 1 in. If too dry, we will seed into dust and wait for rain. We pay attention to soil temperature and try not to put canola into cold ground (e.g., 3 or 4 degrees C). We don't like to be seeding canola past the fourth week in May. We have been using the same drill for the past 10 years so are very familiar with it and the speed of travel. We do pay attention to the wind speed of our fan.

Hames: We seed at about 5 lb. per acre but will adjust rate by using thousand kernel weight and a target of 10 plants per ft². We seed at ½ to ¾ in. into moisture and travel less than 5 mph. We plan to seed all our wheat and peas and then seed canola last into warmer soils but before May 20.

Schudlo: We pay attention to seed size and try to seed at a minimum of 5 lb. per acre. We always seed at ½ in. because if we go too deep the soil is too cold and seeds will not germinate well. If it is dry, then we depend on Mother Nature to give us rain. We like to have canola seeded by about May 15. A few years ago we experimented with different seeding speeds. We found that the shanks splattered seed and left it on the soil surface when we travelled too fast. We seed with an air drill and get the best seed placement at 4.5 to 5 mph.

WHAT ARE YOUR THOUGHTS ON RE-SEEDING?

Chorney: I like to seed once. We always seem to lose when re-seeding.

Halstead: We will re-seed only if there is no option of leaving it. Canola is usually able to fill in nicely with larger plants.

Youzwa: We have left a crop with as little as one plant per square foot and got satisfactory results. This is usually a good time to go on vacation because things will look better when you get back. Patience is a virtue!

Felstad: Canola is pretty resilient and we can go with a pretty low plant population. The field always seems to turn out better than you think. We have had poor experience with re-seeding.

Auch: Canola can compensate well for low plant population. We would rather leave a thin stand (provided it is uniform) than re-seed.

Hames: We have not re-seeded a canola crop since switching to zero-till. We feel it is usually too late in the spring to replant a canola crop that will perform very well.

Schudlo: We had to re-seed once after a frost but left a checkstrip. The original plants did recover and we could have avoided re-seeding. You are better off to leave a thin stand than have to remember the added input costs if you do re-seed.

Carla Pouteau is a freelance writer and farms near Mariapolis, Manitoba.

is ready to export.



Protect your access to global markets

We rely on other countries to buy most of the canola we grow. But many of these countries won't accept canola shipments containing even very low levels of de-registered seed. We can't afford to be shut out of global markets. Less demand can lead to lower prices. Help protect your bottom line. Keep de-registered canola varieties out of your field.

De-registered Varieties

Roundup Ready polish (B. rapa) canola	Hysyn 101RR
Bromoxynil tolerant	295BX, Cartier BX, Zodiac BX, Renegade BX
Liberty Link <i>(B. napus)</i>	Exceed, 2631 LL, Swallow, SW Legion LL, SW Flare LL, LBD 2393 LL, Innovator, Independence, HCN 14, Phoenix
Liberty Link hybrids	3850, 2153, 3640, 3880, 2163, 2273



Are you export ready? To find out more go to www.canolacouncil.org



ABreport





ACPC ANNUAL REPORT NOW AVAILABLE

The Alberta Canola Producers Commission's annual report provides a comprehensive update on the activities of the organization in the areas of agronomic research, market development and promotion, and grower relations and extension.

The report includes the budget, revenues, expenses, and audited financial statements for the commission.

The 2008-2009 Annual Report is available online at **www.canola.ab.ca/acpc**. Printed copies can also be ordered by contacting the office at 1-800-551-6652.

AND SOME CANOLA OIL TOO...

It's almost overstated: eating well, which includes a little canola oil, and being active work together for a healthier you. "And healthy habits may help you feel and look better, have more energy and stronger muscles and bones," registered dietician Charlotte Varem-Sanders tells Alberta students.

More than 5,000 have heard Charlotte's message over the past nine months – whether through the "Food-Ball" presentations with Edmonton Eskimo Pate Memorial Award nominee Patrick Kabongo or the "Hockey Challenge" with two-time Paralympics medal winner, wheelchair athlete Ross Norton.

