



Aussie Graziers Tour Group



Grain, Grass & Growth November 2025

Fall 2025 CARA Update

Small-plot research trial harvest wrapped up in the last week of September for the CARA crew. Projects on cooperators' fields from south of Acadia Valley, north to Consort, east of Oyen and west of Hanna had exceptional yields that will provide lots of valuable data. In 2025, CARA's applied research program consisted of cereal, pulse and fababean Regional Variety Trials (RVTs), Regional Silage Trials (RST), a

canola agronomy demonstration, the application of mycorrhizae products for soil health, pasture rejuvenation and native seed propagation and the use of winter cereals for forage. It was the first year of the Results Driven Agricultural Research (RDAR) funded Pasture Rejuvenation trial hosted on Cooperator Cyndy Eaton's pasture, north of Sibbald. Fifteen different treatments including high (90 lbs/ac) and low (45 lbs/ac) rates of ESN, urea & UAN; manure applications targeting 45 lbs/ac of nitrogen; alfalfa and sainfoin sod seeding and biological products humalite, alfalfa



pellets and Johnson-Su Bioreactor compost tea were applied in May. Each plot had grazing sub-treatments to see what the impact of grazing management would have in conjunction with the

canola agronomy demonstration, the application of mycorrhizae products for soil health, pasture rejuvenation and native seed propagation and the use of winter cereals for forage.

fertilizer or biological treatments. Sub-treatment squares were manually harvested to mimic continuous grazing, rotational grazing and a long rest period. Success of the pasture rejuvenation methods will be based on the improvement of forage yield and quality plus beneficial changes in the species composition as well as changes in soil health indicators. The site was visited by the University of Saskatchewan Beef Club on October 3. A field day for producers will be held at the pasture in 2026.

2025 was the second year of the RDAR-funded kochia control in field peas project in the MD of Acadia.

Chemical treatments consisted of products such as Aim EC, Valtera EZ, Fierce EX, Zidua, Focus, Authority 480, Authority Supreme, Authority Strike and Edge, all incorporating a pre-seed glyphosate burndown. 2026 will be the third and final year of the project. CARA will host a field day at the site next summer featuring a discussion with Dr. Charles Geddes, weed ecologist and cropping systems research scientist with Lethbridge Agriculture and Agri-Food Canada.

2025 was also the first production year for a native seed propagation demonstration funded by Alberta's Rangeland Sustainability Program. Western wheatgrass, needle and thread and green needle grass seed was hand

harvested in 2024 then broadcast seeded into mustard stubble in the fall of 2024. An adjacent area was seeded to each of the three species in the spring of 2025.

Growth of the western wheatgrass and green needle grasses were better than expected. Seed yield for all 3 species will be monitored in 2026.

To date in 2025, CARA has hosted or collaborated with surrounding municipalities and organizations for twenty-seven extension events. These events have reached over 750 producers! CARA continued to host Grazing Clubs in Consort and Pollockville with great success, Grazing Clubs will be held exclusively in Consort over the 2025/26 winter season. CARA Environmental Farm Plan technicians were busy helping over 40 farms complete their agri-environment assessment through EFP workshops and 1-on-1 consultations. Online, CARA collaborated with the

Special Areas Agricultural Fieldmen to host four pest-management webinars including gopher control, preventing ungulate damage in feed yards, co-existing with badgers, as well as reducing the presence of rat and wild boar populations. CARA webinars are recorded and available to view on

www.chinookappliedresearch.ca/. In the next couple of months, producers can look forward to attending the Consort Grazing Club, 15th Annual Cattlemen Clinic, a cropping event, and a soil health mini conference with a focus on the large soil health verification project that the CARA Soil Health Lab (CARASHL) led.



