

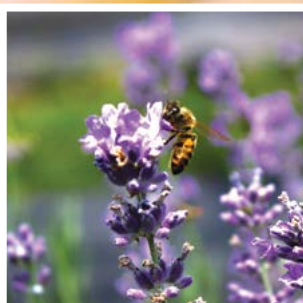
FREE
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5th Edition

The Real dirt on Farming

DIGEST

Helping you make informed choices with straight answers on food security, climate change, animal welfare, food safety and much more



Your Guide to Food & Farming in Canada





Debra Marshall Photography



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Our food has a story and it starts with Canadian farms.

We've heard from Canadians across the country that they want to know more about food production. We have also heard what's important to you when it comes to the food you eat: topics like food safety, the environment, and the humane treatment of farm animals.

Food is connected to many of the big issues facing our society, from the cost of living and energy, to climate change, and health care.

In this publication, we're tackling those issues head-on to answer your questions, and to show you what we are doing to feed you safely, nutritiously, and sustainably.

You'll notice a particular focus on science. COVID-19 changed our world, and we learned first-hand how important it is to have science available to guide decision-making, and to make sure that things are done safely.

It's no different when we're producing food. As farmers, we're the ones growing crops and raising livestock every day, but we know that we need the advice of experts in fields like animal welfare, pesticide use, and food safety, so that we can make the best possible decisions on our farms to produce the best food possible.

Canadian farming has an impressive story to tell, and we're pleased that you're interested to hear it.



Sincerely,
Canada's Farmers and Food Producers



Nancy French Photography



Amy Reymer



Anna Haupt



Jodie Aldred



BC Chicken Marketing Board



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Grieg Seafood BC



Nancy French Photography



Canadian farming - who is growing our food?

Sache Family

Canadian farms come in all types and sizes, from small orchards and vineyards to large grain farms and ranches, and farmers produce a wide variety of livestock, poultry and crops according to the climate and soils in their regions.

At a glance...

It's all about family: 97 per cent of Canada's farms are family owned and run¹.

Farms are bigger than in the past²:

The average Canadian farm was 820 acres in 2016, up from 779 acres in 2011, and 237 in 1941. Technology means that farmers can produce more food and manage larger farms than in the past.

There are fewer farms: Canada counted 193,492 farms in the last Canadian census (2016)², compared to 205,700 in 2011, and 276,500 in 1996.

Farms are diverse³: Ontario has the most farms, but Saskatchewan's are the biggest, and British Columbia has the most small farms. Canadian farms grow and raise everything from bison, alpacas, and mink, to lavender, grapes, greenhouse vegetables, and hazelnuts.

Farmers are diverse too^{4,5}: Although less than two per cent of Canadians farm and farmers are aging, the number of farmers under 35 is increasing. More women are farming than ever before, and the number of Indigenous farmers in Canada has increased by more than 50 per cent between 1996 and 2016⁶. Many Canadian farmers are immigrants who moved here to farm.

Plenty of jobs to go around: The sector provides jobs for 2.3 million people⁷, but there aren't enough domestic workers to fill all the available positions, so Canada relies on many seasonal and temporary agricultural workers for help (see more on page 7).



Career Profile

Organic Grape Grower

Karnail Singh Sidhu

Karnail Singh Sidhu arrived in British Columbia in 1993 at the age of 25. While he trained as an electrical engineer in India, his qualifications weren't recognized in Canada. Instead, Sidhu landed a job at a local winery, where his work ethic attracted the attention of the vineyard owner, who eventually funded his studies in viticulture (grape growing for wine) at Okanagan College and promoted him to vineyard manager.

In 2008, Sidhu opened Kalala Organic Estate Winery, with his wife Narinder, in the beautiful Okanagan Valley. Their winery produces upwards of 72,000 bottles of wine annually, which are mostly sold throughout BC. His wife takes care of the business and administration; his brother helps in the vineyard, and his daughters, nieces, and nephews all help both in the vineyard and with bottling.

In 2020, he was named BC Viticulturist of the Year, partly due to his commitment to ongoing research and community involvement. He believes his mentors played an important role in his success, and pays it forward today with his family, staff and other viticulturists. "Everyone has a different way of thinking," said Sidhu, "I think we can learn a lot from sharing our views and our knowledge with others."

Photo courtesy of the BC Wine Institute

Farmers choose to farm in different ways and follow various production practices, such as conventional (non-organic) and/or organic farming. Organic food production supports the principles of organic agriculture: health, ecology, fairness, and care —many principles that also apply to conventional farmers.

