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May 2008 In This Issue

Pederson New
President of
NCGA

NCGA Hosts
Annual Meeting

Frost Damage
Information for
Canola Growers

Harvest North
Dakota

Restaurant
Survey Good
News for Canola

Canola Gourmet

NCGA Elections

NCGA & NDSU
Hire Agronomist

ND Canola
Grower
President of U.S.
Canola Group

Canola
Gets Warm
Reception
At PCNA
Conference

2008 NCGA
Canola Tours

New
Performance
Ready Canola
Hybrid Trials

Volume 12 Issue 2

Pederson New President of NCGA



The Northern Canola Growers Association held its annual election of officers at its recent meeting in Rugby. Officers elected for 2008 were Ryan Pederson of Rolette as President, Tom Borgen of Langdon as Vice President and Kevin Waslaski of Langdon as Secretary/Treasurer. Pederson and his wife Jenn farm in the

Rolette area. Pederson grows canola, wheat, barley and flax. Pederson is a graduate of North Dakota State University and Purdue with degrees in Agricultural Economics. He has been a board member of the Northern Canola Growers Association since 2004 and is also a board member of the U.S. Canola Association and the National Biodiesel Board. Additional members of the NCGA board include: Greg Mitchell, Rolla; Bernie Bachman, Langdon; Jon Wert, New England; Eric Mack, Velva; Wally Brandjord, Bottineau; Keith Peltier, Fargo; Brian Jenks, Minot and Chad Effertz, Velva.

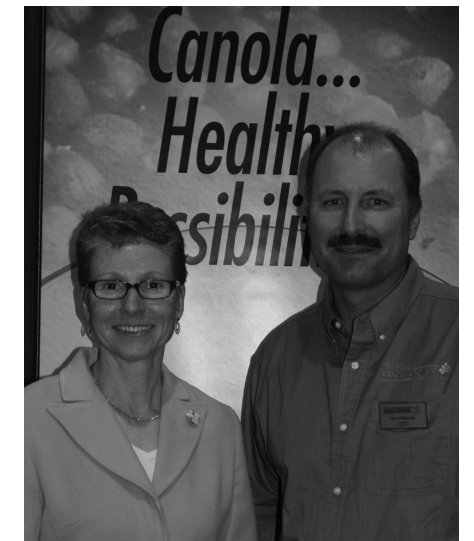
Northern Canola Growers Association Hosts Annual Meeting

The 11th Annual Northern Canola Growers Association Annual meeting was held in Langdon, North Dakota on February 13th. Over 300 people were in attendance as speakers from North Dakota State University provided information on recent research findings, featured speakers spoke on agriculture and health and the NCGA held its annual membership meeting.

Featured speakers for Canola Day were Harry Siemens of Siemens Says. Siemens presented a talk titled "The Stakes are Higher Than You Think". Dr. Jo Liechtin then presented a talk on "Health from Farm to Fork," highlighting ways to improve your health with canola oil.

Ron Beneda, NDSU Extension Agent, Cavalier County, presented information on the 2007 canola crop and factors that affected yields in 2007. Dr. Luis del Rio, NDSU Extension Pathologist, presented information to growers on a new interactive sclerotinia risk assessment web site that will be available to growers in 2008.

James Loewen of Bunge Oils in Altona, Manitoba, and Eric Mack of ADM in Velva gave presentations on oil seed markets in 2008 and offered a canola crusher perspective to attendees.



Dr. Jo Lichten with Kevin Waslaski

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Frost Damage Information For Canola Growers

With the cold weather that hit the region May 26, growers are asking what the impacts may be to their canola crop. Following is information from the NDSU Canola Production Guide:

The temperature at which freezing injury occurs varies with the plant's stage of growth, moisture content and the length of time the temperature remains below freezing. Damage occurs when ice crystals form within the plant or the plant actually freezes, causing cell walls to rupture. A severe drop in temperature, which lasts only a very short time, may not damage canola plants, while a light frost of several degrees below freezing that lasts all night may severe damage. The amount of frost injury will depend on soil moisture conditions, the rate at which thawing occurs, the growth stage of the plants and the amount of cold temperature hardening that the plant is exposed to prior to freezing temperatures.