Both programs are sponsored by the Alberta Canola Producers Commission (ACPC). And both are part of the health and wellness messaging that ACPC is sharing with teachers and students to remind all that canola is a locally-grown and processed crop that is healthy and affordable.



Ross Norton, Two-Time Paralympic Gold Medallist, Wheelchair Basketball.



Patrick Kabongo, Right Guard for the Edmonton Eskimos.

Combined with Health Canada's Food Guide recommendations for fruits, vegetables, grains and proteins, Charlotte has been emphasizing that all Canadians should "include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day to get the fat you need. This amount includes oil used for cooking, salad dressings, margarine and mayonnaise. Unsaturated vegetable oils include: Canola..."

Presentations of either Food-Ball or the Hockey Challenge will be sponsored again in Edmonton, Calgary, Red Deer, Camrose and surrounding areas starting February 2010.

If you believe that the students in your community could benefit from one of these presentations, please contact the Phys-Ed teacher in that school and have them connect with the ACPC office, or e-mail simone@canola.ab.ca and we'll negotiate some opportunities for a football or Paralympics athlete to visit your community! •



ACPC WEBINARS STARTING IN FEBRUARY

The Alberta Canola Producers are launching a new webinar program beginning in February that will allow growers to attend seminars from the comfort of their own home office.

Participants who register for webinars will watch the presentation live online on their own computer screen while listening to the presenter either through their computer speakers or over the telephone. Growers will be able to interact with the presenters by typing in questions during the presentation.

There will be no charge for growers to attend a webinar. If they choose to use their telephone instead of the computer speakers, long-distance charges may apply.

The webinars will cover topics including research, agronomy and farm business

management. The webinar schedule is available at **www.canola.ab.ca** and notices will be included in the Alberta Canola *Connections* e-newsletter.

The first series of webinars are with Merle Good and Mark Muchka from Alberta Agriculture & Rural Development on Farm Business Management.

WEBINAR #1: Completing Your Farm Physical – Does Your Farm Feel Healthy?

Tuesday, February 9, 9:00-9:30 am

Gain insights into important, yet simple, indicators that measure your farm business's well-being. Compare your farm to our benchmarks to see how financially healthy and sustainable it is, and explore ideas to capture opportunities or fix any trouble spots your farm may have.

WEBINAR #2: Farm Business Arrangements and Operating Structures

Wednesday, February 17, 9:00-9:30am

Explore unique ways to lease land, take income out of your business, and capitalize on tax strategies that benefit your farm partnership and/or corporation.

WEBINAR #3: Farm Business Succession Planning – Simplifying a Complex Puzzle

Wednesday, February 24, 9:00-9:30am

Learn simple strategies that will ensure a smooth and equitable transfer of farm ownership, operations and assets to family members or third parties.

For more information on ACPC webinars, contact Rick Taillieu, Grower Relations & Extension Coordinator at 780-678-6167 or rick@canola.ab.ca. •

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HAVE YOU HEARD...

- French fries are best soaked in cold water for half an hour before frying?
- Frozen french fries absorb less oil than fresh french fries?
- Canola Oil has a high smoke point, making it an ideal choice for french fries?

In partnership with the Potato Growers of Alberta, Science Alberta Foundation and the Discovery Channel's *MythBusters*, these and many other questions will be answered at the Science Happens Here events being held this February in Lethbridge and Taber, Alberta.

Can't be there? Then contact us at reception@canola.ab.ca and we'll send you the "ideal french fry" myth buster

fact sheet. •



Sask Canola

SKreport



Board Notes

MEETING WITH CHINESE BUILDS RELATIONSHIPS AND UNDERSTANDING

By Brett Halstead, Board of Directors

- In December 2009, I was fortunate to
- have the opportunity, along with Dave
- Hickling, Lisa Campbell and Denise Maurice from the Canola Council of Canada (CCC), to meet with officials from Sinograins Oils Corporation, China Grain Reserves, and senior trade officials from Agriculture and Agri-Food Canada.

