

Canola Bits

Bringing Canola Rotation to Winter Wheat Producers

Mark Boyles & Heath Sanders

Oklahoma State University

In cooperation with the Great Plains Canola Association

Why Oklahoma wheat growers need winter canola now more than ever.

Because of climatic and soil limitations, most Oklahoma farmers have been locked into a monoculture of winter wheat with practically no crop rotation for the last 50 years. Lack of crop rotation has increased production problems for wheat. One troublesome change has been the large increase in winter annual grassy weed species, including wild oats, jointed goatgrass, ryegrass (herbicide tolerant ryegrass), cheat, rescuegrass, and feral rye. Herbicide resistance with typically used herbicides in wheat for ryegrass control was confirmed this past season. Success with soybeans, corn, and sorghum has been highly variable due to low rainfall-use-efficiency during the hot dry summers in the Great Plains and inadequate heat stress tolerance in these crops. Herbicide resistant winter hardy canola varieties with a range of maturities are now available which offer excellent opportunities for wheat growers to produce a profitable crop and clean up their fields. The purpose is not to introduce a new crop to replace wheat, but to foster a crop rotation in the traditional wheat-only system to break weed and disease cycles and to improve yields and the marketability of Oklahoma wheat.

Today, wheat growers face increasing problems with fluctuating input costs and high operating costs, landowners wanting higher rent, optional uses for land, and prices for wheat that change dramatically almost every day. Contracting winter canola with act of God contracts for June delivery to local elevators can take a lot of worries off of a wheat grower. Growers should learn to grow and harvest winter canola in order to profit from a wheat-canola rotation and to keep their farming operation financially competitive. The acreage seeded to winter canola in OK during the fall of 2009 has increased 2 to 3 times over the acreage seeded last year.

Tailgate Talk

The Oklahoma and Kansas winter canola crop is off to an excellent start this fall with good stands and adequate soil moisture in most areas. We are very excited on the grower acceptance and increasing growth of acres with this crop. Wet and damp conditions across most of the state sealed the Oct. 10th deadline for planting winter canola in order to obtain insurance for the crop.

Having an adequate canola stand in the field will allow you to get started on the right foot, and from now until harvest it's all up to management and Mother Nature. Winter canola should have 3-4 true leaves before the first killing freeze. After the first hard freeze takes place, the plant will become dormant and the leaves will turn brown. There will be a mixture of brown and green leaves, but as long as the crown or center growing point remains green the plant is alive.

Oklahoma State University is hosting Winter Canola Crop Progress Schools this fall and spring in order for producers to stay current with their canola crop throughout the growing season. Producers will have the

ability to ask questions and learn more about their crop and what it should look like on the dates scheduled for the schools. For more information contact your local OSU extension office for dates and locations nearest you.

Tips for managing winter canola this fall

Spray weeds in canola early within 6 weeks after planting with the appropriate herbicide and rate. Ground applicators work well, big and small tires rarely influence stand losses in tracks this early into the growing season. Be aware of what's going on in your fields and scout for insects. The key ones you are looking for are Turnip and Green Peach aphids.

We are starting to see aphids and Diamondback moth larvae. They are mainly on the bigger canola that was seeded early. The majority of the aphids should be kept under control by the insecticide / fungicide seed treatment. Diamondback moth is green looper type worms that are foliage feeders. They are easily noted in the field by the irregular shaped holes they chew in the leaves. It is also time to control the weeds in your canola. If you have grass or broadleaf weed problems it is recommended that the fields be sprayed within the first 6 weeks after planting. This reduces early weed competition and promotes better canola stands going into the winter. This will directly relate to final canola seed produced. Be thinking about what harvesting method best fits your operation for the 2010 crop. It's never too early to have a plan of action.