Canola seedlings usually will recover from a light spring frost that does not damage the growing point of the plant. If a heavy frost does blacken the leaves, don't take any action for at least four to seven days. The extent of injury can be determined in a week or less following the frost. If any green color is at the growing point in the center of the frozen leaf rosette, the plant will recover and yields will be higher than if the field is torn up, reworked and reseeded. Early seeded canola, after several days of near-freezing temperatures, will undergo a gradual hardening process that will allow the plants to withstand freezing temperatures without serious damage. A number of chemical changes occur, resulting in a higher concentration of soluble substances in the cell sap. Research in Canada has shown that early seeded canola that had undergone hardening could withstand 18 to 20 F temperatures, while temperatures of 25 to 26 F killed later sown canola that did not undergo hardening. In North Dakota, canola seedlings have withstood temperatures as low as 22 to 23 F with only limited frost damage or stand reduction.

In evaluating frosted seedling fields, producers must consider the percentage recovered and the time of year. The surviving plants also should be somewhat evenly distributed in a field when allowing the stand to remain for production and yield. Even if two-thirds of the seedlings in a reasonable stand are frost killed, the field usually will produce more when left than if reseeded. The surviving plants will take advantage of the reduced competition for light, moisture and nutrients, and grow larger, producing more branches, pods and seeds per pod, thereby compensating for the lost plants. The surviving plants will require five to eight days longer to mature; but a reseeded crop will require an even longer period.

Harvest North Dakota

The Northern Canola Growers recently attended *Harvest North Dakota* in Lisbon on March 28, 2008 for nearly 300 students. The purpose of this event was to educate 4th grade students from around the region on agriculture. The Northern Canola Growers handed out pet brochures, and dog cookie cutters; so that they can make their own pets treats at home while using canola oil! One student quoted, "Wow these are cool!" Also handed out were fortune cookies made out of canola oil. Many students were seeing canola seed for the first time and one student said, "If you rub your hands over the seed really fast it feels like a massager!" NCGA also provided each teacher with a canola packet, which included a curriculum about canola for the students to learn the importance of canola in farming, fuel, and food. The curriculum contains CD in the packet with posters about canola, which can be displayed around the classroom, along with canola seed to grow canola in their classroom. For more information on canola or to receive your free canola curriculum for your classroom please contact the Northern Canola Growers Association at 701-221-2028.

Canola Oil Most Switched to Oil by U.S. Restaurants in Past Two Years

Canola Oil Addresses Both Trans and Saturated Fat Concerns of Industry

Chicago, IL - The U.S. restaurant industry is moving to healthier cooking oils like canola in response to consumer demand for *trans* fat-free oils, according to market research firm Technomic, Inc., which presented findings at the National Restaurant Association Show on May 17. In fact, canola oil was the number one most switched to cooking oil in the past two years, with about one-third of restaurants polled reporting canola oil use.

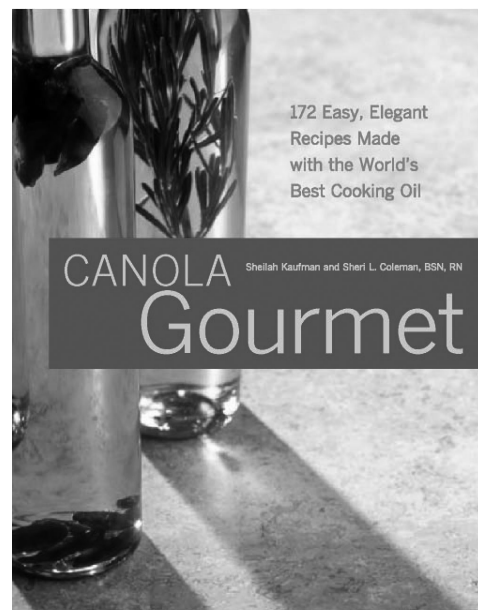
The purpose of the February 2008 survey was to gather information on little known usage and perceptions of cooking oils in the U.S. food service sector, reported Bob Goldin, executive vice president of Technomic. Respondents were 400 purchasing executives at limited and full service restaurants that are high volume users of cooking oil. The survey found that 28% of them changed their cooking oil within the past two years. Canola oil saw the biggest "net gain" of restaurant cooking oil conversions, followed by soybean oil and oil blends.