As the only canola producer at the meetings, I related my experiences and answered many questions on how and why farmers make decisions about growing and marketing canola. I made the point that for farmers to continue to grow a crop they need to see good returns and good marketing opportunities to meet their cash-flow needs.

The Chinese want a steady and reliable source of oil and seed in the future and want to understand our industry better. They did admitted that they like to draw down their grain reserves every two years since it is literally a physical grain reserve in large silos and they do worry about the condition of the stock. My perception is that there is an issue with different levels of the Chinese government making decisions independent of other levels of government.

Our group asked many questions about Chinese import needs, their crushing industry and farms. Interesting to note that most farms in China are one-fifteenth of an acre and farmers have jobs off-farm as well.

The meetings were very constructive, friendly, educational and a great opportunity for all of us to build relationships that will support our industry. •



STORAGE OF HIGH-MOISTURE CANOLA

How wet was your canola when you took it off last fall, and how are you dealing with it? This was the common question that triggered a project co-ordinated by Saskatchewan Ministry of Agriculture agrologists, Prairie Agricultural Machinery Institute engineers, a Canola Council of Canada agronomist and SaskCanola.

The extraordinary harvest conditions led us to do some monitoring, particularly of grain bags, to see how long it would take them to heat, given 11 percent and greater moisture contents. Rumours were that one could store just about anything in a bag and it would not be a problem. Common sense would say: likely not. So, our volunteers have been monitoring temperatures since the bags were filled. Bunge has provided analysis of moisture, grade and dockage for initial and final samples. So far, it seems that, given the cold conditions at time of harvest, the canola has faired quite well in the bags for short periods, but our co-operating farmers are closely watching, to avoid spoilage. We will be able to report on findings once all the canola has moved. Even before harvest, plans were in the works by several organizations to update the canola storage recommendations for temperature and moisture, given the increasing oil content of canola. The research protocols for a range of 9 to 11 percent moisture now seem "dry" in comparison with the reality of the 2009 harvest!

For further information contact Pat Flaten, Research Manager, SaskCanola at 306-975-0730. •

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SKreport

TIME WELL SPENT

By Kelvin Meadows, Past Chair and Director, SaskCanola

At the SaskCanola AGM on January 13, 2010 I finished my final term as a director of the Commission. It's been 10 years since I said yes to let my name stand for the Board. At that time, I didn't really understand what the Commission did or how it would benefit farmers like me. Much has changed over the years, and not just my understanding of how the canola industry operates and functions on the world stage, but also the important role SaskCanola plays on behalf of farmers.

Ten years ago, we were entering a period when you couldn't give a canola crush plant away and the days of the "Cinderella" crop were in decline. The GMO debate was just starting and the world was awash in cheap vegetable oil as a result of a meal-driven crush that favoured soybeans.



Kelvin Meadows, Past Chair and Director, SaskCanola

As a farmer and director, I was involved in discussions with the canola industry at a time when one of the obvious ways to improve industry crush margins was for farmers to find a way to grow more and, in turn, sell for less so that the industry could preserve market share. At SaskCanola, we felt that finding ways to increase production levels were only a benefit to farmers if it also increased the net return per acre, best accomplished with a twopronged approach of better agronomics combined with demonstrating to the consumer the superior value of canola oil.

Over the years, I have watched the introduction of herbicide-tolerant canola followed by high-stability oils and the eventual dominance of hybrids in the race to keep canola as the crop of choice for area farmers. Grower support for these initiatives and our push for sustainable agronomic research coupled with generic oil promotion have led to new industry partnerships that have benefited the whole industry. I commend the canola community for finding ways to work co-operatively. Without strong advocacy from grower groups such as SaskCanola, I am certain that some of these partnerships would never have been realized.