A big challenge for today's farms is feeding Canadians sustainably. That

means growing enough food in ways that are good for people, animals, and the planet—as well being financially viable and socially responsible—and all farms have a role to play in this process.

Canada's annual market for organic food items is worth over \$5 billion and is increasing by 8.7 per cent every year⁸. About 7,300 Canadian farms and 1,700 food processors are certified as organic.



Beth Wilson

Growing crops and plants

Melinda Baarda

Canadian farmers grow a diverse variety of crops across the country that are used both here at home and exported around the world. In Canada's fields, orchards, and greenhouses, you'll find everything from pulses, grains, and oilseeds, to flowers, over 120 different fruits and vegetables, and specialty crops like herbs and maple syrup. Some crops aren't just consumed as food; they make excellent wine, cider and beer.

Canada is the fifth largest exporter of agricultural and agri-food products in the world, producing 71 percent of the world's maple syrup and maple sugar⁹ and 52 percent of the world's mustard¹⁰. We're also the world's leading producer of canola¹¹, lentils and peas¹².

The crops farmers decide to grow depends a lot on the soil and the climate in their area. For example, Prairie farmers grow a lot of field crops like wheat, canola, barley, oats, mustard, peas, and lentils, while farmers in British Columbia, Québec, and Ontario grow most of Canada's fruit and vegetable crops.

Growing food and flowers indoors year-round is becoming more popular. That includes traditional greenhouses, vertical farms where crops grow in vertical stacks instead of side by side, and smaller, self-contained units that resemble shipping containers. Canadian indoor crops include tomatoes, peppers, cucumbers, lettuce, microgreens, herbs, strawberries, cannabis and more.

The consistent indoor climate means no weather worries, fresh local food production even in remote northern regions, and growers can reliably grow enough food to meet customer demand.



Career Profile

Canola Farmers

Stacey Sagon

Mark and Stacey Sagon and daughters Georgia and Jayla raise beef cattle and grow canola, wheat, barley, oats and pulse crops like peas and lentils on their farm in western Saskatchewan.

They're especially enthusiastic about growing canola. "We love the potential of the crop. It responds so well to our farming practices and its quality is amazing," Sagon said. She added that the crop also continues to get better. In the last ten years, genetic improvements have resulted in higher yields and greater oil content in the seeds.

Sagon feels great pride when she sees canola oil on the shelf of her local grocery store. "There are so many choices in oils and I'm proud that canola oil, which is such a healthy choice, is right there and we're producing it on our farm."

Photo courtesy of Debra Marshall Photography



DID YOU KNOW?

Canola was developed by Canadian plant scientists and is now the cooking oil of choice for billions of people around the world.

Animals on the farm

Jodie Aldred

Farmers across Canada raise a wide variety of livestock and poultry to produce meat, dairy, eggs, fibre, and many other products. Some of the most common farm animals in Canada are beef cattle, dairy cows, pigs, turkeys, chickens, laying hens, goats, sheep and veal—but farmers also raise bison, elk, rabbit, mink, bees, fish, shrimp, mussels and even insects!



Rachel Chatten

Grazing animals like cattle, sheep and horses often live outside year-round with access to food, water, and shelter. Most farm animals, though, live in barns to protect them from predators and extreme weather and temperatures. Farmers can also better monitor their health and welfare, and ensure they have the right feed and clean water.

Barns are designed according to the type of animals on the farm and the type of production methods farmers follow. Many

barns have sidewalls with curtains that can be rolled up to let in fresh air and sunlight, and some even have sprinklers to keep animals cool and comfortable in hot weather.

Most livestock farms have strict rules, called “**biosecurity protocols**”, to keep diseases from coming into barns. Farm visitors, for example, may be asked to put on protective footwear and clean overalls—or even take a shower first—before going inside.

Technology is increasingly playing a role in how farmers look after livestock, too. For example, many barns have sensors and smart systems to track everything from temperature and humidity indoors to how much animals eat or how many steps a day a cow takes—all in an effort to keep animals healthy.

Ultimately, each type of housing has pros and cons, and today's farm practices are a balancing act between animal needs, safe food, and environmental and economic realities. Ongoing animal welfare research in Canada and around the world is constantly looking at what's best for animals, farmers and anyone purchasing the product.



