

Quality
is in our **nature**



Canadian Buckwheat

The Wheat That Isn't



Hot buckwheat pancakes, drenched in Canadian buckwheat honey, are a temptation for anyone's palate. So are warm buckwheat muffins with lots of butter and maple syrup. And, for a dessert on a special occasion, you can't do better than an almond-raspberry torte made with buckwheat flour.

Interestingly, not one of these culinary delights has a single kernel of wheat in it—with buckwheat, you're not eating a grain at all, but the fruit of a plant related to rhubarb!

An ancient tradition

Buckwheat originated in southern China, and people have been enjoying its pleasant, nutty flavour for at least 3,000 years. It's a well-established crop on Canada's eastern prairies for more than four decades, and much of the buckwheat we grow is exported. Almost half of it goes to Japan, where it's used in the production of soba noodles, a traditional Japanese dish.



Buckwheat is a versatile food that comes in several forms, each with its own distinct character. Groats are kernels that have been stripped of their inedible outer coating and have been crushed into smaller pieces, but are otherwise unprocessed. Kasha is groats that have been roasted to bring out their distinctive nutty taste, and comes in coarse, medium and fine textures. Buckwheat flour is made from ground groats and can be used to make baked goods ranging from waffles to bread. Finally, buckwheat helps make a superb natural sweetener, since bees love its flowers and use the nectar to make a dark, uniquely flavoured honey.

Versatile virtues

Canadian buckwheat has more virtues than taste and adaptability. It's one of nature's best sources of high-quality, easily digestible proteins, and contains all nine essential amino acids. It's a good source of carbohydrates and dietary fibre, and rich in numerous minerals and vitamins. And since buckwheat isn't a grain, it contains no gluten, which makes it an ideal food for people on gluten-free diets.





It's becoming more than a food, too. The pharmaceutical and nutraceutical industries are looking into its potential for lowering blood cholesterol and fighting diabetes. Agriculture and Agri-Food Canada has focused its own buckwheat research on improving the crop's functionality, and on adding value to its uses in both the food and non-food sectors. Canada's buckwheat industry, for its part, is working to develop a uniquely Canadian frost-resistant buckwheat as well as new varieties with increased starch content.

Taste the Canadian difference

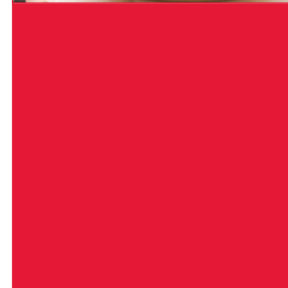
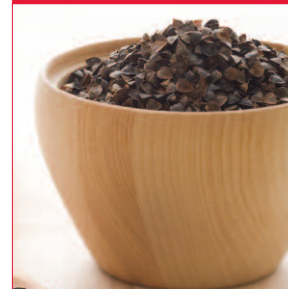
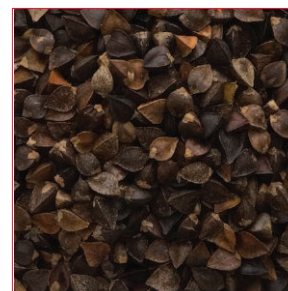
Dishes made with Canadian buckwheat are healthy, nutritious and deliciously different. For further information on Canada's buckwheat industry, please visit:

Government websites

- Agriculture and Agri-Food Canada—Special Crops Section
www5.agr.gc.ca/eng/?id=1174420265572
- Agri-Food Trade Service
www.ats-sea.agr.gc.ca

Industry websites

- Canadian Special Crops Association
www.specialcrops.mb.ca



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Trade Statistics

The following tables represent Canada's total trade in a given export commodity based on Statistics Canada data. The product categories represent HS code groupings and have not been modified. In most cases, statistics have been presented at the 6 or 8 digit level. Statistics are presented in Canadian dollars and are complete through year end 2010.

Canada's Exports to All Countries (HS Code 100810)

Product (\$CAD)	2007	2008	2009	2010	Growth 2007-2010
Buckwheat	2,451,153	1,611,663	897,843	1,193,602	-51.3%
Product (Quantity, KGM)	2007	2008	2009	2010	Growth 2007-2010
Buckwheat	5,528,045	2,945,828	1,510,951	2,265,925	-59.0%

Canada's Monthly Exports to All Countries (HS Code 100810, Value \$CAD)

Month	2007	2008	2009	2010
Jan	143,027	126,819	132,543	78,834
Feb	237,047	157,040	87,114	228,174
Mar	184,803	130,990	164,049	95,345
Apr	154,074	440,154	115,959	87,071
May	47,892	121,543	55,229	58,671
Jun	148,952	41,567	0	54,392
Jul	211,730	159,820	15,231	16,188
Aug	75,320	0	28,739	18,157
Sep	111,756	14,076	59,914	0
Oct	283,050	64,399	63,332	138,591
Nov	417,898	129,965	84,930	99,492
Dec	435,604	225,290	90,803	318,687
TOTAL	2,451,153	1,611,663	897,843	1,193,602

Canada's Exports to All Countries by Province (HS Code 100810, Value \$CAD)

Province	2007	2008	2009	2010
Alberta	129,977	1,038	0	0
British Columbia	1,006,733	527,131	66,000	18,836
Manitoba	970,573	841,693	605,409	748,935
Nova Scotia	0	0	0	97
Ontario	240,925	238,446	223,085	347,088
Québec	0	0	0	68,165
Saskatchewan	102,945	3,355	3,349	10,481

Canada's Top 10 Buckwheat Markets (HS Code 100810, Value \$CAD)

Country	2007	2008	2009	2010	Growth 2007-2010
TOTAL:	2,451,153	1,611,663	897,843	1,193,602	-51.3%
United States	973,353	641,200	761,361	720,808	-25.9%
Japan	1,351,456	898,939	116,000	295,746	-78.1%
France	0	0	0	132,490	-
Uruguay	0	0	20,477	20,933	-
Poland	0	0	0	18,056	-
United Kingdom	28,757	4,991	0	4,956	-82.8%
Panama	0	0	0	516	-
Saint Pierre and Miquelon	0	0	0	97	-
Belgium	28,112	65,495	0	0	-
Mongolia	3,600	0	0	0	-