Working as a director on behalf of farmers is not always easy; it requires a sacrifice of time that could be spent growing your own business. However, I know the advantages of growing business skills and industry knowledge through participation in SaskCanola and also by becoming a director. Looking back, my time on the Board has been well spent. All Boards need access to new blood and new direction. and that is best served by new directors with enthusiasm and fresh ideas who are not afraid to challenge the status quo. The only counsel I would provide is the same that I received from a former director who stated that, when making a decision about direction, ask yourself one question, "Is it good for farmers?" and that answer will often as not help you make the decision. That director was Zenneth Faye and I have followed his mantra for 10 years. It has never failed me yet.

BOARD APPOINTMENT

SaskCanola is pleased to announce the appointment of Mr. Franck Groeneweg to our Board of Directors.

President of Green Atlantic Farms located near Edgeley, Saskatchewan, Franck grew up on a grain farm in France and subsequently farmed in the United States producing corn and soybean for six years in lowa. He and his wife Kari moved to Saskatchewan in 2003 and in 2009 seeded 10,000 acres, of which 4,000 were canola, 5,000 were cereals and 1,000 were pulses.

Franck is a director on the Indian Head Agricultural Research Foundation (IHARF) board and has chaired his local producer marketing club.

As a director for SaskCanola, Franck looks forward to bringing his experiences from different regions to shape a bright future for canola production and marketing in Saskatchewan.

LEVY CENTRAL STAFF JOIN THE AGRICULTURE COUNCIL OF SASKATCHEWAN

For many years now, the administration of levy funds for eight grower commissions has been overseen by SaskCanola. The staff of Levy Central, Christine Colborne, Nicole Yip and Koren Hebig, has managed the reporting, reconciling and communications with all the commissions in a highly professional and competent manner. This business unit is so respected in the industry that others want to join this group. SaskCanola and the other member commissions believe this is good for farmers and have collectively agreed to relocate these services to the Agriculture Council of Saskatchewan (ACS) beginning, February 1, 2010.

While we are sad to see three great staff members leave the organization, we are happy that their new offices are close by and that they will remain the administrators of our levy program. Their dedication, accuracy and professionalism are examples for us all. Thank you Christine, Nicole and Koren for a job well done.

SASKCANOLA ANNUAL REPORT

The 2008-2009 SaskCanola Annual Report presented at the January 13, 2010 AGM is available online at **www.saskcanola.com**. For a printed copy call 1-877-241-7044.

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MBreport



CANOLA SHOOTS, CANOLA SCORES

The MCGA is a sponsor of the 2010 MasterCard Memorial Cup in Brandon, Manitoba. This cup, one of the most prestigious and coveted trophies in North American sport, has a rich tradition that has shaped the way major junior hockey is played in North America. The trophy was originally known as the OHA Memorial Cup and was donated by the Ontario Hockey Association in March 1919, in remembrance of the many soldiers who paid the supreme sacrifice for Canada in World War I.

MCGA will have the naming rights to the Westman Hockey History Exhibit, which will be located inside the Memorial Cup Village. The purpose of the exhibit is to showcase western Manitoba's hockey community, including details on our rich hockey heritage. In addition to details on famous players from western Manitoba, provincial champions and history of hockey throughout the region, this exhibit will feature game jerseys from a number of our communities.

Why did MCGA decide to sponsor the Memorial Cup? MCGA partners with influential teams. Our goal is to let more people know about canola oil at the local and national level, and this tournament fits the bill. MCGA wants to deliver a message to everyone, young or old, attending the Memorial Cup that canola oil is the healthiest oil out there and is "Good for Every Body." We would like to see canola oil used in every rural rink in Canada. The Keystone Centre, the home of the Brandon Wheat Kings, sees the value of canola oil and uses it in their food venues. A healthy hockey player is a productive player, and canola oil can contribute to this.

The Memorial Cup will have a substantial impact on the economy of Brandon and southwest Manitoba. Many of our members are from this area and many of the players past and present are from rural Manitoba. Check out our website to see how to win tickets to the Memorial Cup. ●

MANITOBA CANOLA GROWERS ELECTION RESULTS

The results are in for MCGA's 2009 Directors Election. At MCGA's 2009 Annual meeting, members asked the Board to consider using preferential ballots. For the 2009 election, the Board implemented the preferential ballots system. The ballots were counted December 11, 2009 at the offices of Meyers Norris Penny LLP Winnipeg.



