

Introducing Ontario Grains

Barley

Barley is a very tough crop. It can actually out compete weeds for sunlight, water, and soil nutrients because it is so durable in the fields. This enables farmers to use less pesticides to control weed threats.



Corn

Did you know there are three main types of corn for eating? Sweet corn is known as corn on the cob, popcorn is used for popping, and grain corn is used to make cornmeal and corn flour. Grain corn is too hard and too bitter to eat off the cob, and must be turned into something to eat.



Oats

Oats can be planted as a cover crop. Cover crops are planted to help improve the health of the soil and prevent soil erosion due to water and wind.



Soybeans

Ontario soybeans are known around the world for their quality. In fact, in a soybean field 3 out of 5 rows of harvested soybeans will leave the province for international markets to be used in food, oils and other products.



Wheat

Ontario wheat is very good for making cookies, crackers and cereals. Different wheat types will have different protein amounts which will change what food items the wheat is made into.









Grains in our Life

Grains can be used in our daily lives in many different food, household and everyday items. List below everyday items that can be made from each of our five Ontario grains.

Barley	Corn	Oats	Soybeans	Wheat

Do you have grain foods or household items at home? Use this bingo card to see how many:

CRAYONS 	MOUTHWASH	SOY BUTTER	CANDLE	OATMEAL 
FISH FOOD	CEREAL	LIPSTICK	BAND-AIDS	LOTION
PEARL OR POT BARLEY	 FLOUR		 TOOTHPASTE	JELLO
DOG TREATS 	MAYONNAISE	GRANOLA BAR	SOY SAUCE	GRAVY
PRETZELS	TACO SHELLS	 HAND SANITIZER	BABY FOOD	BREAD 