

# MUSTARD GROWER

September 2007 Issue

## Chairman's Message

By: *Baine Fritzler*



The Statistics Canada June 30 seeded acreage report showed mustard at 450,000 acres, give or take a few. This compares with the April projection of 430,000 acres. My feeling is that the estimate is lower than the actual figure. If you recall the market report at our annual meeting, it was projected to take 500,000

acres to keep our supplies at a comfortable level. If these projections indeed hold true with an average yield, I am hopeful that prices will stabilize in the mid to upper twenty cent range. This would help to keep acres in mustard while giving profitability to growers and value to end users. Somewhere between fourteen and seventy cents per pound, there has to be a good place for all involved.

Crops in our area look slightly above average at present and it looks like we survived the July 6 heat wave with only minimal damage.

Since our last newsletter, we have received approval for our Mustard 21 project from Ag Canada and we must now expedite signing a contract with Desai & Desai Consulting and move forward. With the late approval, we must squeeze twelve months work into nine. Two of the things that in particular need to be addressed are the health benefits of mustard and its products in food use and the listing of mustard as an allergen on food labels. These issues have cropped up several times in the last six months and need to be researched to help us in future marketing.

I attended a meeting in Toronto of the mustard branding group on June 30. There were representatives there

from government and industry. I was the farmer in the group.

There is a genuine commitment to move branding forward for mustard. Some of the things discussed in order to successfully brand a quality product were a traceability system, use of certified seed and targeting promotion of the brand at specific markets.

We also received the go-ahead for four projects with matching funding under CAFI through the Canadian Special Crops Association. All are connected to market development: update our website, create mailing lists to distribute brochures and research reports to the food industry, branding Canadian mustard and the development of a nutritional analysis factsheet.

The field day at Saskatoon on June 27 was informative. Of particular interest were the several short presentations on several of our research projects from Ag Canada staff. It would always be nice to see more farmers in the audience to give feedback to the researchers on direction for their efforts. Our present plan is to move next year's field day to Swift Current if we can get the same excellent cooperation from Ag Canada as in the past. ❖

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**Saskatchewan Mustard Development Commission**

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Articles, opinions and comments expressed in this newsletter are not necessarily supported by the SMDC Board. Any inquiries or comments regarding the **Mustard Grower** may be directed to the above Mustard Development Commission address.

**The Saskatchewan Mustard Development Commission**

The Saskatchewan Mustard Development Commission (SMDC) was established in 2003 to represent the province's mustard growers. The SMDC vision is "Investing in the future for mustard grower profitability", and the SMDC mission is: "Growing the mustard industry for the benefit of growers through research, communication, and market development programs."

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## SMDC Election

Nominations are being accepted for two directors of the Saskatchewan Mustard Development Commission (SMDC). Directors serve a three-year term and are eligible for re-election for a further two terms.

The SMDC was constituted by the Saskatchewan Agri-Food Act on October 3, 2003. The SMDC board consists of six elected directors who, as representatives of all Saskatchewan mustard producers, direct the operations and programs of the SMDC. Directors are not paid a salary; however, they do receive a per diem for the actual days spent on SMDC business. Expenses are also reimbursed.

SMDC Directors attend approximately six regular board meetings a year and are also called upon to represent the SMDC at meetings and major conferences that impact the mustard industry. The total time commitment is approximately 10-12 days per year.

To stand for office, nominate or vote, the person must be a registered producer with the SMDC. A registered producer is any producer who has had a Saskatchewan mustard check-off deducted since August 1, 2005. All producers selling Saskatchewan grown mustard to registered buyers are automatically registered with the SMDC. A registered producer is not eligible to be nominated as a director if he or she has requested or received a refund since August 1, 2005.

A registered producer that is a corporation, partnership, association, society, or a person carrying on business under a corporate name, trade name, farm name or other designation is entitled to vote and to hold office through a designated representative who has been appointed in writing.

Nomination forms are available from the SMDC office (toll free 1-877-241-7044). Forms must be returned to the Returning Officer no later than 12:00 p.m. (noon), October 19, 2007.