"Unlike many *trans* fat-free alternatives, canola oil is also low in saturated fat," said Robert Hunter, vice president of communications, Canola Council of Canada. "This allows for reduction of both *trans* and saturated fats in restaurant menu items. Canola oil also has a high heat tolerance, neutral flavor and light texture, making its performance as outstanding as its nutritional profile."

The Technomic survey revealed that 12% of the restaurants polled that had not made a recent oil change are actively considering one now. Canola oil is one of the top three options being considered. This is likely due to the survey findings that most restaurants (84%) consider zero or low *trans* fat important and 73% think the same of low saturated fat.

"Chains and independent restaurants are increasingly moving toward healthier oils as consumers, regulators and special interest groups demand then," Goldin said.

Source: Canola Info/Angela Dansby



Canola Gourmet

A new cookbook is hitting the scene and is soon to be released from Capital Books. Sheri Coleman from the Northern Canola Growers Association has teamed up with Sheilah Kaufman to create a culinary masterpiece to tempt your taste buds. *Canola Gourmet* can now be seen at Amazon.com and will be coming to bookshelves June 1. This is an exciting time for the canola culinary world and the Northern Canola Growers Association! Here is a little of what you will see from Canola Gourmet:

For your health and good eating - it's time for an oil change! A culinary expert and a health professional team up to show you why canola oil is the best blend of fats for cooking light, flavorful food.

If you've been hooked on olive oil for all your cooking - you are ready for an oil change! Canola oil is already the cooking oil of choice for cooks because it has no dairy connection. But for all health-conscious chefs, canola oil is lower in saturated fat, free from any dominating or conflicting flavor and contains no trans fats. And now culinary expert Sheilah Kauffman and health professional Sheri Coleman have teamed up to present 200 plus delicious new recipes - from appetizers to desserts - to show you how to cook your best as a *Canola Gourmet*.

Those shouting accolades stated:

"The recipes in this book show the incredible versatility of canola oil and how easy it is to create dishes using canola. We are proud to grow a canola oil crop right here in North Dakota that is so good for consumers." - **Kevin Waslaski, Grower, Northern Canola Growers Association, Langdon, North Dakota**

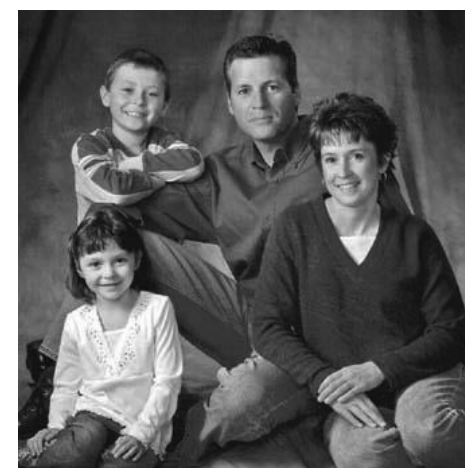
"Canola oil is magical! Readily available, healthy and versatile... I use it in most of my dishes (making sinful recipes more healthful). Congratulations Sheilah and Sheri for making a yummy cookbook!" - **Suvir Saran, Executive Chef, Devi, and author, Indian Home Cooking and American Masala**

"Canola oil is my oil of choice when it comes to baking. Its mild flavor works well in muffins, quick breads, cakes, and cookies. I also use it in salad dressings, marinades, and meat and poultry dishes. It's low in saturated fat and is heart-healthy. Canola oil is "oil right" in my books!" - **Norene Gilletz, Culinary Consultant and Author, Norene's Healthy Kitchen, gourmania.com**