The CARASHL hosted two exciting field days this summer including a group from the Canadian Organic Growers (COG) and the Aussie Graziers 2025 tour. COG producers and staff were immersed in the field and lab soil health protocols. A soil sampling demonstration was held at the Smigelski site, east of Oyen, to explain the soil collection and in-field data protocols before moving into the lab to analyze the soil under the microscope. The Aussie Graziers were on a 3-week tour of regenerative agriculture and livestock operations across western Canada in August. In the morning, the group stopped at the Smigelski site for a discussion on applied research which highlighted the "Ultra-Early Winter Cereals" forage project. That afternoon at the

CARA Center, Dr. Yamily Zavala gave an in-depth presentation on the chemical, physical and biological indicators used to measure soil health then took the Aussies to tour the Lab. The CARASHL has been busy analyzing and preparing samples for a large third-party carbon monitoring project in addition to processing producer samples. The CARASHL is available for fall custom soil sampling to help producers plan their 2026 fertilizer applications.

Copies of CARA's project report summaries are available at the CARA Center. For producers on our membership list, copies have been mailed out. If you'd like a copy, please contact the office (403-664-3777). To stay up to date on CARA projects and producer events, check out the CARA website, Facebook, and Instagram pages.

15TH ANNUAL CARA CATTLEMEN CLINIC

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Backgrounding basics – easing the transition from weaning to feeding

Backgrounding calves can add value, but does come with more risk. Learn how to manage those risks and shepherd calves through the post-weaning phase

By Tara Mulhern Davidson, Canadian Cattlemen

Adding weight to calves through backgrounding can be an effective way to increase the worth of both lower-value cattle and feeds. However, beef producers have to do their homework to make sure cattle transition successfully from weaning to feeding.

“If you have a good source of cheap feed, you can put a lot of pounds on in a short amount of time,” says Karin Schmid, research and production manager with Alberta Beef Producers. “There are some management things that are standard across systems, whether you’re feeding your own calves or whether you’re buying them,” she says. For example, producers will need to decide on what type of parasite control to use and determine whether implanting pencils out.

Schmid suggests that producers discuss health protocols with their vet to determine if they have adequate vaccine coverage, particularly for respiratory illness. It’s also important to work with a nutritionist to avoid problems related to ergot or other toxins.

“Until we can get a handle on how ergot can impact gains on feeder cattle, avoid it entirely,” she recommends.

There are different challenges depending on whether you outsource calves or retain your own, she adds.

“If it’s my calves at home, I’m thinking about low-stress weaning, whether that is nose flaps or whether that is fenceline weaning,” Schmid says.

Producers should also assess their facilities. “Unless you are going to make this your job, it doesn’t make a ton a sense to build infrastructure for one year,” Schmid says.

Homegrown advantage

Trevor and Melissa Atchison background home-raised calves on their family operation, Poplar View Stock Farm, near Pipestone, Man. Years ago, they shifted their calving season back from early spring into May and June, and now wean calves in mid-November. They background their steers, targeting them for market at around 700 pounds in March. The heifers are backgrounded, then bred or pastured and sold the following season as yearlings.

Trevor Atchison credits low-stress weaning as a key factor to advancing their backgrounding program. “The biggest thing we do is use the Quiet Wean nose tags,” he says. “The calves hardly know they are weaned and once they come off the cows, they just start eating.

“They don’t pace the pen. They might bawl occasionally but they literally have their mouths full of hay,” he adds. When they run calves through the chute to insert nose paddles five to seven days prior to weaning, they also administer vaccinations. This reduces sickness and helps calves quickly adjust to life without mom.

Another practice Atchison uses to help smooth the transition is to introduce a feed ration to calves while they are still on the cow. A few days before separation, Atchison will start feeding calves a mix of silage or hay. He also puts creep feeders out with first-calf pairs in September to provide pellets to the calves. After weaning, he sorts lighter-weight calves off, and leaves them on a creep feeder.

“Light-weight calves do quite well on it as opposed to training to a bunk,” he says, adding that it also helps to keep them in a separate pen away from bigger animals, preventing them from having to compete for feed. As they grow, they are sorted into other pens or left as a group, depending on the year.

