

Grow Mustard

SASKATCHEWAN MUSTARD INDUSTRY NEWS



@GrowMustard

Brought to you by
SaskMustard and Mustard 21 Canada Inc.

SPRING ISSUE 2024

Print Newsletters are Back!

If you are reading this newsletter, you know that we have put it back into print after switching to a digital version during the uncertainty of COVID-19. Sign up to receive a copy of our digital communications at the bottom of the saskmustard.com website. Please share this information with your fellow mustard growers.

Chair's Message

Hello Saskatchewan mustard producers and a warm welcome into our 2024 season thus far. With another spring fast approaching, there is still a large number of mustard acres expected to be planted. It is great to see a large uptake in the new varieties, such as our composite AAC Yellow 80, and both hybrids AAC Brown 18 and the new AAC Brown Elite.

I want to say thank you to all growers who were present at our January AGM in Saskatoon, whether joining in online or in person. We had a great turnout of mustard producers and industry representatives. It was an information filled morning with research being conducted in the mustard industry, such as the new varieties like the AAC Brown Elite, to yield increases in response to rates of fertilizer applied.

This is research that has been funded by your check-off dollars, so once again thank you. Check-off dollars are so important in sustaining the Sask mustard industry as they fund the research that is paving the way for the future of mustard in our province, a world leader in production, quality, and agronomics of mustard.

Another growing season will begin before we know it, and with that it will be very busy for most. So don't forget to mark your calendars for our annual field day at Wheatland Conservation Area at the end of July, watch your inbox for the official date.

Cheers to seeding 2024, I hope it is safe and prosperous for all of us producers.

- Moriah Andrews



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Executive Director's Message



To start this message, I once again want to thank the registered mustard growers for their support through check-off money. In addition, I would like to thank the mustard growers who supported Mustard 21 by purchasing either Hybrid AAC Brown 18 or AAC Yellow 80 this past year.

The collection of check-off money and the purchasing of M21 varieties help support research in the development of new mustard varieties.

I often get asked what areas M21 is working on for new developments in mustard. We are focused on key agronomic issues like developing clubroot resistance, herbicide tolerance, increasing pod shatter, and saline resistance.

One of the biggest challenges that mustard growers are facing is dry conditions; hopefully, there will be more moisture for the mustard-growing areas in 2024.

Mustard growers recently experienced above-average prices for mustard. However, as we approach the spring of 2024, the prices are moving down toward

more historical levels, and as a result, we are going to see a drop in mustard acres from 2024.

The Saskatchewan Mustard Development Commission (Sask Mustard) agronomy trials were started in 2023 to test fertility and seeding rates with AAC Yellow 80. This is a three-year trial with two years left before there can be a final recommendation. Our goal is to help growers increase yield by managing fertility and seeding rates.

If you are wondering why our newsletter is being printed again, the Sask Mustard Board decided to return to printed newsletters. Therefore, you will no longer be receiving an electronic copy by email but a printed newsletter only. Feel free to give us your feedback on how you like this.

- Rick Mitzel, PAg



The Saskatchewan Mustard Development Commission (Sask Mustard) was established in 2003 to represent the province's mustard growers.

The Sask Mustard vision is "investing in the sustainability, profitability, and future of mustard production," and the Sask Mustard mission is "expand and enhance the mustard industry through research, market development and communication that align with the needs of the mustard value chain." Please visit the following websites for more information:

SaskMustard.com for the Mustard Production Manual and list of current mustard buyers

[SpreadTheMustard](#) for delicious mustard recipes

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Advancements in Mustard Breeding: Enhancing Yield and Disease Resistance for a Promising Future

by Bifang Cheng, Agriculture and Agri-Food Canada, SRDC

Key Takeaways:

In the pursuit of improving mustard varieties, this research article by chief mustard researcher Bifang Cheng of Agriculture and Agri-Food Canada provides a comprehensive update on breeding efforts in brown, oriental, and yellow mustard categories. Key highlights include the registration of **AAC Brown Elite, boasting superior yields** compared to conventional varieties, alongside advancements in oriental mustard hybrids exhibiting enhanced yield and quality traits. Moreover, ongoing initiatives **targeting herbicide tolerance and clubroot resistance** signify significant strides in addressing agronomic challenges. The evaluation of yellow mustard composites and the promising discovery of clubroot-resistant germplasm further underscore the commitment to elevating mustard cultivation.