An election (if required) will be by mail ballot with election results announced at the Annual General Meeting in Saskatoon, SK, January 9, 2008. ♣

### Important Dates to Remember

**October 19, 2007**

**Nominations close 12:00 p.m. (noon)**

**November 15, 2007**

**Ballots to be mailed to registered producers**

**December 7, 2007**

**Last day for ballots to be received**

**January 9, 2008**

**Election results will be announced at SMDC Annual General Meeting**

# Mustard Crop Growing Season Review (as of mid-August)

By: *Ray McVicar and Patrick Mooleki, Saskatchewan Agriculture and Food (SAF)*

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It has been a very interesting year to date for mustard production and research in Saskatchewan. Early indications show disappointing yields for most mustard crops in the southwest due to dry and very hot conditions in July. The SAF Crop Report for August 5, 2007 shows that in the southwest, only 29% of mustard crops were rated as good to excellent, the lowest rating of all crops. Although the mustard crop started off very well in May and June, like most other crops, it ran out of moisture during the extreme heat in mid to late July. This shows why seeding early is recommended. According to research studies by Agriculture and Agri-Food Canada (AAFC) at Swift Current, the optimum window for seeding mustard is between April 24 and May 15. This will ensure that the crop is well established and flowers before high seasonal temperatures. The August 12, 2007 SAF Crop Report indicated that almost 30% of the mustard crop has already been harvested.

So far, the SAF Crop Protection Lab in Regina has received only one mustard crop sample this season, which was confirmed as staghead or white rust on brown mustard. However, the SAF Agriculture Knowledge Centre in Moose Jaw received 45 calls regarding mustard production for this growing season. The calls ranged from plant establishment to late spring frost to disease, weeds, fertility, and insects. There have been calls on hail damage, diamond back moths, cabbage seed pod weevil, bertha armyworms, swathing, and stored grain insects.

The cabbage seedpod weevil seems to be an increasing pest in Saskatchewan. The 2007 cabbage seedpod weevil survey was done in July and confirmed the weevil is now a common pest in canola crops in southwestern Saskatchewan. The pest has been observed in the southeastern parts of Alberta and has slowly moved into Saskatchewan, spreading eastwards. The survey confirmed that the pest does not infest yellow mustard but was found in brown mustard. Canola and brown mustard are considered to be true hosts of this weevil. However, it should be noted that cabbage seedpod weevil can infest and cause damage to any cruciferous plant.

Crop damage from cabbage seedpod weevil can occur in several ways. When flower buds develop, adults feed on the buds, causing bud-blasting and

reduced yield potential. Larvae feed on developing seeds within the pods. Infested pods are predisposed to premature shattering. Larvae emerge from pods via exit holes which become entry points for fungal infections. Emerging adults feed directly on the seeds through pod walls.

Cabbage seed pod weevil over-winter as adults beneath leaf litter in tree shelterbelts, roadside ditches, and woodlots. Late in the season (September to early November), they select over-wintering sites and burrow beneath the soil. High numbers of weevil adults in the fall may mean significant infestation levels in the following spring if there is sufficient snow cover to protect the over-wintering adults from freezing. In spring, they emerge from these sites over a period of several weeks, seek out host plants, mate and lay eggs. Mating occurs from spring to early pod development, usually on a host plant. Eggs hatch in about six or seven days, and females continue to lay eggs until they die later in the season. Soon after hatching, the larvae begin feeding within the pods on developing seeds. Larval development takes approximately six weeks. There are three larval stages (instars). It takes about eight weeks to develop from egg to adult depending on weather conditions. There is one generation only per year. Before host crops enter the bud stage, adults can be found on wild mustard, flixweed, hoary cress, stinkweed, and volunteer cruciferous plants.

On the weed control front, some very interesting weed control research is underway at the Agriculture and Agri-food Canada Research Farm at Scott, SK. Lontrel was tested on yellow and oriental mustard in 2006, resulting in too much injury on the oriental type. Yellow mustard showed some promise, so in 2007, three different application stages were tested in yellow mustard with promising results.

