

. the journey of oilseeds



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Damian Conlan (Image Of Olive Branch On Page 2), Wade Longmuir ConsultAg (Image Of Seeding Oilseeds On Page 6), Phil Bowden from the NSW Department of Primary Industries (Image Of Canola Being Planted On Page 7), Department Agriculture and Food WA (Image Of Canola Emerging Through Stubble on Page 7), Jon Slee Riverland Oilseeds (Canola Images On Page 10 and Cover), Brad Wood Kendenup (Harvesting Image On Page 12) and Oilseeds WA (Sunflower Images On Page 11).

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Australian Oilseeds Federation, 2006



Sunflower



Olive



Cottonseed

*These plants produce seeds that we call oilseeds
which are natural and healthy.*



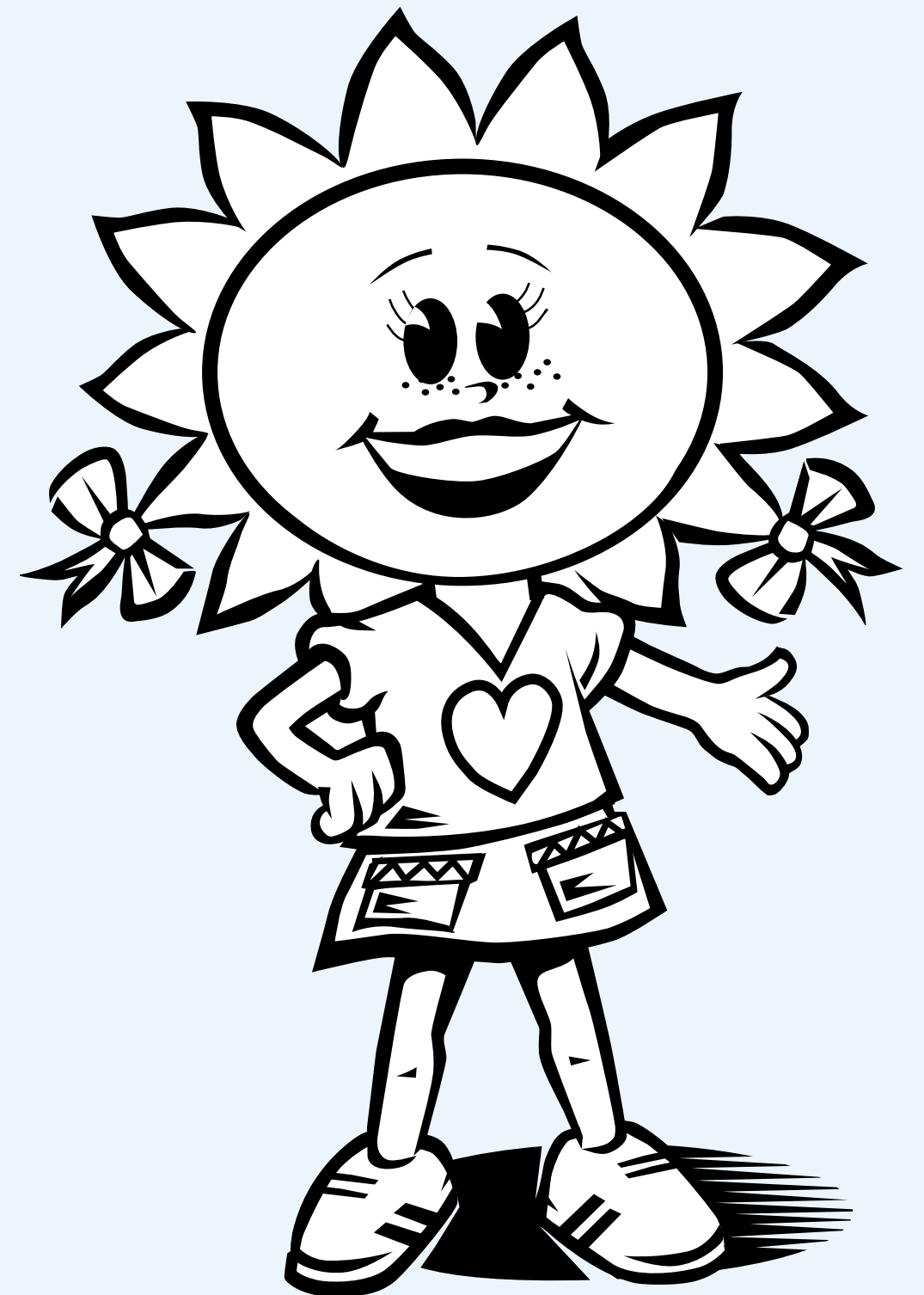
*All of these plants are grown in Australia
to produce different types of oils from their seeds.*

Oilseeds are an important crop for farmers.