Agronomic performance of the brown mustard hybrid varieties AAC Brown 18 and AAC Brown Elite:

A new brown mustard hybrid variety AAC Brown Elite (experimental number B3963) was registered on November 17, 2023 (registration number: 10094). AAC Brown 18 and AAC Brown Elite were evaluated for agronomic performance in the Mustard Adaptation Test (MAT) in 2023. Based on the 6 successful MATs, AAC Brown 18 had 20% higher yield than Centennial Brown, and AAC Brown Elite had 16% higher yield than Centennial Brown (Table 1). Both AAC Brown 18 and AAC Brown Elite were evaluated for agronomic performance in the MAT in 2022 and 2023. Based on the 17 station-years data, both AAC Brown 18 and AAC Brown Elite had 15% higher yield than Centennial Brown (Table 2). AAC Brown 18 was evaluated for agronomic performance in the MAT from 2017 to 2023. Based on the 48 station-years data, AAC Brown 18 had significantly higher (18%) yield than Centennial Brown (Table 3).

Table 1. Agronomic performance of AAC Brown 18 and AAC Brown Elite in the MAT in 2023

Entry	Yield			Seed Weight	Fixed Oil	Protein	GLS Allyl	Seed Colour	Distinct Green	Chlorophyll	Maturity	Height	Lodging
	Kg/Ha	bu/acre	% Check	g/1000s	% whole seed		Umoles/g	WI	%	mg/kg	Days to	cm	1 to 5
Centennial Brown (check)	1660	29.57	100	3.16	37.6	29.3	120	-6.30	0.37	1.88	84	107	1.1
AAC Brown 18	1984 [‡]	35.34	120	3.11	39.3 [‡]	27.8 [‡]	117	-7.14 [‡]	0.26	1.73	83 [‡]	109	1.5 [‡]
AAC Brown 18 Elite	1918 [‡]	34.17	116	3.00 [‡]	39.2 [‡]	28.6 [‡]	126 [‡]	-6.73 [‡]	0.93 [‡]	3.94 [‡]	86 [‡]	138 [‡]	1.2
B3964	1854 [‡]	33.03	112	2.83 [‡]	39.1 [‡]	28.6 [‡]	123	-6.77 [‡]	0.89 [‡]	3.98 [‡]	86 [‡]	136 [‡]	1.2
B4253	1840 [‡]	32.78	111	3.23	38.1 [‡]	28.4 [‡]	130 [‡]	-7.01 [‡]	0.43	2.04	84	115 [‡]	1.4 [‡]
S.E	52			0.06	0.22	0.18	4.23	0.20	0.19	0.64	2.31	0.33	0.08
L.S.D. (5%)	103			0.12	0.44	0.34	4.05	0.28	0.38	1.27	0.66	4.5	0.16
F value	9.24 [‡]			11.1 [‡]	19.0 [‡]	14.5 [‡]	8.26 [‡]	8.54 [‡]	5.72 [‡]	6.25 [‡]	43.9 [‡]	75.3 [‡]	5.27 [‡]
# of station yrs	6			6	6	6	6	6	6	6	6	6	6

Table 2. Agronomic performance of AAC Brown 18 and AAC Brown Elite in the MAT in 2022 and 2023 (17 stations)