A fall application of the annual broadleaf weed herbicide sulfentrazone was tested on mustard crops planted this spring. Sulfentrazone is not yet registered in Canada but has shown good control of kochia and wild buckwheat. A fall application shows some promise in yellow mustard particularly when it is combined with Edge. Yellow mustard appears to show better tolerance to fall-applied sulfentrazone than oriental mustard. More testing is required to determine the correct rates of application. ♣



# Mustard on the Menu

## Honey Mustard Chicken with Vegetables

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1 ½ lbs skinless chicken breasts (4)  
2 tablespoons flour  
¼ teaspoon salt (divided)  
½ teaspoon pepper  
2 teaspoons canola oil  
2 small red onions, quartered  
1 green pepper, cut into one inch squares  
2 garlic cloves, minced  
¾ teaspoon lemon zest  
½ teaspoon dried sage  
1 cup low sodium chicken broth  
2 tablespoons Dijon mustard  
1-2 tablespoons honey  
2 tablespoons fresh lemon juice  
2 teaspoons cornstarch (optional)  
1 tablespoon water (optional)

Cut the chicken with the bone into two inch pieces. Mix together the flour with 1/8 teaspoon of salt and ¼ teaspoon of black pepper. Dredge the chicken in the seasoned flour.

Using a large non-stick skillet, heat the canola oil until hot. Add the chicken pieces and cook about 2 minutes per side until the chicken has a nice golden exterior. Transfer chicken to plate.

Using the same skillet, add the red onions, green peppers, lemon zest, sage, garlic and remaining salt and pepper to the pan. Give a quick stir.

Add the chicken broth, mustard and honey and bring the liquid to a low boil. Add the reserved chicken to the pan and cover. Reduce heat to a simmer and cook for about 10 minutes until the chicken is cooked through and the vegetables have softened.

If you like a thicker sauce, bring the pan up to a boil and add a slurry of the water and cornstarch. Stir frequently until the sauce is bubbly and thick, about a minute or so.

Serve with rice. ❀

## Mustard-Garlic Glazed Grilled Pork Chops (serves 2)

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2 tablespoons Dijon mustard  
2 tablespoons whole grain Dijon mustard  
2 tablespoons soy sauce  
2 tablespoons honey  
2 garlic cloves, mashed to a fine paste  
2 tablespoons white wine vinegar  
Salt and pepper  
1 teaspoon fresh rosemary, finely chopped  
2 bone-in pork chops

Mix all glaze ingredients together well. Pour glaze over chops in a shallow dish or ziplock bag. Let sit for at least 30 minutes, up to 4 hours.

Remove chops from marinade, grill over high heat until seared on both sides and cooked to your liking. This glaze is also great on chicken. ❀

## Lime and Mustard Vinaigrette

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1 cup canola oil  
2 tablespoons Dijon Mustard  
2 tablespoons chives, finely snipped  
4 limes, juice and zest of (both to be used)  
1 tablespoon sugar

Whisk all ingredients together and season to taste. Use immediately or chill for up to 2 weeks, makes 1 ½ cups. ❀

# Store Mustard Crop with Care

By: **Bill Greuel, Saskatchewan Agriculture, Food and Rural Revitalization**

Many factors, including seed maturity, conditioning, seed moisture, temperature, storage length, mould growth, insects and mites, dockage as well as storage and handling methods can affect the quality of stored mustard seed. You need to address and regularly monitor these factors in order to guarantee the quality of stored seed.

For marketing purposes, mustard is dry at 10 per cent moisture. However that moisture level may not be safe for long term storage. The oil fraction of mustard, which ranges between 30 and 45 per cent depending on type, absorbs far less moisture than the fibre and starch fractions of cereal grains. The moisture in mustard is concentrated in a portion of the seed, whereas in cereal grains the moisture is more evenly distributed. For safe storage beyond five months, the moisture level at the time of binning should be 8 per cent or lower.