Career Profile

Pig Farmers

Paul and Micah Larsen

Paul Larsen and his son Micah raise pigs on their farm in Prince Edward Island. They grow a rotation of barley, winter wheat and soybeans which are then used to make feed for the pigs in their on-farm feed mill. They make specialized recipes, called rations, depending on the needs of the animals at that age. The manure produced by the pigs is then used as a natural fertilizer for their crops.

The rules for raising farm animals humanely

Like all animal owners, farmers must follow all laws for humane treatment, including the federal Criminal Code, and each province's animal care legislation. Most farmers and ranchers do a great job caring for animals. Still, when bad situations happen, it is taken

seriously as animal neglect or abuse of any kind is unacceptable and a crime.

There are currently 16 Codes of Practice for the care and handling of Canadian livestock and poultry species. The Codes are developed

by committees of farmers, veterinarians, animal welfare experts, and humane society representatives and spell out how animals are to be raised and treated on Canadian farms. For more information, visit www.nfacc.ca.



Food security and the cost of food

Farming plays a critical role in ensuring Canadians have enough to eat—a concept called “national food security”. But it takes more than farms to feed a country; we also depend on a whole supply chain of feed, fertilizer and equipment suppliers, veterinarians and crop specialists, transporters, processors, distributors, retailers, restaurants, and delivery companies to get food to Canadians.



Career Profile

Livestock Transporter

Sara Crawford

Sara Crawford might not look like what you would picture a livestock transporter to look like and she is used to having people look twice when she steps down out of her purple truck and trailer at a farm, processing plant or truck stop. She's been driving livestock trucks and trailers since she was 18 years old (the age when she could get her AZ licence), bought her first truck three years ago and now travels across Canada and the USA taking pigs and other animals to their destinations. Growing up, she wanted to be a heavy diesel mechanic but said that she was also curious about what it would be like to drive the trucks she was learning to fix in a high school co-op course. She took a course and knew she had found her career.

As a livestock transporter specializing in getting pigs from farms to market, Crawford and her colleagues must also be certified under the Transport Quality Assurance® program. The program helps transporters, farmers and handlers understand how to handle, move and transport pigs. Crawford is convinced that her colleagues are among the best truck drivers on the roads. Said Crawford, “Livestock truckers have got to be great drivers because we’re carrying live animals who need to arrive at their final destination in good shape.”

Everyone in the supply chain, including farmers, must be able to make money in order to stay in business while also keeping food costs affordable for Canadians.

On average in 2019, Canadian farmers spent 80 cents of every dollar they earned on expenses to grow food¹³. They're always looking for ways to produce more food more efficiently, but there are things outside of their control that impact their business too, like transportation or processing strikes, trade agreements and political spats between countries, or global crises like the COVID-19 pandemic.

Canadians, on average, spend about 10 to 11 per cent of our disposable income on food and non-alcoholic beverages¹⁴, compared to 23.4 per cent in Mexico, 42.2 per cent in Ukraine and 59 per cent in Nigeria¹⁵. Even so, many Canadians still struggle with affordability and accessibility—an issue called “**food insecurity**”—and deal with hunger and need. Canadian farmers are long-time food bank supporters, running regular food bank donation programs for grain, fruit, vegetables, eggs, dairy, pork, beef and poultry.

In general, we are lucky to have many different choices when it comes to the kinds of foods we can buy, based on cost, availability, environmental concerns, health issues, or ethics. For example, plant-based proteins are becoming increasingly popular, as people look for alternative protein sources in their diets, or wish to follow a vegetarian or vegan diet, which means eating fewer or no animal products at all.



The farm labour challenge and a helping hand from away

A big part of the economics of producing food is labour. Just as with other businesses, farmers often need to hire extra people apart from family members.

Fruit and vegetable farmers in particular rely on many people to help them plant, manage, and harvest their crops. Most of these crops bruise or damage easily, so they still need to be cultivated and picked by hand. Even though robots are being developed to harvest strawberries or scout for pests and diseases, those tools aren't widely available yet.

On-farm agriculture has the highest job vacancy rate of any Canadian industry¹⁶ and farmers have difficulty finding enough local employees in rural areas. That's why many rely on foreign workers who come to Canada through the **Seasonal Agricultural Workers' Program** (SAWP) and the **Temporary Foreign Worker** (TFW) program.

Jobs in food and farming

Starting to farm is expensive, so many young people have to be creative to make their farming dreams a reality—especially if they don't come from a farming family where the business can be passed from one generation to the next. That includes renting or buying small pieces of land, getting help from others while also working away from the farm and looking for ways to differentiate their products in the market.

