



# CANOLA



## BY THE NUMBERS – 2023

Source: Statistics Canada: Canadian Oilseed Production Association  
Updated: December 21, 2023

|                           |                            |                                    |                                |
|---------------------------|----------------------------|------------------------------------|--------------------------------|
| <b>21.4 MILLION</b>       | <b>6,685,992</b>           | <b>43,000</b>                      | <b>12,000+</b>                 |
| acres seeded<br>in Canada | acres seeded<br>in Alberta | Canadian<br>farmers grow<br>canola | Alberta farmers<br>grow canola |

## FUN FACTS

Canola is a member of the *Brassica* family of plants. Broccoli, Brussels sprouts, cabbage, wasabi and many others are also members of this genus.

## DID YOU KNOW?

Canola oil is a heart healthy superstar! It's the lowest in saturated fat, a good source of essential fatty acids, has zero cholesterol and is great for cooking with its high smoke point!

Canola is 100% Canadian! The name "Canola" comes from "CAN" for Canada and "OLA" for oil that is low acid.



## ENVIRONMENT

Canola is an environmental superstar! Canola's long root system helps to reduce greenhouse gases by sequestering carbon deep into the soil while its bright yellow flowers create the albedo effect by reflecting the sun's energy, cooling the surrounding environment.

### Where does the oil come from?

After canola flowers have bloomed, the flowers develop into pods. Each plant will produce up to 60–100 pods, and each pod will produce 15–30 seeds. And these seeds are made up of 45% oil!



## MEET A PRODUCER

### Jeannette Andrashewski, Double Valley Farms Ltd.

Jeannette and Dwayne Andrashewski are third-generation farmers from Two Hills, Alberta. They love seeing the passion for farming develop in their son, Brent, as the farm continues with him — the next generation to embrace growing food for Canadians. Jeannette and her family grow a variety of crops, and are proud to farm and grow canola. Jeannette wants to teach people about canola, not only as an affordable and nutritious food oil but also how farmers are innovating as stewards of the environment to produce safe and sustainable food for Canadians and the world.



Canola meal is the by-product — it's what is remaining after the oil has been "crushed" out of the seeds. Canola meal is a nutritious ingredient in livestock feeds, because it is high in protein and energy. Dairy cows will produce 20% more milk when their diet is supplemented with canola meal.



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