

Build Your BURGER

And feed your appreciation for
Manitoba's sustainable agriculture.



WHEAT BUN

READY TO GET GRILLED? THEN, LET'S GO!

Manitoba farmers not only care for their crops and their livestock, but they always strive to produce safe, quality foods using farming methods that respect the environment today and for generations to come.

Manitoba farmers use an assessment tool called the Environmental Farm Plan to make sure that their practices are sustainable and environmentally-friendly.

We invite you to build your burger to suit your taste and we will show you how every element reflects this commitment to sustainable agricultural practices.

True or False

AIR = True or False?

In a process called zero tillage, Manitoba farmers plant seeds directly into the stubble from last year's crop residue to save soil moisture, reduce dust and prevent soil erosion.

TRUE – Zero tillage also helps maintain soil water for use by plants.



SOIL = True or False?

Manitoba farmers use as much fertilizer as possible to grow crops like wheat.

FALSE – Our farmers soil test each field and apply fertilizer only as needed for that particular crop. This way there is just the right amount of fertilizer needed to grow healthy plants that are safe to eat.



WATER = True or False?

Some Manitoba farmers use a system of pipes buried under the roots of plants to manage field water more efficiently.

TRUE – The system is called tile drainage and features a series of pipes with tiny slits in them. Special devices can be used to control the water flow to make sure just enough water gets to plants.



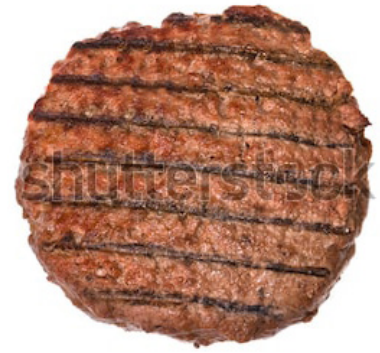
BIODIVERSITY = True or False?

Manitoba farmers can only grow one crop at a time.

FALSE – Manitoba farmers can certainly grow more than one crop at a time. When growing conditions are right, they practice biodiversity by growing two or more crops together. This is called an intercrop. The seeds are separated during the annual harvest.

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BEEF PATTY

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True or False

AIR = True or False?

Farmers are able to manage cattle grazing so that carbon dioxide is transferred from the atmosphere to the soil.

TRUE – Good pasture management stimulates plant growth. As plant growth increases, so does photosynthesis. This results in carbon being added to pasture soils in the form of soil organic matter. The reverse is also true. Over-grazing or under-grazing hinders plant growth, which reduces photosynthesis and, in turn, reduces the amount of carbon dioxide absorbed by the plants and transferred to the soil.



SOIL = True or False?

Cow manure is incorporated into the soil to add nutrients and reduce odour.

TRUE – Cow manure is tilled into the soil as fertilizer. This is good for the soil and helps to reduce odour.



BIODIVERSITY = True or False?

Manitoba farmers move their cows through small, fenced areas called paddocks during the summer to give the grass a rest.

TRUE – This practice is called rotational grazing. It stimulates more grass growth, better soil health and encourages diverse plant species. All good!

WATER = True or False?

Manitoba cattle often drink directly from creeks because they are convenient and natural.

FALSE – Most farmers install watering systems on pastures, so the cattle can drink out of troughs. This practice prevents the cattle from wading into creeks and contaminating the water source.

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PLANT-BASED PATTY

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True or False

AIR = True or False?

Soybean production creates less greenhouse gas than other types of crop production.

TRUE – As a legume, soybean plants have a special ability that enables their roots to use bacteria to access nitrogen directly from the air, instead of getting that plant nutrient from nitrogen fertilizer, like many other plants do. Nitrogen fertilizer production and use create greenhouse gas emissions. This means soybean production generates fewer greenhouse gas emissions, compared to many other crops.



SOIL = True or False?

When Manitoba farmers put fertilizer on their crops, they just wing it.

FALSE – Manitoba farmers use a system called 4R Nutrient Stewardship when applying fertilizers. This system makes sure that the crops receive the right type of fertilizer at the right rate, time and place. This practice reduces fertilizer waste, enhances plant growth and is kinder to the soil.