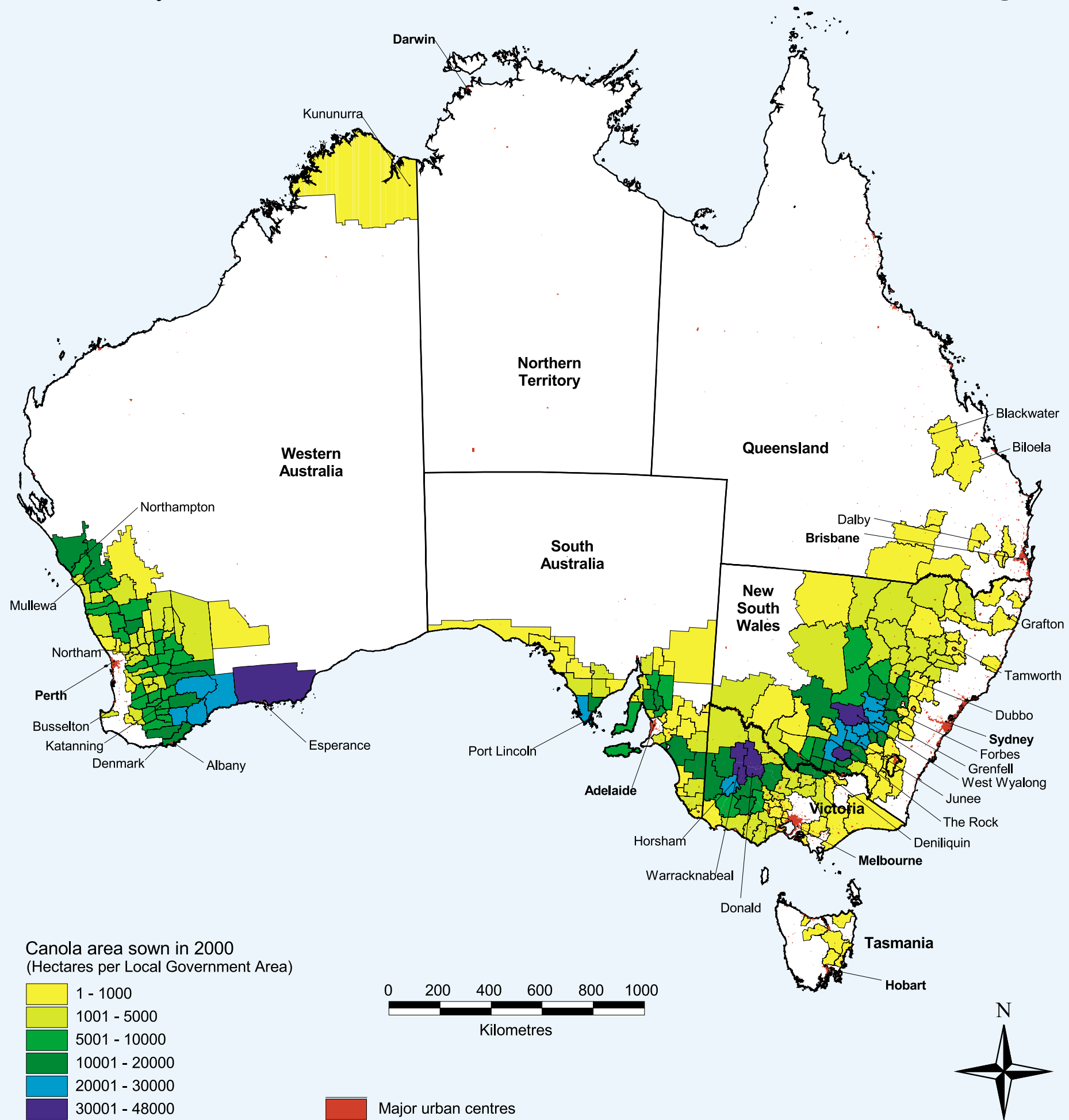
In Australia farmers grow around 3 million tonnes of oilseeds each year.