Entry	Yield			Seed Weight	Fixed Oil	Protein	GLS Allyl	Seed Colour	Distinct Green	Chlorophyll	Maturity	Height
	Kg/Ha	bu/acre	% Check	g/1000s	% whole Seed		Umoles/g	WI	%	mg/kg	Days to	cm
Centennial Brown (check)	1618	28.82	100	2.97	36.4	30.2	119	-5.59	0.19	2.27	83	113
AAC Brown 18	1857 [†]	33.08	115	2.99	37.8 [†]	29.0 [†]	119	-6.58 [†]	0.18	2.47	82 [†]	113
AAC Brown 18 Elite	1852 [†]	32.99	115	2.97	37.7 [†]	29.8 [†]	125 [†]	-5.89	0.51 [†]	3.45 [†]	85 [†]	138 [†]
S.E.	35			0.29	0.13	0.13	2.15	0.32	0.09	0.33	0.25	1.70
L.S.D. (5%)	68			0.57	0.26	0.25	4.27	0.64	0.18	0.63	0.50	3.4
F value	21 [†]			3.31	51 [†]	31 [†]	7.44 [†]	3.39 [†]	10.3 [†]	8.29 [†]	103 [†]	154 [†]
# station yrs	17			17	17	17	17	17	17	17	17	17

Table 3. Agronomic performance of AAC Brown 18 in the MAT from 2017 to 2023

Entry	Yield			Seed Weight	Fixed Oil	Protein	GLS Allyl	Seed Colour	Distinct Green	Chlorophyll	Maturity	Height
	Kg/Ha	bu/acre	% Check	g/1000s	% whole Seed		Umoles/g	WI	%	mg/kg	Days to	cm
Centennial Brown (check)	1778	31.67	100	3.02	35.7	30.6	116	-4.99	0.11	2.78	84	119
AAC Brown 18	2103 [†]	37.46	118	2.97 [†]	37.3 [†]	29.3 [†]	112 [†]	-5.95 [†]	0.13	2.72	84	122 [†]
S.E.	21.7			0.01	0.08	0.08	0.89	0.16	0.02	0.10	0.2	0.89
L.S.D.(5%)	43.1			0.02	0.16	0.16	1.77	0.32	0.03	0.20	0.00	1.8
F value	224 [†]			15.4 [†]	371 [†]	300 [†]	16.3 [†]	36.2 [†]	2.07	0.41	0.4	9.11 [†]
# station yrs	48			48	48	48	48	48	46	48	37	41

Agronomic performance of oriental mustard candidate hybrid varieties:

Eight oriental mustard hybrids O3841, O3986, O4232, O4237, O4243, O4247, O4251, O4252 and the check variety Cutlass were evaluated for yielding potential and quality traits in the MAT in 2023. Seven MATs were successful with CV less than 16%. Based on the 7 MATs, seven hybrids O3986, O4232, O4237, O4243, O4247, O4251 and O4252 had significantly higher (6-12%) yield than the check variety Cutlass (Table 4). O4232 and O4237 had significantly higher allyl-glucosinolate content (144 µmol/g seed) than Cutlass (133 µmol/g seed). The 7 hybrids will be further evaluated for agronomic performance in the MAT in 2024.

Table 4. Agronomic performance of candidate oriental mustard hybrid varieties in the MAT in 2023

Entry	Yield			Seed Weight	Oil	Protein	GLS Allyl	Seed Colour	Distinct Green	Chlorophyll	Maturity	Height	Lodging
	Kg/Ha	bu/acre	% Cutlass	g/1000s	% Whole Seed		Umoles/g	WI	%	mg/kg seed	Days to	cm	1 to 5
Cutlass (check)	1893	33.72	100	2.83	43.0	27.2	133	-42.5	0.16	0.59	84	114	1.1
O3841	1949	34.73	103	2.87	40.8 [†]	28.8 [†]	134	-35.0 [†]	0.53	1.91	86 [†]	122 [†]	1.1
O3986	2014 [†]	35.88	106	2.90	40.9 [†]	28.7 [†]	137	-34.7 [†]	0.34	1.71	85 [†]	121 [†]	1.2
O4232	2041 [†]	36.36	108	3.03 [†]	42.8	27.4	144 [†]	-36.1 [†]	0.96	4.16 [†]	87 [†]	127 [†]	1.2
O4237	2027 [†]	36.11	107	3.07 [†]	42.9	27.8 [†]	144 [†]	-33.7 [†]	0.49	1.81	85 [†]	128 [†]	1.3
O4243	1998 [†]	35.59	106	3.15 [†]	42.4 [†]	27.4	137	-37.2 [†]	0.94	4.38 [†]	86 [†]	128 [†]	1.3
O4247	2019 [†]	35.97	107	2.72 [†]	42.6	27.3	131	-36.8 [†]	0.24	0.99	84	121 [†]	1.3
O4251	2031 [†]	36.18	107	2.94	43.2	26.5 [†]	131	-36.6 [†]	0.46	1.67	84	122 [†]	1.1
O4252	2124 [†]	37.84	112	2.93	43.4	26.4 [†]	135	-36.4 [†]	0.47	1.23	88 [†]	121 [†]	1.3
S.E.	51.9			0.06	0.22	0.17	3.09	0.47	0.18	0.9	0.38	2.39	0.09
L.S.D. (5%)	103			0.11	0.44	0.33	6.1	0.94	0.36	1.71	0.75	4.74	0.17
F-Value	5.66 [†]			12.6 [†]	37.0 [†]	49.6 [†]	11.9 [†]	50.5 [†]	7.07	5.07 [†]	20.3 [†]	12.2 [†]	2.36
# station yrs	7			7	7	7	7	7	7	7	6	6	6