Eight percent moisture at harvest may seem low, but moisture level at harvest is not static. Seed is a living organism and will continue to respire for at least six weeks. Respiration produces both heat and moisture and will increase moisture content by at least 1 per cent. If moisture levels are high enough, mould growth will further increase temperature and moisture as moulds are living, respiring organisms as well.

I have touched upon some of the most important factors that will affect stored mustard, namely moisture content and temperature. Seed maturity, insects, mites and dockage are also important factors to consider. Immature seed will have a higher moisture content and higher green seed. Although green seed does not contribute to the moisture level of the seed, it will not clear out in the bin and is an important quality factor we should not ignore. Few insects and mites feed on stored mustard, but moisture level of the seed directly impacts their ability to thrive in stored grain. In addition, their active growth and respiration can further increase the temperature and moisture level of stored grain. Dockage is usually three to four per cent higher in moisture content than seed and can create pockets of high moisture and temperature and provide a substrate for mould growth.

Aeration of stored mustard can help condition seed for safe storage, but has two distinct purposes: to produce the lowest practical temperature of the seed and to minimize the temperature variation within the bin.

Forcing ambient air through stored mustard seed via an aeration system will not drop the moisture content of the seed. If the moisture content is above 11 per cent, aeration is not sufficient to condition the seed for long term storage. Because of the size and shape of mustard seeds, they require significantly more air pressure for effective conditioning than cereals. Consequently, systems designed for cereals may not sufficiently cool mustard seed enough for safe storage.

Several factors can and will affect the quality of stored grain but careful attention during harvest and in the first few weeks of storage will mitigate many of these. However, you have no better insurance against heated mustard than frequent monitoring. If caught early enough, you can stop the heating process by moving the grain to a new bin, cooling with aeration or simply by removing a truckload of seed from the bottom and replacing it back on top. Left unchecked, mustard that is heating can go from number one to sample in a very short time. ❀

## Saskatchewan Mustard Development Commission Annual Meeting

January 9, 2008  
Saskatoon Inn, Saskatoon, SK

Topics Include:

- \* Research Updates \*
- \* Marketing Reports \*
- \* Consumer Trends in Mustard Use \*
- \* Mustard 21 Project \*

*Stay informed of the latest issues  
in the Mustard Industry*

Mark your calendars today  
and plan to attend!

# Mustard as an Allergen – How serious is the problem?

By: *K.C. Fitzpatrick, Nutritech Consulting*

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A food allergy occurs when the body's immune system reacts to a certain food, usually a protein. The reaction may result from the ingestion and, in some cases, skin contact or inhalation of a food or food additive.

How serious is the allergen issue for the mustard industry? The major allergen of mustard is a heat stable seed storage protein that is resistant to digestion by trypsin and degradation by other proteolytic enzymes, and therefore is not markedly reduced by food processing. Allergic reactions to allyl isothiocyanates in mustard oil can cause allergic contact dermatitis and symptoms upon a very low exposure. Mustard protein allergic individuals may react to the protein content of the oil. Individuals sensitized to and by the skin sensitizing component allyl isothiocyanate may react to oil in the absence of mustard proteins.

People who are allergic to mustard will react to any food that comes from the mustard plant, including prepared mustard, mustard powder, mustard leaves, seeds and flowers, sprouted mustard seeds, mustard oil, and foods that contain these.

Mustard allergy is considered to be rare in the United States (US), Canada and in most European Union (EU) countries. France is the largest European producer and consumer of mustard, which explains that country's increased frequency of mustard allergy. Cases have also been reported in Spain and India, again due to higher consumption patterns.

In France, a recent survey estimated that mustard was the fourth most important food allergen for children, after eggs, peanuts, and cow milk. The same investigators concluded that mustard allergy frequently starts early in life and that clinical symptoms increase in severity into adulthood. Skin rashes are the most common clinical manifestations of mustard allergy in children. Anaphylactic shock has been noted clinically but no fatalities have been reported. Some studies have found that patients who do experience reactions to mustard are also sensitive to pollen (especially mustard or canola/rapeseed pollens) and to other food allergies. Hay fever sufferers also are at greater risk.