"What a delight to have so many recipes compiled in a single book for entrees, sides, breads, soups, and desserts that all have healthy canola oil. My family is already on board experimenting!" - **Eric Rimm ScD, Associate Professor, Epidemiology and Nutrition, Harvard School of Public Health**

Marketing Plans

- Features and reviews in a wide-range of cooking, women's Jewish, national and trade publications and web sites
- Direct marketing to gourmet shops, gift shops, bookstores, ethnic markets, Restaurants, supermarkets, department stores and gift catalogs
- Radio and TV interviews
- Publicity tie-ins and events and cooking demos in conjunction with Northern Canola Growers Association



Jon and Sheri with children Devin and Brenna.
Source: Farm and Ranch Guide

Northern Canola Growers Association Holds Elections

The Northern Canola Growers Association held board of director elections during its annual meeting on Wednesday, February 13th, 2008 in Langdon, North Dakota. Tom Borgen of Langdon and Greg Mitchell of Rolla were re-elected by the membership as producer directors on the NCGA board. Jon Wert of New England was also appointed to the NCGA board of directors as a new board member.

Jon Wert farms with his wife, Sheri and parents, Marv and Ann. He lives in New England with his son Devin, and his daughter Brenna. Wert has grown canola for many years. The NCGA is pleased to have Wert on its board.

During its annual meeting, the members of the association also voted to approve an amendment to the by-laws changing the maximum terms of directors from two 3-year terms to four 3-year terms to allow for more continuity in national organizations for the canola industry.

NCGA & NDSU Hire Canola Agronomist To Assess Crop

The Northern Canola Growers Association has teamed up with North Dakota State University to fund an agronomist during the summer and fall of 2008 to travel throughout the canola growing regions of the North Dakota and Minnesota to monitor crop conditions and report back findings to growers and the industry. The position is located at the North central Research Center in Minot. Tammy Duchsherer of Velva has been hired for the position.

The data collected in 2008 will be compiled and reported to growers next winter for a full assessment of crop growing conditions. The NCGA anticipates the collection of this information and monitoring of the crop in 2008 will assist growers in achieving more success with canola.

Growers can obtain information on the 2008 crop by monitoring the NCGA web site at northerncanola.com and the NDSU Crop & Pest Reports this summer.

Financial support for the position is provided by the U.S. Canola Association (USCA), the ND State Board of Agriculture and Extension (SBARE), and the Northern Canola Growers Association (NCGA).

The position is intended to provide key support to the USCA canola acreage task force. This taskforce has a goal of doubling U.S. canola acres by 2015.

GET READY TO GOLF!

Minot - June 30, 2008
Langdon - July 10, 2008



See the enclosed registration form for more details. For questions call the NCGA office at 701-223-4124.

North Dakota Canola Grower Re-Elected President of U.S. Canola Association

Steve Kakela of Langdon was re-elected President of the US Canola Association at its recent annual meeting in Washington, DC. Kakela will complete a two-year term for the Association. Kakela is a long-time canola grower from the Langdon area and has been active in the Northern Canola Growers Association and the U.S. Canola Association for the last decade.

Doug Scoville of Idaho was also re-elected first Vice-President and Kevin Waslaski of Langdon, North Dakota was re-elected second Vice-President at the annual meeting.

NCGA Board members Ryan Pederson, Tom Borgen and Eric Mack also attended the annual meeting along with Barry Coleman, NCGA Executive Director and Sheri Coleman, Marketing Director.

Members met with canola representatives from other parts of the U.S. to discuss the priorities of U.S. canola growers regarding Farm Bill issues and canola research. Members also met with Senators Dorgan and Conrad and Representative Pomeroy to discuss Farm Bill priorities and concerns.