Atchison works with a nutritionist to regulate rations as the winter progresses. “If it’s a prolonged cold spell, we need to adjust for that,” he says.

A long stretch of warm weather also requires them to cut their ration back to allow cattle to achieve gains without becoming too fleshy. They also pay close attention to stormy weather.

“If there is a bit of snow in the bunks or it’s cold or windy, they don’t want to come to eat,” Atchison explains, adding that their rumen slows down. “We try to feed them little bits several times a day to encourage them to eat. Even driving by or chasing them to the bunk to get out and move around helps.”

While the Atchisons have recently invested in feed bunks, for years they kept infrastructure minimal and relied on what they had on hand.

“We used existing corrals and added water bowls and

changed some simple designs,” says Atchison. They have used portable windbreaks, bale rings and a small grain cart to supplement grain and pellets.

Mixing calves and meeting market targets

Producers interested in backgrounding outside cattle need to manage them carefully. “There’s more risk with death loss, bringing in disease and biosecurity issues,” Schmid says.

Mingling cattle from a variety of sources can result in more stress and higher treatment rates. Just-weaned calves sometimes struggle to find water so shrinking the pen size or removing the water bowl float to show running water can help, she adds.

Larry Schweitzer, manager of Hamiota Feedlot in Manitoba, backgrounds and feeds thousands of cattle assembled from across Canada. When information on incoming arrivals is limited, he says it’s important to work quickly.

“Lots of times the trucks will arrive late at night, so giving those cattle a chance to rest and get long hay and get them processed and settled into their home pens is best,” Schweitzer says. Having a dry pen with the finest quality hay available eases their arrival.

A lot of Schweitzer’s custom backgrounding clients are other feedlots looking to manage inventory. “They need cattle to come in at a certain time and a certain weight to target a certain market,” he says. “We work with the nutritionist to get on the right path going forward,” Schweitzer adds, in order to produce calves that meet specific windows.

“Having a marketing plan makes a big difference,” Schmid agrees.

She adds that buying price insurance is something that backgrounders should consider. “Use it in a way that covers your expenses and if you can secure a better price in the marketplace, that’s gravy,” she says.

Anticipating and averting challenges

For Atchison, staying on top of sickness is a number one concern. “Trying to keep tabs on illness if you’re short on labour and it’s cold and multiple things are happening on the same day can be a challenge,” he says.

He adds that ailments can get out of hand in a hurry, and become costly in terms of reduced performance or even death loss. He also says it’s important to have a backup plan for breakdowns.

“Feeding a (total mixed ration) is great, but when your wagon breaks down, what do you do?” he asks.

“The people we have at our lot have a very specialized skillset,” Schweitzer says. “We don’t want to lose those people,” he says, adding they would be hard to replace.

Backgrounding calves can be a value-added opportunity; however, managing calves during the post-weaning phase does come with added risk. Planning ahead, leaning on nutritionists and veterinarians and being aware of market risks are top factors that can help producers achieve a successful outcome.

2025 On-Farm Climate Action Fund (OFCAF) Reports Due December 1!

If you had an approved OFCAF project for 2025 that is now completed and paid in full, the Final Report for grant re-payment can be submitted. The following documentation will be required for the Final Report:

- Farm/Ranch Business Number or Social Insurance Number
- Void Cheque for the direct deposit payment
- Pictures of the completed project (e.g. new fencelines w/wo watering systems, manure spreading trucks or proof of manure having been applied, new stand of grass-legume hay, evidence of a cover crop, etc.)
- Invoices for each project expense
- Corresponding Proof of Payment for each invoice
- Invoice and Proof of Payment for PAg or CCA consulting services

Karin and Lacey are available to help complete Final Reports for producers!



Improving soil health on the ranch

Yamily Zavala, PhD, talks soil health at a grazing club field day at Paradise Hill, Saskatchewan.