Working in agriculture is much more than growing crops or raising livestock, though. One in eight Canadian jobs is linked to agriculture¹⁷; from communications, engineering, and economics, to food and animal sciences, tourism and the environment, the career possibilities are endless.

There are many more jobs available in Canadian agriculture than people to fill them. There are currently more than 60,000 vacant jobs in the sector, and in ten years, the industry could be short 123,000 people¹⁸. The Ontario Agricultural College in Guelph, for example, estimates there are approximately four jobs for every one of its graduates going into the agri-food sector.

Here is a sampling of the diverse options available to people interested in working in food and farming:

- Soil scientist
- Chef
- Food safety specialist
- Craft brewer
- Agronomist
- Veterinarian
- Animal care researcher
- Entomologist
- Regulator affairs manager
- Livestock transporter
- Geneticist
- Farmer
- Software developer
- Processing plant floor manager
- Robotics specialist
- Registered dietitian

Through SAWP, workers from Mexico, Jamaica, Trinidad and Tobago, Barbados, and other Eastern Caribbean countries have been coming to Canada annually for more than 50 years to work on fruit and vegetable farms. Strict rules by both the workers' home countries and the Canadian government must be followed by both farmers and workers, and workers have all the same workplace protections as Canadian workers from the moment they arrive in Canada.

Many of these workers have been coming to the same farms for years and have become highly-skilled in these specialized tasks. The money they earn helps take care of their families, send their children to university, and support their communities including setting up businesses that create local jobs.



Myrna Stark Leader
Mechanical blueberry harvester



Career Profile

Seasonal Agricultural Worker

Trinidad Vargas Sanchez

Trinidad Sanchez (centre) has been coming to Canada from Mexico as a Seasonal Agricultural Worker for 31 years, always returning to Holland Acres, a farm owned by the Van Luyk family in the Holland Marsh region of Ontario. He arrives each April, returns home in mid-November and now leads the team of employees that helps to grow the farm's crop of carrots, onions, parsnips and beets. He's now accompanied annually by his son Eddie and son-in-law Juan. He says that work in Canada has given his family a lot of opportunities. Even though he misses his family when he's away, he looks forward to returning to Canada each year.

Climate change, soil and sustainable farming

Jamie Allport

Farmers know first-hand how important a healthy environment is to producing food. That's why sustainable farming is the name of the game—regardless of the type, size, or style of farm.

Soil is a complex mixture of small particles of sand and clay, organic matter (like decaying plant residue, bacteria, and micro-organisms), earthworms, fungi, and insects. The type of soil found on a farm—and how farmers look after it—influence what crops can be grown and how. And because soil comes from nature, it's not something farmers can just change if they don't like it.

Today, farmers widely use crop growing methods like conservation tillage (working the soil as little as possible), strip-till (only working a narrow strip where seeds will be planted) or no-till (not working the soil at all) to help protect and improve soil health.

One approach to sustainable farming is called **regenerative agriculture**¹⁹, which focuses on actively improving soil health over time. It also reduces the impact of climate change through more **carbon sequestration**, the natural process of plants storing carbon dioxide in the soil that they've captured during photosynthesis.



Career Profile

Sheep & Beef Farmer

Stuart Chutter

Stuart Chutter knows the value of diversity both on and off the farm. As a gay man working in agriculture, he is aware of the stereotypes that are placed on farmers and rural communities. "Just like there is no one way to farm, there is no one way to be a farmer," said Chutter.

He raises sheep and cattle on his farm near Killaly, Saskatchewan, but if you ask him what he farms, he would tell you it's 'soil'. He practices regenerative agriculture, which focuses on soil health, something that Chutter believes is vital to raising healthy animals and producing high quality protein.

His animals graze a mix of forage species including oats, turnips, millet, radishes, clovers and sunflowers. But regenerative agriculture isn't about a specific set of rules says Chutter, "It's a way of thinking that focuses on soil health as a complex system, and how plant and livestock species have an important role to play in that system."

Chutter believes that diversity in agriculture will make it more resilient and better positioned to attract new people to the industry. "In my experience, rural people and farmers make world-class neighbours and allies."

Photo courtesy of Jenna Loveridge Photography

Greenhouse gases (GHGs) absorb radiation from the sun and trap heat in the atmosphere, acting like a greenhouse or a layer of insulation for Earth. Various GHGs are generated by different farming activities like using farm equipment, spreading fertilizer or manure, disturbing the soil, decaying plants, or the digestive processes of livestock.