Developing Group II herbicide-tolerant brown and oriental mustard hybrid varieties:

We are currently working on transferring the Group II herbicide trait into the Ogura cms parental lines including male sterile lines, maintainer lines and restorer lines to develop Group II-herbicide-tolerant hybrid varieties in brown and oriental mustard.

Developing clubroot resistant brown and oriental mustard:

Clubroot is a serious soil-borne disease caused by a fungus-like protist called *Plasmodiophora brassicae*. All brown and oriental mustard varieties are susceptible to clubroot disease. Clubroot resistant canola B. napus line has been developed at AAFC-Saskatoon Research and Development Center. Work on transferring the clubroot resistant gene from *B. napus* into brown and oriental mustard is ongoing.

Yellow mustard (*Sinapis alba*) breeding Agronomic performance of candidate yellow mustard composite varieties:

Two composite lines Y4015 and Y4016, AAC Yellow 80 and Andante (check) were evaluated for yielding potential and quality traits in the MAT in 2023. Based on the 9 successful MATs, AAC yellow 80 had 5% higher yield than Andante, Y4015 and Y4016 had 8% and 6% higher yield than Andante, respectively (Table 5). AAC Yellow 80 was evaluated for agronomic performance in the MAT from 2019 to 2023. Based on the 54 station-years data, on average, AAC Yellow 80 has 8% higher yield than the check variety Andante (Table 6).

Table 5. Agronomic performance of candidate yellow mustard composite lines in the MAT in 2023

Entry	Yield			Seed Weight	Fixed Oil	Protein	GLS Hobe	Seed Colour	Distinct Green	Chlorophyll	Mucilage	Maturity	Height	Lodging
	Kg/Ha	bu/acre	% Check	g/1000s	% whole seed		Umo/g	WI	%	mg/kg	cS*mg ⁻¹	Days to	cm	1 to 5
Andante (check)	1497	26.67	100	6.20	29.4	34.6	161	-40.20	0.07	0.67	90.9	84	100	1.16
AAC Yellow 80	1572 ⁺	28.00	105	6.33 ⁺	30.0 ⁺	34.4	159	-45.4 ⁺	0.17 ⁺	1.14 ⁺	90.2	84	102	1.18
Y4015	1622 ⁺	28.89	108	5.98 ⁺	29.7 ⁺	33.9 ⁺	153 ⁺	-43.4 ⁺	0.03	0.62	94.5	84	101	1.16
Y4016	1586 ⁺	28.25	106	6.23	30.3 ⁺	33.5 ⁺	154 ⁺	-45.5 ⁺	0.08	0.67	99.6 ⁺	84	101	1.16
S.E.	30			0.06	0.16	0.20	2.03	0.46	0.04	0.19	2.34	0.17	1.29	0.05
L.S.D. (5%)	59			0.12	0.32	0.40	4.03	0.91	0.08	6.27	4.64	0.34	2.6	0.10
F value	6.26 ⁺			11.1 ⁺	10.2 ⁺	10.9 ⁺	6.45 ⁺	56 ⁺	4.63 ⁺	3.16 ⁺	9.15 ⁺	4.21	0.68	0.51
# station yrs	9			9	9	9	9	9	9	9	9	7	7	7