The crop needs the right amount of rain during the growing season.

Canola is the largest oilseed crop grown in Australia.



This map shows where canola can be grown.



Canola in Australia (2003)
Australian Government
Bureau of Rural Sciences,
Canberra.



Most farmers no longer plough before planting oilseeds. The 'straw' is left after harvesting.

It 'mulches' the soil and conserves water. This process is better for the soil and planting of oilseeds.

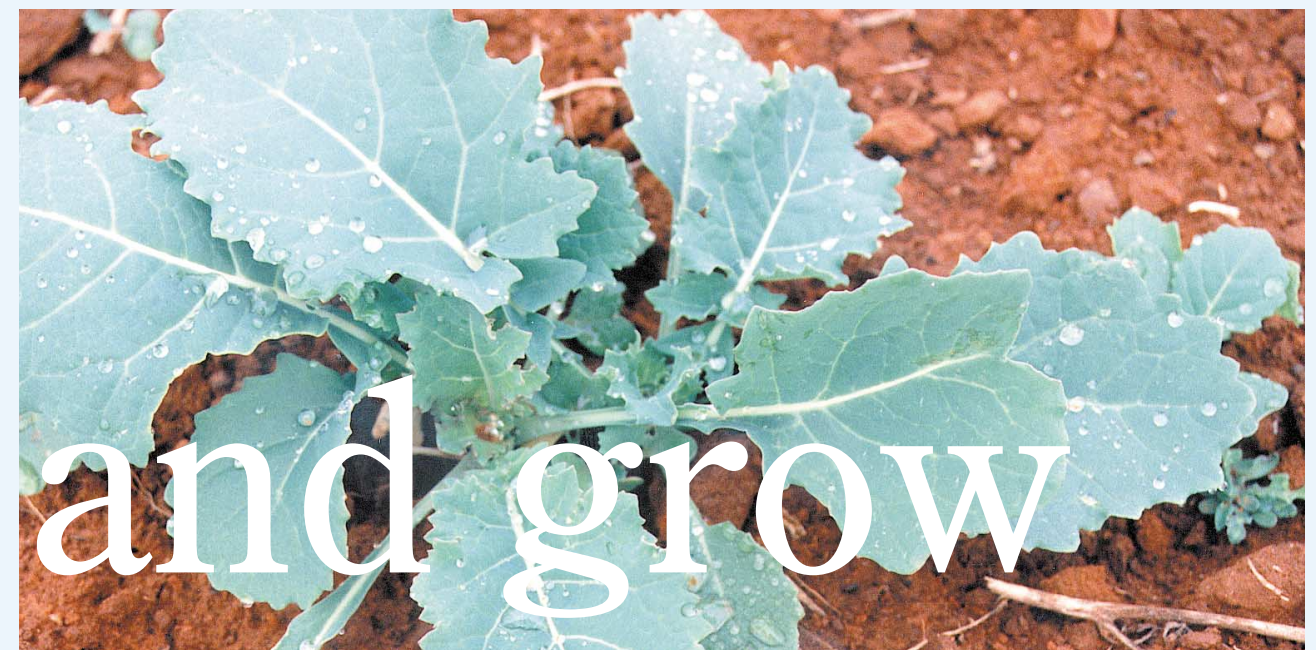


Then the seeds are planted.

*Oilseeds start their journey
on the farm.*



*The farmer chooses a variety
suited to the soil and rainfall
for their farm.*



*Oilseeds can be grown in
summer (sunflowers) and
winter (canola).*





and grow

*Oilseeds are an annual plant, they live for less than a year.
New seeds need to be planted each year.*



Each canola flower will then turn into a canola pod.



Each sunflower will turn into sunseed.



Once the oilseeds are big and strong, they are harvested.