Sheri Coleman and Dr. Jo Lichten

Canola Gets Warm Reception at PCNA Conference

Sheri Coleman, BSN, RN, Director of Marketing and Health Promotion for the Northern Canola Growers Association, and Lindsey Dale, Communications Specialist for the Northern Canola Growers Association recently attended the annual Preventative Cardiovascular Nurses Association conference April 24-26, 2008. Over 700 cardiovascular specialists

from around the world gathered in Florida to share their expertise and important new research findings in the field of cardiovascular risk reduction and disease management. Attendees included nurses, nurse practitioners, physician assistants, dietitians, exercise physiologists, and other cardiovascular health care professionals.

Under the umbrella of CanolaInfo, a North American Canola Oil Promotion project, Coleman led the Corporate Symposium level Sponsorship to provide these health care professionals with the latest in cardiovascular research with canola as well as patient tools for health-wise diets. PCNA is the leading nursing organization dedicated to preventing cardiovascular disease through assessing risk, facilitating lifestyle changes, and guiding individuals to achieve treatment goals.



Sheri Coleman giving out a door prize.

2008 NCGA Canola Tours

This year the NCGA is once again teaming up with the North Central Research Extension center in Minot and the Langdon Research Extension Center to give canola growers an in-depth tour of canola research projects. The Minot tour will be held from 9 a.m. to Noon on Monday, June 30th. Various topics will be covered including insect and disease management as well as review of new rotation and large plot canola research and a "Performance Ready" review by Monsanto. A tractor pulling a trailer at the station will be burning canola biodiesel this year as a part of the center's continued biodiesel research. Free lunch will be provided. The Langdon tour will take place on Thursday, July 10 from 9 a.m. to Noon.

Following the tours the NCGA will be hosting golf tournaments at the Minot and Langdon Country Clubs. You must pre-register for the golf tournaments on the enclosed form.



Performance Ready™ Canola Hybrids Trials

A new class of elite Roundup Ready® spring canola hybrids will be identified and designated by Monsanto that are expected to perform and yield better than the current commercial standards available. Monsanto will work closely with land-grant universities to determine which hybrids – both existing and new products – are performing well enough to carry the special designation. The new hybrid category, called Performance Ready™, will feature top spring canola genetics with high yield potential, as well as provide the unsurpassed weed control offered by the Roundup Ready system. These elite Performance Ready hybrids will also provide the superior oil characteristics sought after by the food and biofuel industries, according to Monsanto.

"This is an exciting time in the canola market," says Dr. Rob Ihrig, Specialty Crops Manager for Monsanto. "Significant improvements in germplasm and the yield performance of many spring canola brands are now being realized. The Performance Ready program will enable us to identify those top-yielding spring canola hybrids and offer them to our customers."

The Performance Ready designation will be awarded to those spring canola hybrids across a number of seed brands that perform above the average yield and oil content levels and which utilize the Roundup Ready trait for superior weed control and excellent crop safety. Some of the seed brands participating in the 2008 Performance Ready screening trials include DEKALB®, Interstate®, Croplan, Pro Seed and Cargill.

Summer Field Day Events

Ihrig says that farmers will be able to view the new potential Performance Ready spring canola hybrid candidates at upcoming field trial locations this summer in Minnesota and North Dakota. Monsanto will work closely with North Dakota State University, University of Minnesota, Land O'Lakes and selected seed dealers to establish trial plots at most university and industry field days to gauge performance of Performance Ready hybrids against that of current commercial standards.

Field day locations for the summer of 2008 include:

- Minot, North Dakota, from 9 a.m. to 12 noon on Monday, June 30 at the North Central Research Extension Center.
- Roseau, Minnesota, from 9 a.m. to 12 noon on Tuesday, July 8 at the Minnesota Production Centre.
- Langdon, North Dakota, from 9 a.m. to 12 noon on Thursday, July 10 at the NDSU Experiment Station.

Canola Tours Give Aways

Farmers may register at each field day for a chance to win an E-Z-GO® golf cart. In addition, each of these three events will feature a free barbecue lunch.

These events are open to all farmers. No pre-registration is required.