Farms are producing more food with less water, land, and fuel, so GHG emissions from Canadian agriculture have stayed about the same for the last 20 years²⁰. In fact, Canada's total GHG emissions are about 1.6 per cent of global emissions; of that amount, 8.4 per cent can be attributed to agriculture—and only about four per cent comes from livestock²¹.

Sustainably-managed livestock populations are also very much part of the solution to the

climate change challenge. Less than eight per cent of Canada's land is used for agriculture, but livestock can flourish on terrain that's too rocky, hilly, wet, or dry for growing crops. That includes native grasslands, where grazing is helping to manage plant species and preserve the natural ecosystem.

Farmers apply livestock manure to the soil to put natural fertilizer back into the ground, and sheep or cattle graze grasses and cover crops, which are those planted after the main crop has been harvested to help protect the soil. The environmental impact of raising livestock can vary a lot, but for example, every kilogram of Canadian beef is produced today using 17 per cent less water, 24 per cent less land, and generates 15 per cent less greenhouse gases, than 30 years ago²².

Healthy and safe food

Grain Farmers of Ontario

Safe, quality food choices are something most Canadians don't have to think about very often. That's because there are regulations and safety systems throughout the Canadian food chain, and ultimately, safe food starts on the farm with farmers.

What about...

...antibiotics?

Keeping livestock healthy is a priority for farmers and they use many strategies and tools to help them do so. When animals do get sick, they sometimes need to be treated with medications like antibiotics. The Canadian government has recently strengthened the rules around when and how antibiotics can be used in farm animals to help reduce the potential of resistance—when bacteria change and develop the ability to survive exposure to the antibiotics used to treat them. Antibiotics are a valuable tool for treating sick people and animals, so it is important that everyone uses them responsibly, including farmers.

...hormones?

Hormones occur naturally in plants and animals, so there is no such thing as hormone-free food²³. Dairy cows, pigs, chickens, and turkeys in Canada are not given hormones for milk production or growth promotion. Some beef farmers may use government-approved hormones, because it promotes efficient muscle growth, rather than fat²⁴, in beef cattle. Worldwide, the use of hormones in cattle has been confirmed as safe, and as having no impact on human health by agencies including Health Canada, the World Health Organization, and the United Nations.

...pesticides?

Pesticides are one of the most effective tools available to farmers to keep insects, weeds, and diseases from damaging and destroying fruits, vegetables, and field crops. Canadian farmers have to follow strict rules when using pesticides and are only allowed to buy and use products that years of testing and government review have proven to be both safe and effective²⁵.

Many farmers also use a system called Integrated Pest Management (IPM) to manage plant diseases and insects effectively and sustainably. It includes crop monitoring and using tools like good land management, natural enemies (like good bugs), certified seed, and erecting physical barriers, such as screens or netting to keep pests at bay.



DID YOU KNOW?

The Pest Management Regulatory Agency, a part of Health Canada, is responsible for ensuring pesticides are both safe and effective before they are available to use. It can take more than 10 years to develop, test, and bring a pesticide product to market²⁶.



Career Profile

Veterinarian

Dr. Cali Lewis

With veterinarians for parents, it's no wonder that Dr. Cali Lewis would choose to become one herself. Lewis has been practicing in her hometown of Westlock, Alberta, since 2015. She practices both small and large animal veterinary medicine, meaning she works with pets, as well as livestock, such as horses, goats, sheep, and cattle.

She enjoys working closely with farmers on their animal care strategies. "The key is to focus on preventative measures like strong vaccination protocols, limiting stress and providing good nutrition. But antibiotics certainly have their place when needed."

Lewis describes working with farms as a challenging yet gratifying puzzle. "In addition to caring for the individual animals, you also have to consider the health of the entire herd, as well as economical and production factors. It's definitely a big picture approach to veterinary care," said Lewis.

...GMOs?

When people talk about GMOs (genetically modified organisms), they're most often referring to genetic engineering, a form of biotechnology where lab methods bring together genetic material from multiple sources to make something more functional. By comparison, gene editing is making changes to existing genes in an organism, which could occur in nature or traditional plant breeding, just in a more precise and efficient way, like eliminating life-threatening allergens²⁷.

GMOs do not cause cancer or any other health problems. Over 900 research studies from around the world have explored this topic, and these studies were analyzed by 15 scientific societies in 2016—with no evidence of risk to human health or the environment discovered²⁹.

