



Build Competencies in **food DIVERSITY**

project

AGRICULTURE

assessing crop production



MAKE IT PERSONAL

In what ways do you interact with different types of food systems? Think about organic, local traditional and sustainable systems.



EXPLORE

Crop diversity

Crop plants are part of all types of food systems. Create a **Cycle Diagram** that illustrates the journey of a crop plant through a food system.

- ◆ Select one crop.
- ◆ Use a **Cycle Diagram** graphic organizer to describe and illustrate how this crop moves through the food system.



- ◆ Extend your learning by focusing on the journey of a crop plant through an organic, local or traditional food system. Use the questions that follow to help you focus your thinking.



Use **HOW CAN DIVERSE FOOD SYSTEMS MEET THE NEEDS OF A GROWING POPULATION?** for these learning tasks. Use the Learning Source and the information for this guiding question in the **food DIVERSITY** carousel on www.projectagriculture.ca. Check out these weblinks for additional information.

Identify and explore some local food producers in Alberta. Find a searchable database of Alberta farmers' markets on the Alberta Farmers' Market Association website at <https://albertafarmersmarket.com/>.

The Alberta government is proposing a "Made in Alberta" food label. Find the news release on the Alberta government website at www.alberta.ca/release.cfm?xID=79538AAEF9E9A-AB5A-53A3-D6EBBE31241BA3E7.

Find information and links to Indigenous restaurants on the Destination Indigenous website at <https://destinationindigenous.ca>. Click on the MAP tab at the top of the page.

What factors could change the journey this crop takes through the food system?
Give **two** examples and explain why.

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In what ways is sustainability addressed in this food system? What actions or practices could be used to increase sustainability? Be specific to the crop you have selected to illustrate the food system.

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In what ways would the food system look different if it represented a local food system?

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EXPLORE AND CREATE

Growing Wheat

Did you know you can even try growing wheat in your own garden? While you might think wheat is only for large commercial farmers, you can plant a few rows of it in a garden.

Find a sunny patch in your garden or yard and plant the seeds in soil that has been tilled around 6 inches deep. Sow your seeds by hand or use a seed spreader if you have one and rake them into the soil.

Next, keep the soil moist but not soaking until the seeds sprout. After that, they only need about 3 cm of water per week.

Once the stalks start going from green to golden brown, it's time to harvest. The timing of this will depend on the variety you've grown.

Cut down the stalks with garden shears and hang the stalks to dry for two weeks, after which you will need to beat the stalks with a wooden stick. A retired hockey or ringette stick will do. Next, use a fan to blow the chaff off of your harvested wheat.

At this point, store the grains in jars and blend as needed to create your very own flour! While it's a long process, it really gives you an eye opening look into all the hard work Canadian wheat growers put in every year.

From Alberta Wheat & Barley. Spring Wheat Planting. Life's Simple Ingredient:
Online. www.lifessimpleingredient.com/spring-wheat/