Food allergies have become a major public health issue in many countries. Each country has their own allergen labeling requirements to warn the consumers who use products in their country. Generally the most common allergens are listed in all countries but a particular country has the right to list any ingredient

depending on their experience with a particular product and their level of concern. The EU has more stringent requirements than other countries.

For mustard, labeling requirements are different in Europe compared to North America. The EU has the strictest labeling regulations for mustard used in food products. Since November 2005, any food processor in the EU who uses mustard as a food ingredient must also list it as a potential allergen. In other words, any pre-packed food sold in the EU must show clearly on the label if it contains mustard (or if one of its ingredients contains it).

The European Foods Standards Authority (EFSA) recently declined a request to have mustard seed oil as a flavouring in foods removed as a potential allergen on food labels. This was in response to a submission by the International Flavors and Fragrances (IFF). In its notification, IFF claimed that the use of mustard-derived essential oil was safe, since very low quantities are used. Moreover, a test developed by IFF found a very low amount of mustard protein in five samples. The detection limit was 1.5 microgram per gram. However EFSA said that the test did not detect hydrophobic (oil dissolving) proteins present in mustard seed oil; the company had not performed the appropriate tests to detect allergenic proteins or any fragments; nor did it provide any new laboratory and/or clinical studies to demonstrate lack of allergenicity.

"The incomplete scientific data submitted by the applicant does not allow the panel to evaluate the likelihood that mustard seed oil will trigger an adverse reaction in susceptible individuals," said the authority.

There is no such labeling requirement for mustard in Canada and the US.

## **What does this mean for Canadian producers?**

Food regulation can have a direct impact on the demand for commodities. The listing of an ingredient as an allergen by a country might cause processors to reduce the amount of a potentially allergen ingredient or remove the ingredient entirely and substitute it with an ingredient that is not on the allergen list.

Canada's two top mustard buyers are the EU and US, each purchasing ~36% of the total Canadian mustard exported. Continued incidents of mustard allergies in these countries could have negative repercussions on our exports. Future legislative changes in regards to

listing mustard as an allergen in these two markets, especially the US, could have a negative impact on the Canadian mustard industry.

As mentioned, the issue of mustard sensitivity appears to be more of a concern in the EU and in specific regions where mustard consumption is high and the products are introduced into the diet at a young age. In the US, the Food Allergen Labeling and Consumer Protection Act does not include mustard as a required allergen. Nor does Canadian allergy legislation recognize mustard or its components as required allergens for labeling. However, in Canada under food labeling requirements, mustard seed oil or mustard oil, from any source, is not suitable for human consumption. This includes using it as cooking oil. Under Canadian food guidelines, all mustard seed/mustard oils must be clearly labeled with “not suitable for food use” or a similar warning.

Should we be concerned? Probably not – particularly as the future markets for mustard as a condiment and as a healthy food ingredient is real and growing. So far, there are no signs that Canada or the US food regulators are considering classifying mustard as a potential food allergen. ❀

# One Time Chance

to get rid of unwanted or unusable agriculture pesticide products on your farm

October 23 – 25, Saskatchewan farmers can dispose of unwanted or obsolete pesticide (including all insecticides and herbicides) at various locations across the province.

Phone Sask Ag Knowledge Centre at **(866) 457- 2377** or visit **www.agr.gov.sk.ca/pesticidecollection/sites.asp** for exact drop off locations.

Take advantage of this opportunity to eliminate the risk of out of date stored chemicals on your farm.