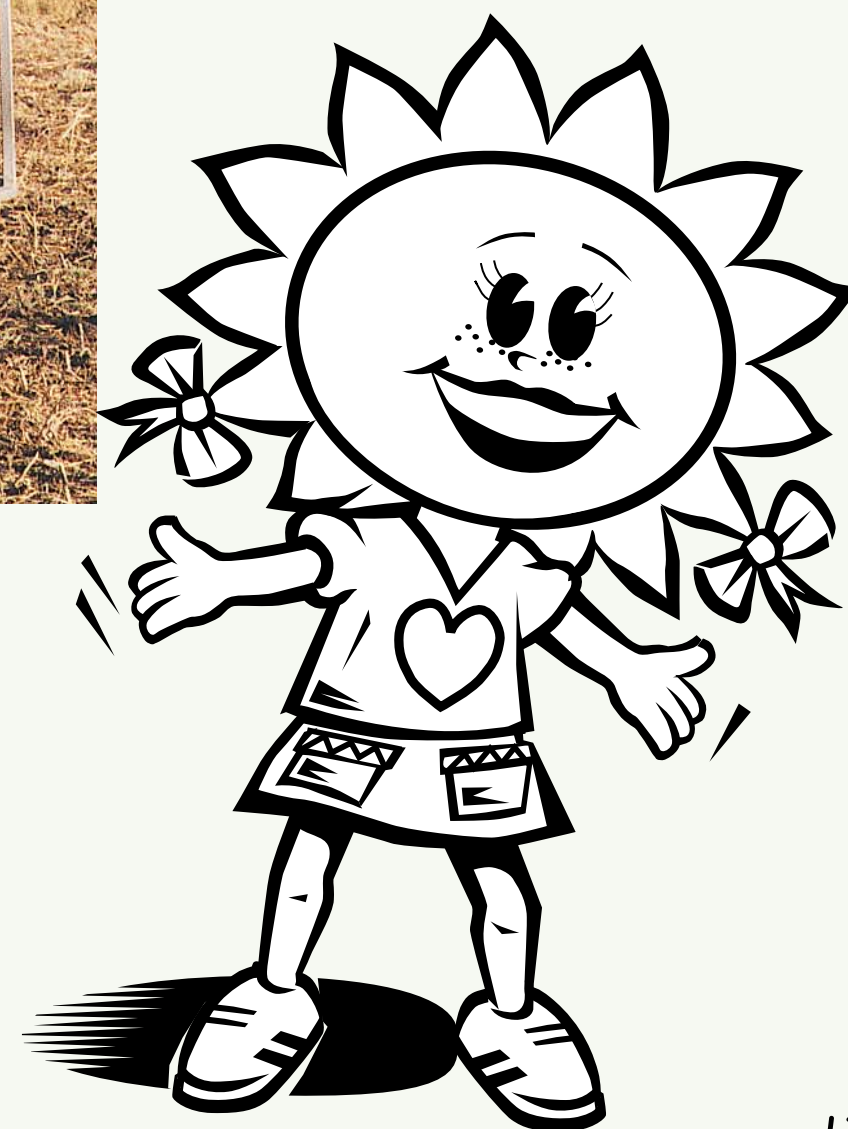


The farmer uses a machine called a harvester or header to collect the seeds from the plant.



