

FLAX

An Ancient Crop

Flax was valued in ancient times and used as both food and medicine. It was even made into linen cloth and used to wrap mummies in early Egyptian tombs!



Saskatchewan leads the world in flax seed exports.

An Oilseed Crop

Flax is an oilseed crop which means there is oil inside the seed. Flax is mainly grown for its seed and the oil inside. However, there is a growing interest in using flax straw as a renewable product.

Flax was one of the first crops domesticated by humans and is thought to have originated in the Mediterranean region of Europe around 8000 B.C.E.

Mmmm Healthy!

Flax is a high quality food. Flaxseed is high in fibre omega-3 fatty acids making it a healthy option for both humans and animals. Flaxseed also contains soluble and insoluble fibre. Soluble fibre can lower blood cholesterol levels, while insoluble fibre moves the stool through the colon more quickly, helping bowel movements.

Flax can be added to many foods, like muffins, to give them a boost of flavour and fibre!



Flax can be found sprinkled on bagels or even in smoothies!

What's Flax Found in?

- Breads
- Animal Feed
- Linseed Oil
- Linoleum
- Paper Products
- Cereals
- Crackers
- Energy bars
- Flaxseed Meal
- Muffin Mixes
- Cookies
- Omega-3 Eggs
- Pasta
- Pancakes
- Clothing
- Pet Food
- Printer Ink
- Oil Based Paint