QUICK FACT

Eating a genetically modified crop will NOT affect a person's genes.
The human body can't absorb DNA through digestion³⁰.

There are only 11 GMO crops available in Canada today²⁸:



Career Profile

Food Scientist

Sanjay Tandan

When Sanjay Tandan was young, he wanted to be a doctor. That dream didn't happen as he'd planned, exactly, but he sees a lot of similarities between his original goals and his role as an operations manager/food scientist for a dairy processing company because both rely on science. As a food scientist, he says there's a huge amount of responsibility and accountability to ensure that customers get a safe product. "In one way, I still look after the health of people through the food they consume on a daily basis by ensuring they get safe, healthy and nutritious products."

Nancy French Photography

A quick look at labels

Food labels are critical for people with diagnosed dietary needs, but it pays to do a little research when it comes to marketing labels that can make one product look superior to another, like:

- "Natural" meat: all meat is natural since it comes from animals and is not manufactured, but companies can use the term to describe flavour³¹.
- Gluten-free: Gluten is a natural protein found in wheat, barley, rye, triticale, and foods made with these grains. Products labelled "gluten-free" are not any healthier³²; they are just made with ingredients that don't include gluten—which is particularly important for the one per cent of Canadians with celiac disease, or those with gluten sensitivities³³.
- Absence labels: sometimes a product is labelled as being "free" of something, like being "GMO-free" but the product isn't actually available as a GMO in the first place.



Grieg Seafood BC



DID YOU KNOW?

DNA barcoding is a Canadian innovation that helps identify plant and animal species by extracting and sequencing DNA for identification, similar to how a supermarket scanner reads a bar code. This technology helps expose cases of food fraud—products being sold as something they're not. Mislabelling fish is common—for example, passing off tilapia as salmon, which is more expensive³⁴.

Food, farming and the future

Rachel Renwick

The world is always changing, and that change includes how farmers grow food, and how it gets from the farm to our dinner tables.

One thing hasn't changed though: farming begins with the commitment of farm families to the land, to animals, and to growing food.

All Canadians want affordable, safe, nutritious, and sustainably-produced food, and we're lucky to live in a country where how and what to eat are choices that Canadians can make for themselves.

Thank you for supporting Canadian food, and for being interested in how and what Canadian farmers do to produce it. Your trust is not something farmers take lightly—and by working together, we can continue to focus on a sustainable future for our planet and its people.

That's the real dirt.



Career Profile

**Product Development Specialist
Sustainable Packaging**

Luci Faas

Before moving to Ontario in 2008, Luci Faas lived and worked in many different places, including Japan and the USA. Faas studied environmental education in university and has carried that passion into her work as a Product Development Specialist with Nature Fresh Farms, a large greenhouse near Leamington, Ontario. "Environmental stewardship can be personal," said Faas, and that "making small choices in your daily life that are more sustainable can make a big impact." That's why developing a newly-launched 100 per cent Home Compostable Cucumber Wrap has been such a passion project for her. The compostable wrap both prolongs the shelf life of the cucumbers, while reducing harmful plastic waste; it was recently announced as a finalist for The Sustainable Packaging Coalition's Innovation Awards.

Faas enjoys the unique challenge of collaborating with many other departments including marketing, operations and quality assurance to research and test new packaging concepts, with a special focus on finding more sustainable options. "It's rewarding to find a solution that is environmentally-friendly, and that doesn't compromise the quality or become too costly for the consumer."

Photo courtesy of Nature Fresh Farms

See farms and ask farmers for yourself: Tour real Canadian farms virtually at **FarmFood360.ca** or ask a Canadian farmer directly on social media.

FARM FOOD 360°

The Real Dirt on Farming



Ashton Irwin

Curious and want to learn more?

This booklet is only a quick snapshot of Canadian food and farming, and we'd love for you to learn more about who we are and what we do.



The full version of this booklet, and all sources, are available at www.RealDirtOnFarming.ca

The Real dirt on Farming

About Us

Farm & Food Care cultivates appreciation for food and farming by connecting farm gates to our dinner plates. Farm & Food Care brings farmers, agricultural professionals, related businesses and other groups together with a mandate to provide credible information on food and farming in Canada.

If you have a question, we'd be pleased to answer it.

www.FarmFoodCare.org

www.RealDirtonFarming.ca

Enter to Win: Visit www.RealDirtonFarming.ca/Contests for your chance to win one of 10 Canadian food and farming prize packs valued at \$250.



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