*Silos are not safe
places to play,
you never, ever
climb inside.*

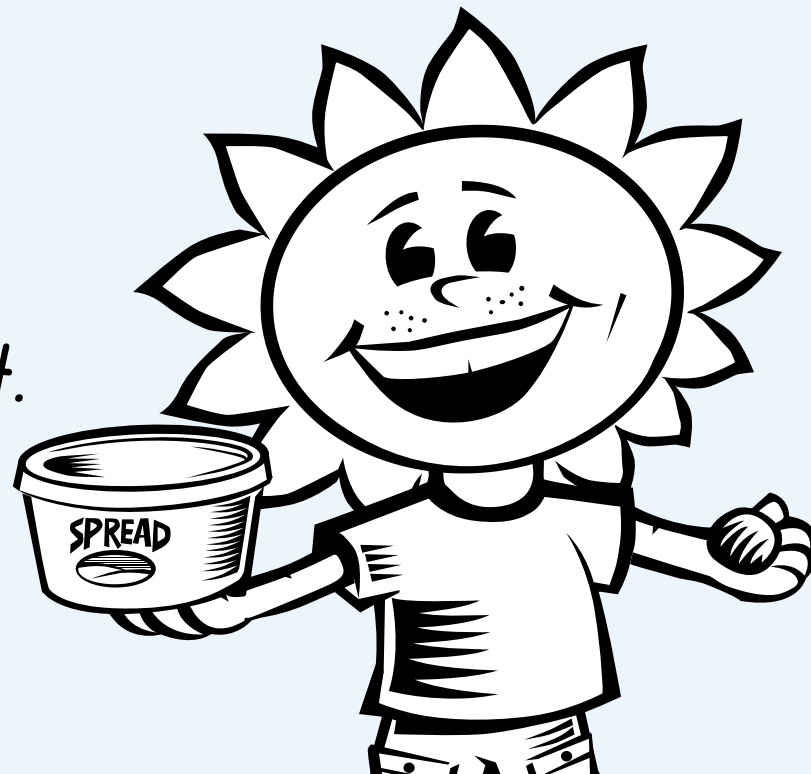
*Seed is often stored in a silo
before going to the crushing mill
or being shipped overseas.*



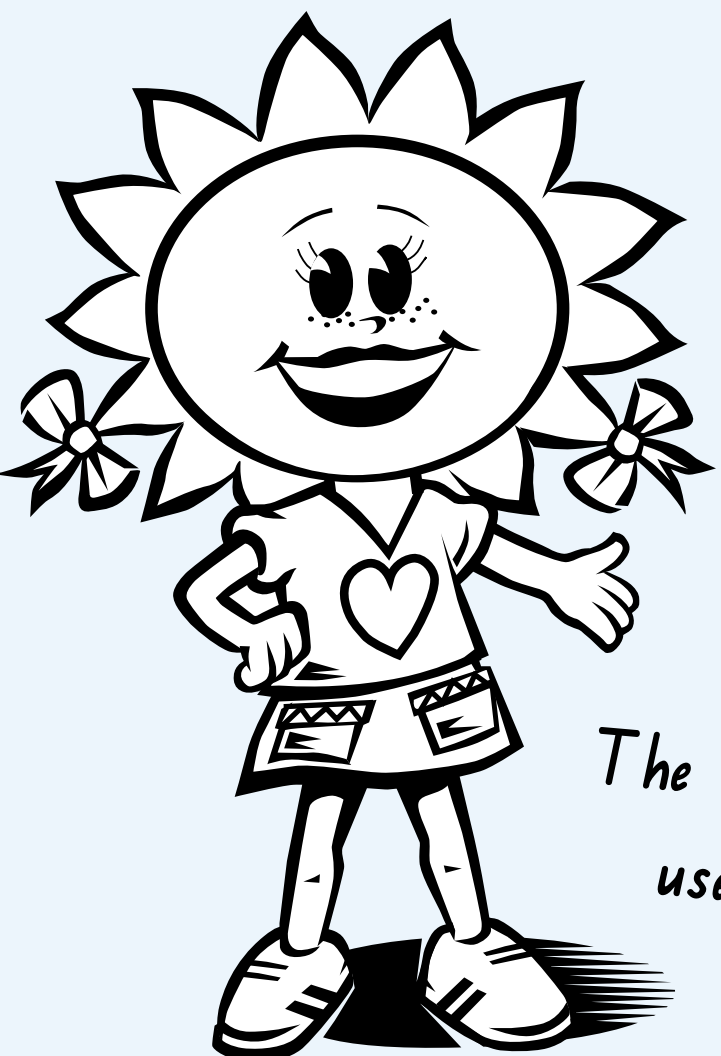


Trucks deliver seed to the mill.

'Meal' is a by product. It is high in protein and good stock feed.



The crushing mill works night and day to remove the oil from the seeds.



*The oil arrives
by truck.*

*The cleaned oil is bottled or
used to produce spreads.*

*The oil is cleaned so that
it is a bright colour, has
a good taste and is fresh.*



The spread goes into tubs,



is packed into cartons



and placed in storage.



