

TEACHER'S  
RESOURCE

# Canola CRUSH

## ACTIVITY GUIDE

LEARN HOW TO  
MAKE CANOLA  
OIL AND GRADE  
CANOLA SEEDS

*What's Inside:*

- 100 Seed Counter
  - Roller
  - Canola Seeds
  - Masking Tape
- \* You will need to supply paper strips that are approximately 8.5" x 3" for each student.



Manitoba  
Canola Growers

# GRADING Canola

1. Dip the 100 seed counter into the canola to fill the holes with canola seeds. Gently place the seed counter on the table.



2. Take a piece of masking tape and place it over the seeds. Press firmly for the seeds to stick to the tape.



3. Peel back the tape from the seed counter and stick it to the paper. Make sure that the canola seeds are seed side up.



4. Use the roller to crush the canola seeds.



5. Once the seeds have been crushed, grade your canola by counting the number of green seeds you see.



*Canola is graded by the percentage of green seeds found in the sample.*

If the sample has no more than two green seeds (2%), the canola is considered number one canola and the farmer would receive top market price. If the sample has three to six green seeds (3%-6%), the canola would be considered number two canola. If the sample has seven to twenty green seeds (7%-20%), the canola would be considered number three canola. Both number two or number three canola are discounted and the farmer would receive less money for the canola seed.

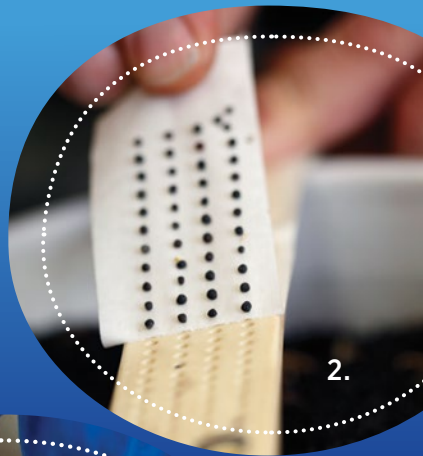
## WHAT ARE GREEN SEEDS?

Green seeds are immature seeds. They are still filled with chlorophyll. Farmers are discounted on price if there are too many green seeds in their samples.

## LET'S MAKE OIL

### DIRECTIONS

1. Dip the 100 seed counter into the canola to fill the holes with canola seeds. Gently place the seed counter on the table.
2. Take a piece of masking tape and place it over the seeds. Press firmly for the seeds to stick to the tape. Peel back the tape and stick the tape with the canola seeds to the paper. Make sure that the canola seeds are between the tape and the paper.
3. Use the roller to crush the canola seeds. Once the seeds have been crushed, turn the paper over and examine the canola oil.



# Canola FARM FACTS

Farmers sell canola seed at grain elevators. The elevator manager takes a sample of the seed to determine the grade.

Farmers receive approximately **\$5.00 to \$12.00 per bushel** for their canola.

One bushel of canola seed is equal to 50 lbs. (22.25 kg).

One acre of canola will produce **30-40 bushels** of canola seed.

## Canola FACTS

- One bushel (50 lbs. or 22.25 kg) of canola seed makes 11 litres of canola oil.
- Each tiny seed contains approximately 43% oil.
- There are three crushing plants in Manitoba - Altona, Harrowby and Ste. Agathe.
- Nothing goes to waste when crushing canola seed. Canola meal remains after the oil has been removed from the seed. It is an excellent source of protein.
- Canola meal is fed to livestock including horses, chickens, cows, sheep, pigs and farmed fish. You can also find canola meal in dog and cat food.
- On average, in Manitoba, there are almost three million acres of canola seeds planted each year.
- The United States, Japan and Mexico are Canada's largest international customers for canola oil, seed and meal.
- Canola oil is found in many of the foods we eat including salad dressing, margarines, cookies and granola bars.
- Canola oil can be found in non-edible products such as lipstick, hand cream, soap, lip balm, bath oils, sunscreen, lotion, and print ink.
- Dr. Baldur Stefansson developed canola at the University of Manitoba in 1974.
- Canola oil has the lowest amount of saturated fat of any vegetable oil. It is trans fat and cholesterol free. Canola oil is high in monounsaturated fat and has omega 3 fatty acids.



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