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Winter Canola Edition of *U.S. Canola Digest* Debuts  
Supplement to National Magazine Aims to Boost Farmer Interest in Crop

CHICAGO, IL – The U.S. Canola Association (USCA) is pleased to announce a new Winter Canola Edition of *U.S. Canola Digest*. This publication will feature tips on incorporating winter canola into crop rotations and discuss its potential for increasing farm profitability. Winter canola shows promise in regions beyond the traditional spring canola-growing region of the Northern Plains, especially in the Great Plains and southeast.

The debut Winter Canola Edition will highlight winter canola as an ideal broadleaf crop with a growth cycle and fertility requirements similar to winter wheat. Following winter canola, wheat is known to have improved crop quality and yield and therefore, profit. That's because winter canola helps control annual pest and weed pressures in wheat and allows for deeper, healthier wheat root systems.

"Beyond rotational benefits with wheat and other crops, winter canola is resilient to freezing conditions," noted Dale Thorenson, USCA assistant director. "In the Great Plains, for example, winter canola came through April's hard freeze remarkably well ... even better than winter wheat in some areas."

Canola is in high demand in the U.S. for its oil, which has the least saturated fat of all common edible oils and zero *trans* fat and cholesterol. Canola oil received a qualified health claim from the U.S. Food and Drug Administration on its potential to reduce the risk of heart disease due to its unsaturated fat content.

The *U.S. Canola Digest* Winter Canola Edition, an official USCA publication, will be available in early June 2009. Complimentary subscriptions are available to interested farmers by e-mailing Dale Thorenson at [dale@uscanola.com](mailto:dale@uscanola.com) or Mary O'Donohue at [modonohue@gordley.com](mailto:modonohue@gordley.com). For more information about the USCA or *U.S. Canola Digest*, go to [www.uscanola.com](http://www.uscanola.com).

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*The U.S. Canola Association (USCA) was established in 1989 to increase U.S. canola production in order to meet the growing public demand for healthy oils. Based in Washington, D.C., the USCA promotes the establishment and maintenance of conditions favorable to the production, marketing, processing and use of domestic canola.*