Yamily Zavala, PhD, talks soil health while in a soil pit near Paradise Hill, Sask. Zavala was the featured speaker during the Saskatchewan-Alberta Grazing Club Field Day on August 8, 2025. Photo: Lisa Guenther

By Lisa Guenther

Back in early August, I drove to Sheila Phillips and Dave Crittall's farm near Paradise Hill, Sask., for a field day organized by the Alberta-Saskatchewan Grazing Club. I doubt anyone really wants to host a field day in the middle of a drought, which was our situation at that time (since then it's rained a fair bit). But they went ahead with it, and it was a good example of what a difference management can make.

We started the day in the shop, and Phillips gave us a bit of background on the farm, and how they

started experimenting with different soil health practices. Then Yamily Zavala, who heads the [Chinook Applied Research Association's Soil Health Lab](#) near Oyen, Alta., led us through an in-depth presentation on soil health, complete with hands-on demos and experiments looking at everything from wet aggregate stability (how well the soil holds together when it's soaked) to effective rainfall. One sign of a "sick" soil is clumps with sharp edges, she told us, as those edges indicate little to no biological activity. Another bad sign is a crust on the soil.

Zavala has adapted Cornell University's Comprehensive Assessment of Soil Health to measure soil health. It breaks soil health into three areas — biological, physical and chemical traits. Biological characteristics include things such as soil organic matter and the living organisms in the soil that break things down. Physical characteristics include everything from wet aggregate stability to compaction to soil texture. Chemical characteristics include, of course, minerals and fertility. Zavala sees the soil as a system, where everything needs to work together.

When you consider all three of those spheres, there is a lot going on in the soil. Zavala acknowledged that there are a lot of numbers on the soil reports the lab provides. But they're also colour-coded, with red results being the worst, and blue the best, she said. Look for the constraints (red) and focus on improving those.

"I always say no chemical constraint is resolved if there is no improvement in the other soil constraints," she said. For example, focusing on the physical constraints first might improve the soil biology — she compared it to building a better house for the soil microbes. Then it might make sense to fix the chemical constraints. Please do not take this to mean that I am suggesting everyone should stop applying fertilizer. Readers would need a lot more information than I can cover in this column before making specific decisions about fields they manage. However, [Zavala's point about focusing on constraints](#) applies not only to soil health, but other management decisions.

After all, there is no end of things that could be improved on any farm or ranch (or any business, or house, or almost anything else in life, for that matter). But we all have limited time, and most of us have limited resources. So which ones should we tackle? Well, if your roof is leaking, there's not much point in renovating your kitchen until you fix the roof. To do otherwise is a waste of time and money. Perhaps you don't have anything as dramatic as a "leaky roof" on your operation right now, but my point is that sometimes we focus on improving the things we're already good at, rather than the things that affect the whole structure.

Zavala recommends getting a benchmark on your field and then monitoring the field as you adapt your

management practices. She also recommends producers "fix those constraints that will unlock other constraints to start healing the soil."

Are there constraints in your operation that, if removed, would ease other constraints? What are the constraints blocking you from tackling other problems? Of course, on the forage production side, sometimes rainfall is the biggest constraint. Unless you have access to irrigated crops, the question might be whether you can do anything to improve the soil so that it makes better use of the moisture it receives.

While some physical soil characteristics are permanent, we observed some interesting management effects at the grazing club field day. For example, Crittall had peeled back a fence, then dug a soil pit that straddled the fence line, so we could see if there were differences between the two fields. On one side of the fence was a horse pasture, and the other side a field where they'd been bale grazing for a long time. The dark band at the top was much thicker on the bale grazing side, which goes to show you can improve organic matter with steady management.

Of course, managing a ranch or farm means more than managing soil health or forage production. The staff at Canfax Research Services provided an article in this issue that focuses on profitability in cow-calf operations. These days, the top third of the farms and ranches that they benchmarked for profitability don't have vast differences in revenue from the rest — high cattle prices are benefiting all cow-calf operations. But the most profitable farms are better at controlling costs right now, including cash, depreciation and opportunity costs. They are focused on continuous improvements and setting themselves up for the next phase of the cattle cycle.