Sampling for Green Peach or Turnip Aphids in Winter Canola

Pattern: Walk diagonally across field and stop 10 times

1. Check 3 plants at 10 stops (30 plants)
2. Count aphids on 3 consecutive plants (check under leaves!)
3. Note other spots with dead or dying plants

Action Thresholds: For every aphid per plant 0.5 lb of seed is lost in a field; canola can handle large numbers of aphids before a costly insecticide is justified. It is important to delay insecticide use until aphids approach economic levels because:

- Use of insecticides on very low populations will result in net \$ losses.
- Delaying the first insecticide application reduces the chance on needing a second or third application.

To prevent economic losses, manage aphids when:

<u>\$/lb</u>	<u>Aphids / Plant:</u>	
0.30	50 – 100	
0.25	60 – 120	
0.20	70 - 140	**Lower #'s during dry conditions!!
0.15	80 - 160	
0.10	90 - 180	

This information was provided by Dr. Kris Giles, Oklahoma State University, Entomology and Plant Pathology. For further information on identifying or controlling pest problems in your field contact your local OSU county extension office.

National Canola News

Healthy Canola Oil: In print and on the news you hear “Canola Oil is Low in Trans Fat” Well what is a Tran’s fat?

Trans fat is artificially formed when liquid vegetable oils are turned into solid fat using a process called partial hydrogenation; hence, the term partially hydrogenated (PH) oils.

Why is Tran’s fat bad?

Just like saturated fat, Tran’s fat increases LDL levels or bad cholesterol in the blood. Unlike saturated fat, Tran’s fat can also decrease the HDL levels or good cholesterol – both of which increase the risk of heart disease.

Canola oil is a trans-free solution to partially hydrogenated vegetable oil normally used in processed foods. High-oleic canola oil, is a trans-free solution for replacement for partially hydrogenated (PH) oils used in food products and food service, which account for about 80 percent of trans fat in North America.

High-oleic or high-stability canola oil is most commonly used in commercial food production and food service as it has prolonged stability under high heat conditions. Unlike PH oils found in many processed foods, such as cookies and crackers, and in commercial frying applications, high-oleic canola oil does not contain any Tran’s fat. As a result, high-oleic canola oil is becoming a popular choice for U.S. restaurants and food service.

"The Heart-Smart Diabetes Kitchen: Fresh, Fast, and Flavorful Recipes Made with Canola Oil," a new cookbook from Canola Info and the American Diabetes Association, is coming to U.S. bookstores in late October. The full-color cookbook has 151 recipes, heart-smart cooking tips, photos and more. Pre-orders for the cookbook began Sept. 18 at <http://store.diabetes.org> and 800-232-6733.

Article in Tire Review explains how a coating of canola oil and silica is one component of Nokian's new eco-friendly, high-performance winter tires that will help keep drivers safe in inclement weather. It is reported that the blend is all-natural and contributes to reduced fuel emission by helping to reduce the rolling resistance of tires. Let the good tires roll...

Arby’s Restaurants Beef up Nutrition with Canola Oil: The Restaurant Company, which manages Arby’s restaurants in the Richmond, Va., area, has switched the cooking oil in all of its 19 Arby’s locations to Dow Agro Sciences’ Nutra-Clear NT™, a high-stability canola oil. Because the oil allows for eliminating *Trans* fat without increasing saturated fat in Arby’s products, the company’s president calls the transition "one of the best decisions we ever made." The press announcement noted the FDA qualified health claim that 1½ tablespoons of canola oil per day may reduce the risk of heart disease when used in place of saturated fat.

Anti-Breast Cancer Properties Found in Canola Oil: The American Cancer Society tells women to "go for good fats" like canola oil. Some research shows that choosing oil that is low in saturated fat, free of *Tran’s* fat and cholesterol and high in monounsaturated fat may reduce women’s risk of developing breast cancer.

For more information on winter Canola visit these web sites:

<http://greatplainscanola.com/> Subscribe to online GPCA newsletter.

<http://www.canola.okstate.edu>

<http://uscanola.com/>

Or Contact your local OSU or KSU County Extension Office