











<p><b>Barley</b> 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.</p>	 
<p><b>Corn</b> 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.</p>	 
<p><b>Oats</b> 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.</p>	 
<p><b>Soybeans</b> 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.</p>	 
<p><b>Wheat</b> 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.</p>	 

## Match game (Match the following terms and definitions)

Sustainable agriculture	A grain that contains the endosperm, germ, and bran.
Tillage	The upper layer of earth in which plants grow, a black or dark brown material typically consisting of a mixture of organic remains, clay, and rock particles.
Combine	The process or period of gathering mature crops from farm land.
Stewardship	A microscopic organism, especially a bacterium, virus, or fungus that can help maintain a healthy soil.
Harvest	A unit of land best described as roughly 2.5 hockey rinks worth of farm land.
Acre	The management of certain areas of land and certain species of plants and animals in a way that provides a stable source of food and other benefits for humans.
Whole grain	The efficient production of safe, high-quality agricultural product, in a way that protects and improves the natural environment, the social and economic conditions of the farmers, their employees and local communities, and safeguards the health and welfare of all farmed species.
Soil	A versatile machine designed to efficiently harvest a variety of grain crops. The name derives from its combining three separate harvesting operations—reaping, threshing, and winnowing – into a single process
Microorganism	The preparation of land for growing crops.
Soil Health	The continued capacity of soil to function as a vital living ecosystem that sustains plants, animals, and humans.

# Sustainability and Ontario Grains

While watching the videos showcasing sustainability on Ontario grain farms, answer the following questions.

1. Why is sustainability important to Ontario grain farmers?

2. What is a cover crop used for?

3. What are some technologies farmers will use to help them farm sustainably?

4. What are the specific goals of sustainable practises?

5. Why is sustainable food production important to you?