Table 6. Agronomic performance of AAC Yellow 80 in the MAT from 2019 to 2023

Entry	Yield			Seed Weight	Fixed Oil	Protein	GLS Hobe	Seed Colour	Distinct Green	Chlorophyll	Mucilage	Maturity	Height
	Kg/Ha	bu/acre	% Check	g/1000s	% whole seed		Umo/g	WI	%	mg/kg	cS*mg ⁻¹	Days to	cm
Andante (check)	1613	28.73	100	6.14	28.4	35.3	144	-37.40	0.26	1.61	83.2	84	109
AAC Yellow 80	1749 ⁺	31.16	108	6.11	29.1 ⁺	34.9 ⁺	142 ⁺	-41.0 ⁺	0.27	1.63	81.3	84	110 ⁺
S.E.	14			0.02	0.07	0.08	0.99	0.19	0.03	0.12	1.00	0.19	0.63
L.S.D. (5%)	29			0.04	0.14	0.16	1.98	0.38	0.06	0.24	1.98	0.48	1.25
F value	88.4 ⁺			1.22	107 ⁺	25.1 ⁺	7.59 ⁺	374 ⁺	0.13	0.05	3.53	0.06	8.11 ⁺
# station yrs	54			53	54	54	54	54	42	52	50	47	50

Developing clubroot resistant yellow mustard:

Screening yellow mustard germplasm of different origins for clubroot resistant gene source was initiated in 2023. Currently, 30 yellow mustard accessions were screened against *P. brassicae* pathotype 3. Putative clubroot resistant plants were identified in the yellow mustard accession SRS 1143. In order to develop homozygous clubroot resistant inbred lines, open-pollinated plants of SRS 1143 will be bud-pollinated to produce selfed seeds. The resulting selfed progenies will be screened against *P. brassicae* pathotype 3.

Demonstrating hybrid brown mustard and composite yellow mustard response to soil test fertility recommendations

by Amber Wall, Wheatland Conservation Area Inc.

Key Takeaways:

Results from this 2023 demonstration, show mustard **yield was not affected by variety**. However, yield did increase with fertilizer. In the combined site analysis, the addition of Zinc (100% + Zn) resulted in a 113 lb/ac yield increase compared to without (100%). Applying 125% of the soil test recommendation also resulted in a yield increase, but was not significantly different than 100% + Zn. This study **demonstrates the importance of soil testing** and applying a proper balance of macro and micronutrients in order to optimize yield and economics.



This project was funded in part by the Government of Canada under the Sustainable Canadian Agricultural Partnership, a federal-provincial-territorial initiative and by the Saskatchewan Mustard Development Commission.

Objective: Demonstrate how mustard responds to fertility based on soil test recommendations and a proper balance of macro and micronutrients.

Experimental design: Split plot with 4 replicates.

Locations: Swift Current (dry brown), Indian Head (thin black), and Redvers (black-long season).

Treatments: (2 mustard types x 6 side-banded fertility treatments x 4 reps = 48 plots).

- 0% Soil Rest Recommendation of NPKS (0%)
- 50% Soil Rest Recommendation of NPKS (50%)
- 100% Soil Rest Recommendation of NPKS (100%)
- 100% Soil Test Recommendation of NPKS + 5 lbs. Boron/ac (100% + B)
- 100% Soil Test Recommendation of NPKS + 5 lbs. Zinc/ac (100% + Zn)
- 125% Soil Test Recommendation of NPKS (125%)

Variety: AAC Yellow 80 (composite) and AAC Brown 18 (hybrid).

Seed Rate: 237 seeds/m² (AAC Yellow 80 at 11 lb/ac, AAC Brown 18 at 8 lb/ac).