## Mustard Buyer's List

Mustard Buyers	Address	City	Prov.	Postal Code	Telephone	More Info
Agricom International Inc	213-828 Harbourside Dr	North Vancouver	BC	V7P 3R9	604-983-6922	604-983-6923
Besco Grain Ltd	30 Railway Ave PO Box 166	Brunkild	MB	R0G 0E0	204-736-3570	204-736-3575
Bio Green Technologies/Peacock Industries Partnership	PO Box 750	Hague	SK	S0K 1X0	306-225-4691	306-225-4600
Diefenbaker Seed Processors Ltd	PO Box 69	Elbow	SK	S0H 1J0	306-644-4704	306-644-4706
Finora Inc	8427 160th St	Surrey	BC	V4N 0V6	604-597-5060	604-597-4933
G H Schweitzer Ent Ltd	PO Box 222	Eston	SK	S0L 1A0	306-962-4751	306-962-3251
Grain Millers Canada Corp	1 Grain Millers Dr PO Box 5040	Yorkton	SK	S3N 3Z4	306-786-4682	306-783-5410
Lakeside Global Grains Inc	PO Box 430	Wynyard	SK	S0A 4T0	306-554-3030	306-554-3010
Montana Specialty Mills LLC	525 3rd St NW	Great Falls	MT, USA	59404	406-761-2338	406-761-7926
Mustard Capital Inc	PO Box 1110	Gravelbourg	SK	S0H 1X0	306-648-2799	306-648-2791
Parkland Pulse Grain Co	PO Box 848	North Battleford	SK	S9A 2Z3	306-445-4199	306-445-1650
Paterson GlobalFoods Inc	22nd Floor 333 Main St	Winnipeg	MB	R3C 4E2	204-956-2090	
S S Johnson Seeds Ltd	PO Box 3000	Arborg	MB	R0C 0A0	204-376-5228	204-376-2201
Saskatchewan Wheat Pool Inc	2625 Victoria Ave	Regina	SK	S4T 7T9	306-569-4081	306-569-4715
Saskcan Pulse Trading Inc	PO Box 30029	Regina	SK	S4N 7K9	306-525-4490	306-525-4463
Shamrock Seeds (2006) Ltd	1502-17th St W	Saskatoon	SK	S7M 4A4	306-249-4151	306-249-4155
Walker Seeds Ltd	PO Box 2890	Tisdale	SK	S0E 1T0	306-873-3777	306-875-5997
Western Grain Trade Ltd	9-2155 Airport Dr	Saskatoon	SK	S7L 6M5	306-657-3455 (Saskatoon); 306-445-4022 (North Battleford)	info@westerngrain.com

# Saskatchewan Crop Production Week, January 7 – 12, 2008

## Plan now to attend!

Location: Saskatoon Inn – Saskatoon, Saskatchewan

All farmers and agri-business welcome

## January 5 – 12

Saturday, January 5	Saskatchewan Ag Grads Association – TCU Place
Sunday, January 6	Saskatchewan Ag Grads Association – TCU Place
Monday, January 7	Saskatchewan Flax Development Commission – <i>Saskatoon Inn</i> Saskatchewan Winter Cereals Development Commission – <i>Saskatoon Inn</i> Saskatchewan Pulse Growers – <i>Prairieland Park</i>
Tuesday, January 8	Saskatchewan Pulse Growers – <i>Saskatoon Inn/Prairieland Park</i> Saskatchewan Oat Development Commission – <i>Saskatoon Inn</i> Saskatchewan Seed Growers Association – <i>Saskatoon Inn</i>
Wednesday, January 9	Saskatchewan Seed Growers Association – <i>Saskatoon Inn</i> <b>Saskatchewan Mustard Development Commission – <i>Saskatoon Inn</i></b> Canaryseed Development Commission of Saskatchewan – <i>Saskatoon Inn</i> Canola Days: Saskatchewan Canola Development Commission – <i>Saskatoon Inn</i>

## Special Session: Solving the Transportation Malaise 7:30 pm – *Saskatoon Inn*

Thursday, January 10	Canola Days: Saskatchewan Canola Growers Association – <i>Saskatoon Inn</i> Saskatchewan Herb & Spice Association – <i>Prairieland Park</i>
Friday, January 11	Canadian Wheat Board – <i>Saskatoon Inn</i> Saskatchewan Fruit Growers – <i>Heritage Inn</i>
Saturday, January 12	Saskatchewan Fruit Growers – <i>Heritage Inn</i>

For more information: check out the website at [www.cropweek.com](http://www.cropweek.com)