Ultimately, sometimes the first constraint to unlock might not be in the soil or the farm finances. Phillips alluded to this early in the day, as she quoted rancher and former *Canadian Cattlemen* columnist Don Campbell: "If you want to make a big change, change the way you see something."

For more on the Chinook Applied Research Association's Soil Health Lab, visit carasoilhealthlab.ca.



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Consider all costs when using or renting grain storage

*By Alberta Agriculture
October 2, 2019*

During harvest, many producers are able to sell their grain directly off the combine for the right price. However, due to contract requirements, delivery or shipping opportunities, that may not be possible. Alternatively, some producers have excess bin space and see an opportunity to rent this space out to their neighbours.

“The most significant ownership costs of grain storage are depreciation, return on investment, repairs, taxes, and insurance (often called the DIRT 5),” says Dean Dyck, business management specialist at the Alberta Ag-Info Centre. “Depreciation is the loss in value of the asset over its lifetime due to wear and tear and obsolescence. Typically, flat or hopper bottom bins depreciate at 4 per cent per year over a 25 year lifetime.”

Return on investment is a calculation of the interest on money tied up in the storage facility. “The rate of return on investment can be the rate at which money is borrowed. This is multiplied by one half of the original purchase price because over the life of the bin, its average value is only half of its purchase price.” Dyck adds repairs are needed to maintain the storage in reasonable condition. “As a guideline,” Dyck says, “use 1% of the purchase price for grain bins. Taxes and insurance can be estimated at 1% of the original purchase price.”

Using these calculations, says Dyck, producers can calculate the cost of owning their bins or determine the minimum amount to rent them out. “For example, flat bottom bins, with a lower purchase cost per bushel, generally rent between 1 and 1.5 cents per bushel per month, or 12 to 18 cents per bushel per year. More expensive hopper bottom bins generally rent between 1.5 and 2

cents per bushel per month, or 18 to 25 cents per bushel per year.” Dyck points out these suggested rates are guidelines only; producers should calculate their own rate based on cost of their own bins.

A study published by Alberta Agriculture and Forestry’s Economic and Competitiveness Division also calculated the cost of grain rings and grain bags. “Grain rings are the most economical solution for grain storage at 10 cents per bushel per year but are temporary solutions with a high risk of pest, wildlife and moisture damage and loss,” says Dyck. “Grain bagging systems have a high investment for the bagger and extractor, high spoilage and depreciation costs and low salvage values. The study estimated the cost at 53 cents per bushel per year.” Read the [Grain Storage Considerations study](#).

Dyck says if you are holding grain in the bin for later sale, interest is a significant cost, adding the actual interest cost depends on the producer’s cash flow. “To calculate the monthly interest cost, a general guideline is to use your operating loan interest rate times the value of grain per tonne divided by 12. For example, if the cash price of #1 CWRS 13.5 is \$221 per tonne and with a 5 per cent operating loan, the interest cost of holding that grain equates to 92 cents per tonne per month.” Dyck says this cost can become significant if grain is held for a long period of time and can decrease your profit.

“Grain storage costs, the potential for price erosion, quality risks and balancing cash flow needs are all important components of a grain marketing strategy,” says Dyck. “Taking time to review your costs is a useful first step.”

Note: Dean Dyck is no longer at the Alberta Ag-Info Center

10 Ways to Put Your Mental Health First During the Busy Season

By Lesley Kelly, Farmer and Co-Founder of the Do More Agriculture Foundation

Those working in agriculture face unique stressors. Even under ideal conditions, farming and ranching can be stressful. It can be difficult for farmers to leave their stress at work at the end of the day. Many things are out of a farmer's control and as the busy season approaches, the rising demands and pressures of farming are likely to increase stress and impact our mental health.

Farmers and ranchers are known to be resilient. In recent years, more attention has been focused on farmers and ranchers putting their health first – both physical and mental. Farmers and ranchers are taking the most important step - learning and talking more about mental health, which helps to prepare to better manage their mental and physical health during the busy season.