Continued on page 7

AAC Brown 18, AAC Yellow 80 Mustard Seed is available from:

MERCER SEEDS

Ryan Mercer - Lethbridge, AB
P: 403-308-2297
rmerc@mercarseeds.ca

SUNDWALL SEEDS

Baine Fritzler - Govan, SK
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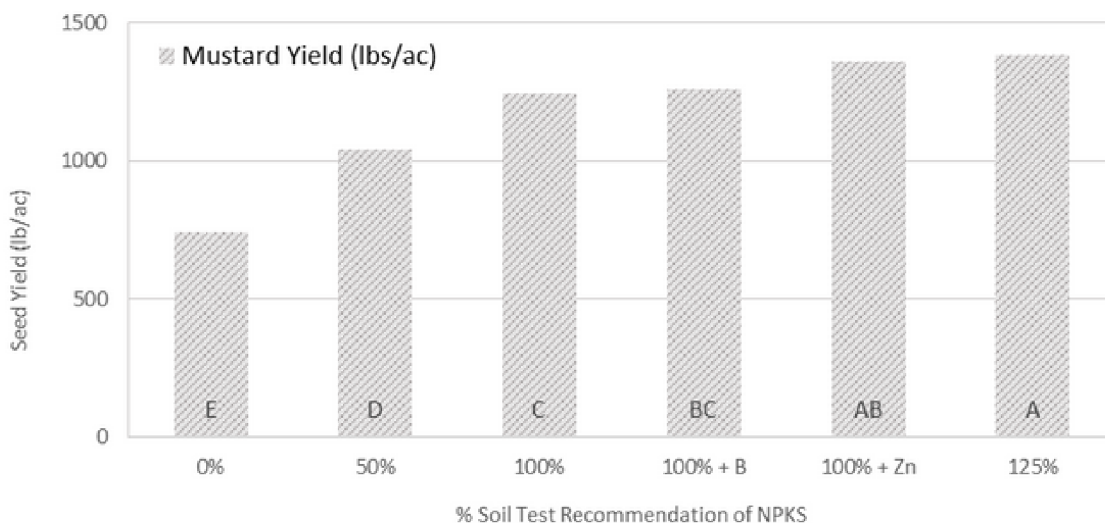
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Fertility treatment effects on mustard yield averaged by variety (AAC Yellow 80 and AAC Brown 18) and site (Swift Current, Indian Head and Redvers, 2023). Columns denoted by the same letter do not significantly differ (CV=18.9%, LSD=109).

See full results at WheatlandConservation.ca

**July
18**

**SAVE THE DATE FOR THE MUSTARD FIELD DAY
AT WHEATLAND CONSERVATION AREA,
SWIFT CURRENT, SK**



Mustard 21 Canada Inc. (M21) is a non-profit initiated by Sask Mustard and the Canadian Mustard Association (CMA). As the research arm of the Canadian mustard industry, M21's objective is to enhance mustard production and value-added products. This includes breeding strategies and market access initiatives for both condiment mustard and industrial oilseed crops.

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For information about mustard research, fact sheets and Canadian mustard varieties, visit mustard21.com.

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Spreading the Mustard: A Deep Dive into the Marketing Strategies of SpreadTheMustard.com

by Dorothy Long-Sandercock, Marketing and Digital Media Coordinator

Key Takeaways:

The marketing strategy of SpreadTheMustard.com has effectively utilized online platforms, including social media, to promote mustard and engage with consumers and food manufacturers. By maintaining a digital presence and fostering direct interaction, SpreadTheMustard.com has enhanced brand visibility, expanded market reach globally, and facilitated direct consumer engagement. Mustard farmers can benefit from supporting such marketing efforts, as they provide opportunities for increased visibility, cost-effective promotion, direct consumer engagement, storytelling about sustainability practices, positioning mustard as a premium product, and leveraging data-driven insights for targeted marketing strategies. Supporting market development and promotional initiatives not only contributes to the growth of the mustard industry but also positions farmers for increased profitability, sustainability, and success in the marketplace.

