



a new crop. One of them stumbled upon *camelina sativa*, an ancient seed from the brassica family (think broccoli and kale) that used to be popular in northern Europe. The drought-resistant and cold-tolerant crop seemed perfect for the Prairie climate. Though it wasn't certified as a food product in Canada at the time, a little research showed that cold-pressed camelina oil was rich in omega-3s and vitamin E, and had a smoke point of 475°F, which means you can roast, grill and stir-fry with it without harming those healthful fats. (Extra-virgin olive oil, on the other hand, has a smaller percentage of omega-3s and a smoke point of about 375°F.) Seeing an opportunity, the trio convinced Health Canada to grant the oil novel-food status and began bottling and selling it under the name Three Farmers—and it's still one of the only companies growing this game-changing ancient seed today.

"Customers are loving the flavour of the oil, the nutritional value and the versatility of the smoke point," says Elysis Vanderhuk, daughter of one of the farmers, COO of the company and a Red Seal chef. "Most people use olive oil in their kitchens. We're showing them they can use this instead for salads, for cooking and as a supplement." You can buy 250 millilitres of camelina oil for \$13 through the company's website, threefarmers.ca, and at health and natural food stores across Canada. ☐



Fresh crop

WHO:
Three Farmers

WHAT:
Camelina oil

WHY WE'RE EXCITED:
With super-healthy fats and a high smoke point, this oil might change the way you cook.

How's this for foresight? About a decade ago, commodity prices were down and three Saskatchewan farmers were looking for