This year, six candidates ran for four available spots on the Board: Brian Chorney – East Selkirk, Eduard Hiebert – St Francois Xavier; Ed Rempel – Starbuck, Ernie Sirski – Dauphin; Hugh Drake – Elkhorn; and Wilfred (Butch) Harder – Lowe Farm. Re-elected to a four-year term were Brian Chorney, Ed Rempel, Ernie Sirski, and Butch Harder.



Of the 8,935 ballots sent out 1,633 ballots were returned and counted. Brian Chorney received 413 votes or 25.4 percent of the votes. Butch Harder received 398 votes or 24.5 percent of the votes. Ernie Sirski received 376 votes or 23.2 percent of the votes. Ed Rempel received 266 votes or 16.4 percent of the votes. Eduard Hiebert was eliminated after the first round with 108 votes or 6.6 percent of the votes. Hugh Drake was eliminated after the second round with 170 votes or 10.5 percent of the votes.

MCGA will hold their reorganization meeting right after the AGM on February 11, 2010. ●

MBreport

RE-VISITING BLACKLEG

Blackleg is thought to be a canola disease of the past, but is still present in low levels in many fields in Manitoba. The development of blackleg-tolerant varieties has provided canola growers in Western Canada a vacation from the disease, but tight canola rotations and the development of new pathogroups that our "Resistant" rated varieties do not have resistance to are again leading to reduced yields and incomes for canola growers.

You may think that you don't have blackleg problems, but can you explain reduced yields in some fields and premature ripening when the field looked great all year long and you did everything "right"? Blackleg is the second most prevalent disease in Manitoba canola fields, based on canola disease surveys from the past few years. In 2009, blackleg was found in 56 percent of Manitoba fields surveyed in the canola disease survey (140 fields in total), with a 4 percent incidence.

Infection is not always obvious, and it can be surprising where it is found. It is not unusual to observe blackleg symptoms in canola crops, even when resistant varieties are being grown. Typically, lesions on the stems are white or grey with a dark border and dotted with numerous small black pepper-like specks (*pycnidia*). Stem lesions can also be much lower on the stem, at the base, looking like general and severe infections and can cause the stem to girdle at the base, plants to ripen prematurely and the crop to lodge.



Blackleg image by: Anastasia Kubinec, M.Sc., P.Ag., CCA Business Development Specialist – Oilseeds, Crops Branch – Industry Focus Manitoba Agriculture, Food and Rural Initiatives

Weather events within the season (such as hail) can also provide opportunities for symptoms and infection to develop, providing stem damage for the rainsplashed blackleg spores to enter the plant and frost to provide cankers for the same entry by rain-splashed spores.

Scouting, identification and management are still the tools to keep blackleg in check. If you are seeing areas of premature ripening, investigate the cause – is it environmental (gravel ridge that dried up, drowned-out spot) or a disease? If it looks like disease, is it blackleg or something else (*sclerotinia*, root rot, *fusarium* wilt, etc.)?

LET'S TURN THE BARN YELLOW

MCGA's sponsor night of the Brandon Wheat Kings hockey game is February 9, 2009. If you are a member of MCGA and want to go to the game, call Leanne Campbell at 204-479-1115. We have 100 tickets to give away. We encourage everyone to wear something yellow. Let's show the people attending the game what a field of canola looks like. Check out our web page to win Wheat King tickets during the playing season. If it is blackleg, this is a good indication that your field has some level of infection. Genetics and crop rotation are the best tools to control and/or reduce the level of infection once identified. Using an "R" rated variety will provide tolerance to the most prevalent pathogroup of blackleg, but not immunity. Lengthening rotations to a 1-in-3-year or 1-in-4-year canola rotation will allow canola crop residues to be broken down and reduce inoculum levels in the field. The combined approach will hopefully help reduce the addition of new inoculum as well as reduce the existing blackleg levels already present.

