



**KNOW  
YOUR FOOD**

# OATS



## BY THE NUMBERS – 2022

**500,000**

acres harvested

**2,500**

registered oat producers

**\$75 MILLION+**

annual farm cash receipts to Alberta producers

## DID YOU KNOW?

Canada is the **largest exporter** of oats in the world.



About **80%** of Canada's oat exports go to the United States

## ENVIRONMENT

In Canada, most oats are sown into a field that has the stubble from the prior year's crop (called no/low tillage). This practice has big environmental benefits, including reduced soil erosion and improved air quality. Recent studies have also shown that oats have one of the best environmental footprints of crops commonly grown in Canada.

## MEET A PRODUCER

**Brad Boettger, Boettger Farms**

Brad Boettger, a fourth generation farmer near Tofield, AB, produces a variety of crops on the farm he shares with his father and brother, including oats, barley, wheat, fall rye, peas, faba beans and canola. Brad shares, "I enjoy growing crops and trying to do it better and more efficiently all the time. I'm always looking to improve, learn and apply. I find it satisfying growing food and helping to feed people. For myself, I love the smell of freshly seeded ground, watching the crop grow and then harvesting the crop. To me it always feels like an opportunity and not a job."



## FUN FACTS

**1 bushel = 43 boxes** of oats of Cheerios (14 oz box)



**6/8** Of the eight **amino acids** necessary for life, oatmeal contains six

Oats have been used to make lactose free ice cream, oat milk, skincare products and is being tested in items like a coffee creamer and high protein drinks for cancer patients.



Visit the Know Your Food website at [knowyourfoodab.ca](http://knowyourfoodab.ca)