While eliminating stress may not be realistic, especially during a busy season, there are management strategies that can be employed to reduce and relieve it. Here are 10 strategies to help you put your mental health first:

1 Take time for yourself: Doing something you enjoy that's just for you can go a long way to filling up your mental health cup. This could be 15 minutes of meditation (try it, it can help), a few minutes with a book, a cup of coffee in the quiet before the family wakes up, a walk with your dog, etc. There will always be work that needs to be done, especially during the busy seasons, and prioritizing your mental health is one of the most important things a farmer and rancher can do. Taking care of one self may look and feel different each season, but there are small things you can do that will make a huge, positive impact on your mental health.

2 Work on getting good sleep: It can be difficult to sleep well during busy and stressful times, but sufficient rest is key to staying healthy. In some seasons, farmers will pull an all-nighter — sometimes, several in a row — which can cause real trouble. Lack of sleep can slow your reaction time and increase the likelihood of mistakes and accidents. A useful strategy is to create a bedtime routine. When you head to bed, turn off all the lights and sounds. Falling asleep with a TV on or scrolling your phone can be disruptive to your body's natural sleep cycle. Create a cool and comfortable environment to help your body relax quickly.

3 Don't forget about the necessities: Drink water, eat healthy food. Those are the necessities and when we don't get them we tend to feel pretty crappy. It might sound like a good idea to stay up late to get things done during busy season, or to go through the drive-through yet again, but both those things could end up hurting you more in the long run.

4 Take breaks: Take a couple of short breaks each day to think about something other than work. Talk to a friend or family member, watch funny videos online or take a short walk. Just a few minutes of mental rest can sustain you over a long workday.

5 Focus on communication: Whether you're talking to family or employees, make sure you're clear about what needs to be done. Sacrificing clear communication for the sake of time typically leads to errors and needing to redo work. It can also impact relationships, something farmers already note can be strained in busy times.

6 Spend time with friends and family: Studies have shown that spending time with family and friends can help people cope with stress because it encourages talking about issues and challenges instead of turning to less healthy coping mechanisms. If you're stuck on what to say, our [Talk It Out card deck](#) can help. Connecting with others, even through a text or phone call can also help combat isolation. Our [AgTalk channel](#) within Togetherall is another good option. Sign up, reach out, and feel connected to others who understand.

7 Breathing: Just focusing on your breath or changing the way you breathe can make a big difference to your overall stress level. Breathing techniques can calm your body and your brain in just a few minutes. While there are many breathing exercises, a few simple ones include:

- * Breathe in through your nose and watch your belly fill with air. Count slowly to three as you inhale. Hold for one second and then slowly breathe out through your nose as you count to three again.

- * Breathe in through your nose and imagine inhaling peaceful, calm air. Imagine that air spreading through your body. As you exhale, imagine you're breathing out stress and tension.

8 Listen to music: Listening to calming music or music you enjoy can have a very relaxing and positive effect on the body.

9 Write it down or talk it out: While recording what you are stressed about is one approach, another is jotting down what you would like to get accomplished and prioritize, or what you're grateful for. Your phone can be a great tool. You can also do this through voice notes and keep messages, ideas, thoughts and lists on our phone.

10 Recognize when you are overwhelmed and take action: We all know that feeling: our heartbeat quickening, our brain feeling like it is going in a million directions at once. If you are feeling overwhelmed take a breather, correct the problem before it gets out of control—leading to total burnout. Turn off your phone for a night to take a walk with your family, seek counseling services, meditate, go to bed early, etc.

If you or someone in your family or farm team are going through a hard and stressful time, reach out to a professional. For local crisis contacts and resources visit <https://www.domore.ag/crisis-contacts>.

Editor Note: [agknow.ca](#) is another great resource



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Publication and distribution of this newsletter is supported by Results Driven Agricultural Research and Alberta's Commodity Commissions