SPREAD THE MUSTARD.COM

In 2012, Sask Mustard undertook a marketing strategy to promote mustard to consumers, food manufacturing and foodservice companies. The campaign called Spread the Mustard targeted the US with the aim of increasing awareness and utilization of Canadian mustard at both a consumer and food service and manufacturing level.

In earlier days, the campaign with support from Agriculture and Agri Food Canada funding undertook outreach to foodservice and food manufacturing leaders through the Culinary Institute of America Leadership programs. As well as targeting the writers and editors of foodservice and culinary publications to showcase mustard functionality in their publications targeting food manufacturers.

Several gains were made however this part of the initiative was discontinued when the AAFC funding ended.

The other component of the campaign was the development of a website and social media advertising campaign for SpreadTheMustard.com. These online efforts have been maintained and continue to grow not only spreading the word about mustard but also fostering customer engagement and loyalty.

SpreadTheMustard.com has strategically established a presence on various social media platforms, enhancing its digital footprint and allowing direct interaction with its audience. Currently we utilize:

- **Instagram:** The brand's Instagram account serves as a visual showcase, featuring aesthetically pleasing images and content about mustard utilization.
- **Facebook:** Through engaging posts, SpreadTheMustard.com builds a sense of community on Facebook.

- **X (Twitter) and Linked In:** Are utilized to reach consumers as well as pushing out B2B information regarding mustards functionality as an ingredient.
- **Pinterest:** Recognizing the visual nature of its products, SpreadTheMustard.com has curated inspiring Pinterest boards, offering recipe ideas and creative uses for mustard.



Maple-Mustard Pear Upside Down Cake
SpreadTheMustard.com

Why should mustard farmers support marketing efforts particularly those like SpreadtheMustard.com?

Here are a few considerations:

1. Global Reach and Market Expansion:

Online marketing provides an unprecedented opportunity to reach a global audience. Mustard farmers, through platforms like SpreadTheMustard.com, can showcase their products to consumers worldwide, expanding their market.

2. Increased Visibility Cost-effectively:

Participation in online marketing efforts enhances the visibility of mustard farmers and their products. Through well-designed websites, social media, and campaigns, farmers can ensure that their offerings are easily discoverable by consumers and food manufacturers actively seeking mustard products. Further, compared to traditional advertising methods, online marketing is often more cost-effective. Mustard farmers can allocate their marketing budget efficiently, ensuring that resources are used to reach a larger and more targeted audience.

3. Direct Consumer Engagement:

Online platforms facilitate direct communication between farmers and consumers. This direct engagement could allow farmers to share their story, farming practices, and product quality, creating a personal connection that resonates with consumers and builds community and brand loyalty.

4. Tell Your Sustainability Story:

Online platforms allow mustard farmers to share educational content about mustard farming. This aligns with the growing global trend towards environmentally conscious consumption and can attract consumers who prioritize sustainability. By positioning yourselves as experts in their field, farmers can influence consumer perceptions and contribute to the overall knowledge base about mustard.

5. Positioning Mustard as a Premium Product:

Global marketing allows mustard farmers to position their products as premium offerings, emphasizing quality, functionality, and unique flavors. This positioning can drive consumer preference for mustard especially those consumers seeking premium condiments.

6. Data-Driven Insights:

Online marketing platforms provide valuable data and insights into consumer behavior. Farmers can use analytics to understand customer preferences, track sales trends, and refine their marketing strategies for better targeting and effectiveness.

In conclusion, mustard farmers stand to gain from supporting market development and promotional efforts. By doing so, they not only contribute to the growth of the mustard industry but also position themselves for increased profitability, sustainability, and success in the marketplace.

#SPREADTHE MUSTARD



One-Pot Meals For Busy Days

Ready to level up your weeknight dinners? Let us introduce you to the wonder of one-pot meals – but not just any one-pot meals. We've got mouth-watering recipes that feature one of the most versatile condiments out there – mustard!



8 Comfort Food Recipes that #SpreadtheMustard

Satisfy your comfort food craving with these recipes that really #SpreadtheMustard!



