



**KNOW  
YOUR FOOD**

# WHEAT



## BY THE NUMBERS – 2022

**7.6 MILLION**

acres  
seeded

**11.3 MILLION**

metric tonnes  
of product

**12,287**

farm producers

## FUN FACTS

**1**

bushel  
of wheat

**=**

**70**

one-pound  
loaves



## DID YOU KNOW?

Canadian Western Red Spring (CWRS) is the most popular wheat grown in Canada, around 60% of annual production, due to its high protein content.



Canada is known around the world for its high-quality wheat, with CWRS being hailed for its superior milling and baking quality.

## ENVIRONMENT

In modern agriculture, many farmers have adopted a four-crop rotation sequence. In Alberta, this rotation often includes pulses, barley and canola. Rotating crops every year helps to promote soil health and interrupt disease cycles.

## MEET A PRODUCER

**Devin Hartzler – Triple H Farms Ltd. & Hartzler Farms Ltd.**



Based out of Carstairs, Alberta, Devin is a fourth-generation wheat farmer. Growing up on a multi-generational family farm, some of Devin's earliest memories were "working" with his dad on the farm as a young kid. Devin loves that farming is constantly evolving. From the seed varieties he uses to the machinery and ever-changing technology he works with, farming has changed so much since Devin started working with his dad. New farming practices and technologies that will come in the next 20 years could really continue to revolutionize what farmers do, which Devin finds both exciting and challenging.

Raw wheat has many uses; it can be ground into flour, germinated and dried to create malt or crushed into cracked wheat. From pizzas to crackers, beer and beyond, wheat is found in many of the world's favourite food and beverages.

Wheat is a staple food for 35% of the world's population, and it is Canada's largest field crop grown. Every year, Canada exports wheat to more than 70 countries. Canadian wheat is also used domestically for food, feed and fuel.



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