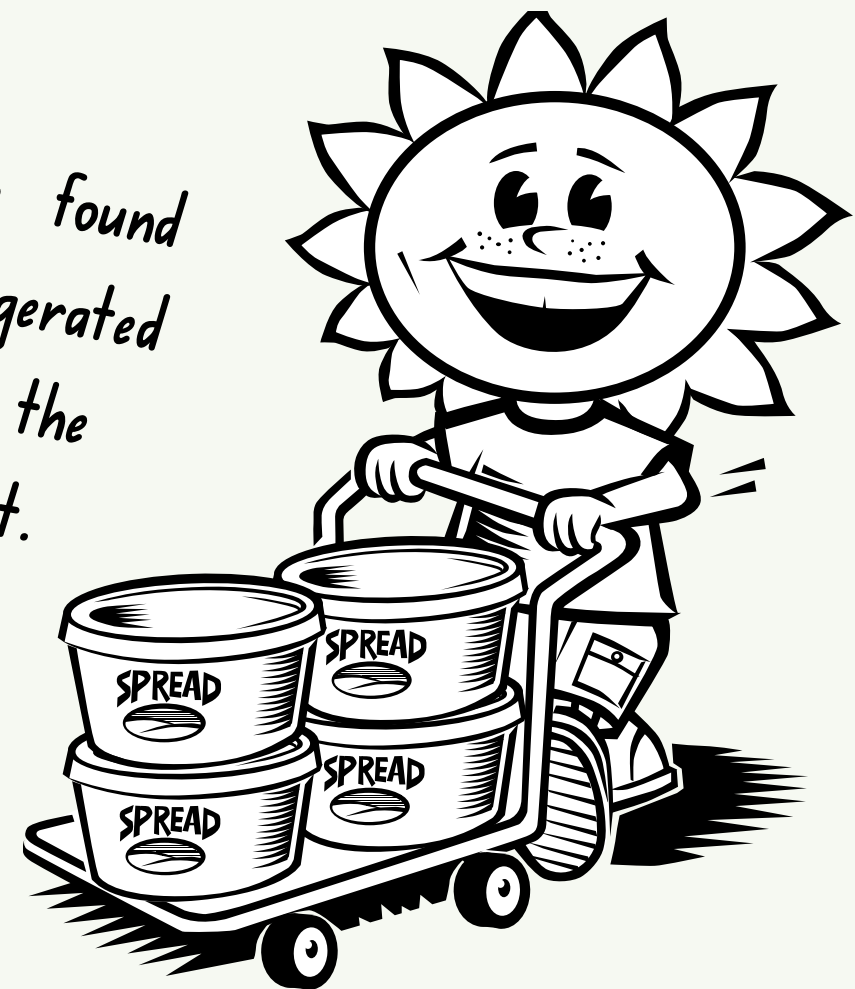
*Trucks take the spread to
supermarkets.*



It is hard to believe that these spreads started as tiny seeds grown on a farm.



Spreads are found in the refrigerated section of the supermarket.





Spread is part of a healthy diet.

Impress Mum and Dad with this great after-school or weekend snack you can make by yourself!
(Just be sure to ask Mum or Dad for help with the hot grill!)

Grilled Australian Tomato and Mushrooms

Serves 1

Ingredients:

- 4 Mushrooms
- 1 Tomato (or 5 cherry tomatoes)
- 40 grams Australian Spread (2 tablespoons)
- 1 Tsp minced Garlic
- 2 Tsp Chopped Chives
- 1 Tsp Chopped Coriander
- 1/4 Tsp Ground black Pepper
- 1/2 Tsp Sea Salt
- 1 Tsp Sugar

Method:

- 1) Mix Garlic, Chives, Coriander, Salt and Pepper with your Australian Spread and evenly spread it over the mushrooms.
- 2) Cut the Tomato in half and sprinkle it with sugar.
- 3) Place underneath the griller for three to four minutes, then serve.

For a breakfast-in-bed treat for Mum and Dad, serve them with poached eggs on toast with Australian spread.

Or you can eat them on their own - they are just as yummy by themselves!