5 Tasty Potato Side Dishes That #SpreadTheMustard

Potatoes pair well with every meal but are you tired of the same mashed potatoes & fries on the side every night? Change it up with these tasty potato side dishes.

Find these delicious recipes and more at
SPREADTHEMUSTARD.COM

Baked Rosemary and Dijon Chicken Meatballs with Tomato Orzo

From *SpreadTheMustard.com*

INGREDIENTS

MEATBALLS:

- 2 Tbsp olive or canola oil
- ¾ cup finely diced onion
- 4 garlic cloves, minced
- ¼ tsp red pepper flakes
- 2 lbs ground chicken
- 1 cup panko bread crumbs
- 2 large eggs, beaten
- ½ cup grated Parmesan cheese
- 1 ½ Tbsp grainy Dijon Mustard
- 2 Tbsp chopped fresh parsley
- 2 tsp chopped fresh rosemary
- 1 tsp salt
- ½ tsp pepper

TOMATO ORZO:

- 2 Tbsp butter
- 2 garlic cloves, minced
- ¼ cup tomato paste
- 1 tsp mustard powder
- ¼ tsp red pepper flakes
- ½ cup dry white wine
- 1 cup uncooked orzo pasta
- 3 cups reduced sodium chicken broth
- ⅓ cup whipping cream
- 2 cups chopped kale or spinach
- ½ cup grated Parmesan cheese, plus more for serving

YIELDS
4 Servings

PREP TIME
30 mins

COOK TIME
30 mins

TOTAL TIME
1 hr

INSTRUCTIONS

STEP 1

For the meatballs: preheat the oven to 400°F. Line a baking sheet with parchment paper.

STEP 2

Heat a 12-inch skillet over medium heat. Add the oil. Stir in the diced onion. Cook for a minute, then stir in the garlic and red pepper flakes. Cook until softened and fragrant, another minute or two. Turn off the heat.

STEP 3

In a large bowl, add the ground chicken, breadcrumbs, eggs, Parmesan cheese, mustard, herbs, salt and pepper, plus the cooked onion and garlic mixture. Mix until incorporated. Cover with plastic wrap and refrigerate for at least 30 minutes. The mixture is easier to shape into balls when it is cold.

STEP 4

Form the mixture into approximately 22-24 meatballs, packing them tightly. Place them on the prepared baking sheet and drizzle with more olive oil. Bake for 25 minutes until golden brown and cooked through. eat, or frozen for up to 3 months

STEP 5

While the meatballs are cooking, make the orzo: Wipe out the same skillet you cooked the onion and garlic. Place it back over medium heat and melt the butter. Stir in the garlic and cook for 2 minutes until fragrant. Stir in the tomato paste, mustard powder, and red pepper flakes until incorporated. Stir in the white wine and then add the orzo. Bring the mixture to a simmer and cook for 2 minutes, stirring often. Add the chicken broth and bring to a simmer again. Turn the heat to medium-low and simmer until the pasta is tender, about 10-12 minutes. If it gets too thick or the pasta needs longer to cook, add a bit more chicken broth.

STEP 6

Stir in the cream, kale, and Parmesan. Cook for another few minutes until the greens soften and the cheese melts. Season to taste.

STEP 7

Divide the orzo into bowls and top with meatballs. You will have meatballs leftover, which can be used for another meal, or frozen for up to 3 months.



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SaskMustard (Saskatchewan Mustard Development Commission) is funded by a levy on the sale of Saskatchewan produced mustard. This is commonly called the mustard levy. Registered buyers, at the first point of sale, collect the check-off and remit those funds to SaskMustard. The amount collected equals 0.5 per cent of the gross sales, which will amount to approximately \$350,000.00 per year.

SaskMustard operates under the Agrifood Act to administer this check-off. The mustard levy allows SaskMustard to fund research, communications and market development programs which are intended to improve yields, decrease input costs, increase demand and to grow the mustard industry for the benefit of our producers.

If you have any questions or concerns about how your levy dollars are spent, please contact us at (306) 975-6629 or email info@saskmustard.com.