WATER = True or False?

Manitoba farmers just take a good guess at the environmental friendliness of their farms.

FALSE – Our farmers use an assessment tool called the Environmental Farm Plan to make sure that their practices are sustainable and respectful of nature. There is an entire chapter on water source protection.



BIODIVERSITY = True or False?

A riparian area refers to land near a stream, lake or wetland where a lot of different kinds of plants grow naturally. When farmers have a riparian area on their farms, manage it differently from the rest of the land.

TRUE – Farmers know riparian areas are an important part of the ecosystem. They can increase biodiversity and can act as buffers to protect the water from the effects of the activity that happens in the upland.

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VEGETABLES

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True or False

AIR = True or False?

It is better for the environment when you look for locally grown vegetables in the grocery store and farmers' markets or grow your own.

TRUE – Some vegetables sold in grocery stores have often travelled long distances from other countries, and the trucks that haul them contribute quite a bit of greenhouse gas into the air. Look for Manitoba-grown products at your grocery store, local farmers' markets or roadside stands, plant your own garden and know that you are doing your part to reduce greenhouse gas emissions.

WATER = True or False?

Manitoba farmers water their vegetable crops as much as possible because plants need lots of water to help them grow.

FALSE – Manitoba farmers use water efficiently, by using watering systems called irrigation that have timers, to make sure the plants receive the right amount of water at the right time.



SOIL = True or False?

Farmers add composted materials called mulches to their soil to help their plants grow better.

TRUE – Manitoba farmers add mulches to the soil because these materials improve plant fertility and water-holding capacity. And you don't have to live on a farm to appreciate the value of mulches. Some lawnmowers also have the ability to produce mulches to help the grass in your yard grow and stay healthy.



BIODIVERSITY = True or False?

Growing different crops from one year to the next on the same field is more diverse than growing the same crop year after year.

TRUE – Changing the type of vegetables grown on a field each year provides benefits to the environment, such as, increasing soil fertility and improving pest control.

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CHEESE

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True or False

AIR = True or False?

Dairy barns are often very smelly, inside and out.

FALSE – Manitoba dairy farmers use complex ventilation systems to make sure there is good air quality inside and outside their barns.

WATER = True or False?

It's a good idea to build a livestock barn near a water source so that the animals have easy access to water.

FALSE – Livestock barns must be located at least 100 meters away from a water source, along with a buffer zone of grass or other plant life, to protect the water source from possible contamination.



SOIL = True or False?

Manitoba farmers carefully plan how much manure is added to their crop fields.

TRUE – Manitoba farmers create a Manure Management Plan every year to decide which fields will receive manure. The plan makes sure that fields get the right amount of manure for the crop that will grow there. It also ensures that manure is applied a safe distance from natural waterways.



BIODIVERSITY = True or False?

When Manitoba farmers cut hay from their fields, birds and other wildlife must find other places to live.

FALSE – Hay fields provide habitat for many different species of wildlife. Cutting the hay at proper times throughout the year minimizes the disturbance to nesting birds and other wildlife.

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WILD CARD

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True or False



Pest Control = True or False?

The only problems that affect crops are bugs.

FALSE – Every year, farmers battle not only insects, but also plant diseases and weeds that can damage their crops.



Pest Control = True or False?

Prevention of pests and pesticide selection are two of the principles Manitoba farmers use in Integrated Pest Management.

TRUE – These are two of the six principles Manitoba farmers use when deciding if and how to manage pests in their crops.



Pest Control = True or False?

Even though we see insects year-round, farmers use insecticides on their crops only when it will be most efficient and cost-effective.

TRUE – Using a system called Integrated Pest Management, farmers can control the damage done by insects and avoid the unnecessary spraying of pesticides.



ECO-FRIENDLINESS = True or False?

Manitoba farmers are dedicated not only to producing safe, top quality food, but also to respecting and conserving nature.

TRUE – The Environmental Farm Plan assessment for Manitoba farmers has no less than 24 chapters on different ways that farms can manage the environment sustainably. Topics covered include water source protection, soil management and energy efficiency. The plan helps farmers identify any high-risk areas, so they can make necessary changes to reduce or eliminate those risks.