REMINDER

MCGA's Annual Meeting is February 11 at the Victoria Inn in Brandon, Manitoba, starting at 1:00 p.m. The members will be dealing with bylaw changes and resolutions. Please plan to attend and have your vote count. There will be door prizes. You could win tickets to the 2010 MasterCard Memorial Cup in Brandon, or hotel rooms for the 2011 Ag Days in Brandon.

Visit our website **www.mcgacanola.org** to view the agenda for the Annual Meeting. While you are on our website, check out our Facebook page and Twitter. •



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SPLIT PEA SOUP

INGREDIENTS

1 cup (250 mL)	yellow split peas , sorted for stones and husks, and rinsed
5 cups (1.25 L)	water
4	medium cloves garlic , coarsely chopped
2 - 1 x 2 inch	fresh ginger slices , coarsely chopped
1/4 cup (60 mL)	canola oil
1 tsp. (5 mL)	cumin seeds
1 medium	red onion , cut in half lengthwise, and thinly sliced
3	fresh green Thai, cayenne, or serrano chilis, stem removed, coarsely chopped (do not remove the seeds)
1-1/2 tsp. (7 mL)	coarse kosher or sea salt
1/2 tsp. (2 mL)	ground turmeric
1 medium	tomato , cored, and coarsely chopped
1/4 cup (60 mL)	crème fraiche , whisked
1/4 cup (60 mL)	fresh cilantro leaves and tender stems, finely chopped

INSTRUCTIONS

- 1 Bring the peas and 4 1/2 cups (1.125L) water to a boil in a large-sized saucepan over medium-high heat; skim and discard any foam that surfaces to the top. Add the garlic and ginger; lower heat and simmer covered, stirring occasionally, until the peas are tender, 25 to 30 minutes.
- ² Meanwhile, heat the canola oil in a medium-sized skillet over medium-high heat. Add the cumin seeds and allow them to sizzle, turn reddish brown, and smell fragrant, 10 to 15 seconds. Add onion and chilis and cook, stirring occasionally, until the onion turns honey brown, about 5 minutes.
- ³ Stir in the salt, turmeric, tomato, and the remaining 1/2 cup (125 mL) water. Scrape the skillet to release any browned bits of onion. Cook uncovered, stirring occasionally, until the tomato softens, 3 to 5 minutes. Scrape this chunky sauce into the saucepan with the cooked peas.
- 4 Continue to simmer the peas, covered, stirring occasionally, to allow the flavours to blend, about 5 minutes. Let the soup cool, 10 to 15 minutes. Transfer to a blender and puree until smooth. If you are using a stick blender (also called an immersion blender), you don't need to cool the peas before pureeing. Return the pureed soup to the saucepan and re-warm before serving.
- ⁵ Serve with a dollop of creme fraiche and some of the cilantro.

Yield: serves eight as a soup course or four as a main course.

TIPS

Try plain yogurt instead of crème fraiche if the fat in the crème is of concern to you. If you are lactose-intolerant or follow a vegan diet, eliminate it from the recipe. Soy alternatives just don't have the same desirable depth as their dairy counterparts, particularly in this recipe.

Digest wants to hear from you. Share your comments or story ideas. editor@canoladigest.ca

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Check out our top notch genetics in these great canola varieties:

6040 RR - (124% of checks*) highest yielding hybrid
6020 RR - (121% of checks*) high yield and oil hybrid
6130 RR - (119% of checks*) high yield & oil with synthetic hybrid value
5525 CL - (126% of checks*) highest yielding Clearfield® ever registered!
*Variety yields based on 2008 Co-op trials (registration data) check varieties used for registration are 46A65 and Q2.

Check out these varieties for outstanding value:

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4362 RR - (112% of checks^{**}) recommended for straight cutting

**Variety yields based on 2005 Co-op trials (registration data) check varieties used for registration are 46A65 and Q2.

For even greater value check out our bundles:



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