The major crops of North Dakota include:

**Durum Wheat**: Used for making pasta, one bushel of durum makes 210 servings of pasta. Spaghetti, lasagna, and at least 350 other pasta shapes. The "aristocrat of wheat," hard red spring is prized by bakers for making bread. The most valuable crop in the state, durum wheat is North Dakota's number one crop both in acreage and total value. Grown on approximately 8.5 million acres, it accounts for a quarter of our total land area and half of all crop acres. North Dakota leads the nation in production, growing about half the nation's total. North Dakota farmers grow two types of sunflowers: the large striped-shelled varieties used for oil and birdseed and the smaller, black-shelled varieties used to make oil and for birdseed. Sunflower oil is used for cooking around the world. Most sunflower oil produced in the U.S. is the NufOil variety, which provides optimal health benefits, better taste and superior performance, and is trans fat free.

**Soybeans**: Known as the "miracle bean" because of its many uses, soybeans are a legume, related to clover, peas and alfalfa. Native to Asia, they first an-

**Flax**: An ancient crop, flax is the source of numerous products, including paper and wood. In North Dakota, it accounts for a quarter of our total land area and half of all crop acres. This production is spread across the state— all but one of North Dakota's 53 counties typically grow at least one million bushels of wheat annually. The value of North Dakota's wheat production was almost $3 billion in 2008. North Dakota leads the nation in production of spring wheat and durum wheat. Winter wheat is of lesser, but growing importance. Hard red spring wheat grows at least one million bushels of wheat annually. One bushel of wheat makes 42 (1.5-pound) loaves of bread. Lower protein wheats to improve the quality of bread are produced. The most easily recognized North Dakota crop is the field with a taproot six to eight feet in length. The only beans grown in North Dakota are dry beans and in growing all dry beans and in soybean production. Cass County in eastern North Dakota is the number one soybean growing county in the nation.

**Sugarbeets**: Warm days and cool nights in North Dakota's Red River Valley provide ideal conditions for raising sugarbeets. This root crop grows from a seed the size of an almond to a plant with a taproot six to eight feet in length. The average sugarbeet yields one pound of sugar. During processing, sugarbeets are cleaned and then sliced into long, needle-like strips. Juice is extracted from these strips, clarified, filtered and then boiled. Most of the sugar is processed into granulated sugar, but some is made into brown sugar, powdered sugar or sugar cubes. The used strips are dried and used for livestock feed.

**Dry Beans**: Members of two food groups – vegetables/fruit and protein/meat – beans are a staple in many cultures, and are enjoying renewed popularity in the U.S. for their versatility, taste and nutritional benefits. They are high in protein, phosphorus, iron, Vitamin B, and fiber. They are low in fat, calories and sodium and have no cholesterol. Bears were grown centuries ago in North Dakota by the Mandan Indians. A half century ago, a hand of beans were grown by most farmers in North Dakota, ranking second behind spring wheat as the state's top cash crop. The state ranks 11th in U.S. soybean production. Cass County in eastern North Dakota is the number one soybean growing county in the nation.

**Sunflowers**: The most easily recognizable North Dakota crop, sunflowers were raised here by American Indians. In the 18th century, the plant was taken to Russia where modern commercial varieties were developed. Today, North Dakota leads the nation in sunflower production, growing about half the nation's total. North Dakota farmers grow two types of sunflowers: the large striped-shelled varieties used for oil and birdseed ingredients, and the smaller, black-shelled varieties used to make oil and for birdseed. Sunflower oil is used for cooking around the world. Most sunflower oil produced in the U.S. is the NufOil variety, which provides optimal health benefits, better taste and superior performance, and is trans fat free. It is also a highly nutritious food, recognized for its healthful benefits. North Dakota grows more than 90 percent of the nation's total. North Dakota is the nation in lentil and dry pea production. Cass County in eastern North Dakota is the number one soybean growing county in the nation.

**Honey**: Those stacks of boxes often seen in North Dakota fields are aparian – honey bee colonies. North Dakota is the number one honey producing state. North Dakota beekeepers with five or more colonies produced 34.7 million pounds of honey in 2009. Long summer days, plenty of alfalfa and sweet clover, and a favorable summer climate all contribute to the state’s prominence in the honey industry. Many beekeepers are migratory – they overwinter their colonies in California, Florida and other, warmer states, where the insects are valuable for pollinating fruit and nut trees.
BARLEY
Perhaps the oldest domesticated grain, barley has been cultivated for at least 10,000 years. Today, it is grown in about 50 countries around the world. Two grades of barley are produced in North Dakota. The lower grade is used for high quality livestock feed for dairy and beef cattle and pigs. The higher grade malting barley is for human consumption, mainly for brewing beer. The barley is processed into malt, the same ingredient used in malted milk shakes. A 48-pound bushel of barley will produce about 525 12-ounce bottles of beer. Pearled or hulled barley is an increasingly popular ingredient in cereals, soups, salads and desserts.

North Dakota leads the nation in barley production.

CANOLA
Twenty years ago, canola was virtually unknown in North Dakota. Today, the state leads the nation in canola production. The distinctive, bright yellow fields can be seen across the state. After harvest, the canola seeds are delivered to a processing plant where they are crushed and the oil is removed from them. The leftover seed material is used to make can seed oil as well as canseed feed. Technology continues to find and develop new uses for canola, including biodegradable products, fabrics, tires, cleaning products, resin and solvents.

Canola is used to make shortening, margarine and salad oil, as well as cosmetics, hydraulic fluids and solvents. Of the food oils, it is the lowest in saturated fats, high in monosaturated fat and is a rich source of Vitamin E and essential fatty acids.

CORN
Once mostly confined to the southeastern counties of North Dakota, corn is now grown almost everywhere in the state. This surge in production is the result of new higher-yielding, early maturing varieties, the need for crop diversification and the growth of the state’s ethanol industry. In addition to ethanol, North Dakota corn is also used to make can seed oil and as cattle feed. Technology continues to find and develop new uses for corn, including biodegradable products, fabrics, tires, cleaning products, resin and solvents.

North Dakota raises about 2 million turkeys annually. Most dairy cattle in North Dakota are Holsteins. Black Angus, Red Angus, Hereford, Simmental, Charolais and Gelbvieh.

Commercial cow-calf operations. Popular breeds include them is the result of new higher-yielding, early maturing varieties, the need for crop diversification and the growth of the state’s ethanol industry. In addition to ethanol, North Dakota corn is also used to make can seed oil and as cattle feed. Technology continues to find and develop new uses for corn, including biodegradable products, fabrics, tires, cleaning products, resin and solvents.

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LIVESTOCK
Cattle
Cattle outnumber people in North Dakota almost three to one. The beef cattle industry contributes about $500 million annually to the state’s annual agricultural income. North Dakota cattle production is principally commercial cow-calf operations. Popular breeds include Black Angus, Red Angus, Hereford, Simmental, Charolais and Gelbvieh.

North Dakota is Number One

Agriculture is North Dakota’s Number One Industry

• Nearly 24 percent of North Dakota’s people are employed directly by production agriculture or in agriculture-related industries.
• With cash receipts of more than $4.1 billion, agricultural production and manufacturing is North Dakota’s largest industry.
• North Dakota has approximately 30,000 family farms and ranches. The average North Dakota farm is 3,300 acres.
• More than 39 million acres – nearly 90 percent of the state’s total land area – is in farms and ranches. The majority of those acres are planted in wheat, soybeans, barley, sunflower, canola and corn.
• Farms and ranches provide food and habitat for 75 percent of North Dakota’s wildlife.

North Dakota is One of the Few Places Where They Are Crushed and the Oil Is Removed From Them. The Leftover Seed Material Is Used To Make Can Seed Oil as Well as Canseed Feed. Technology Continues to Find and Develop New Uses for Canola, Including Biodegradable Products, Fabrics, Tires, Cleaning Products, Resin and Solvents.

The Ag Foundation
The North Dakota Beef Commission
The North Dakota Wheat Commission
The North Dakota Corn Utilization Commission
The Ag Foundation
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