



BRINGING IT BACK TO THE FARM

GOOD SOIL MAKES GOOD FOOD

15 FEB 2023

CODY STRAZA

UPLAND ORGANICS LTD





Location:  
Wood Mountain, SK

Soil Type:  
Loam/Sandy Loam

Average Yearly Rainfall:  
12-14 inches



- 1. REDUCE DISTURBANCE**
- 2. KEEP THE SOIL COVERED**
- 3. INCREASE DIVERSITY**
- 4. CONTINUOUS LIVING ROOT**
- 5. LIVESTOCK INTEGRATION**











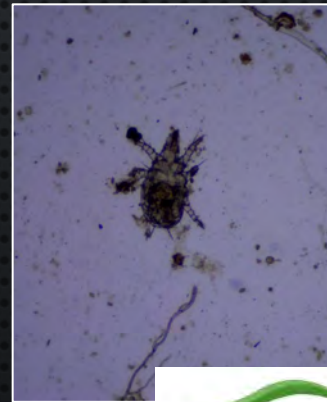
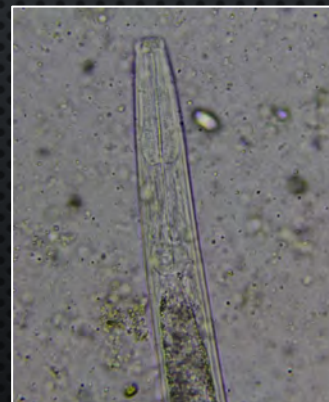
















Agriculture and  
Agri-Food Canada



Government  
of  
Saskatchewan



prairie organic  
grain initiative



University  
of **Manitoba**

  
Upland Organics







+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 20 g</b>	
Fibre / Fibres 3 g	12 %
Sugars / Sucres 2 g	2 %
<b>Protein / Protéines 4 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
Sodium 260 mg	11 %
Potassium 116 mg	2 %
Calcium 180 mg	14 %
Iron / Fer 1.7 mg	10 %

\*5% or less is a little, 15% or more is a lot  
 \*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Organic Whole Grain Spelt Flour, non-aluminum baking powder (mono-calcium phosphate, sodium bicarbonate), sea salt.  
**Ingédients:** Farine de blé entier biologique, poudre à levure sans aluminium (phosphate monocalcique, bicarbonate de soude), sel de mer.

Store in a cool dry place. Conserver dans un endroit frais et sec.

**Spelt is a wheat**

LOT 0381

Best Before/Meilleur Avant

2023 MA 10

Spelt grown by Upland Organics  
 Wood Mountain, SK

**SPELT PANCAKE & WAFFLE MIX 1KG**  
**MÉLANGE À CRÊPES ET À GAUFRES À L'ÉPEAUVE 1KG**





# THANK YOU!

WE LOVE TO HEAR FROM OTHER PRODUCERS!

IF YOU'D LIKE TO REACH US OR VISIT OUR FARM PLEASE CONTACT US



WOOD MOUNTAIN, SASK.

[WWW.UPLANDORGANICS.CA](http://WWW.UPLANDORGANICS.CA)

CODY STRAZA

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[CODY@UPLANDORGANICS.CA](mailto:CODY@UPLANDORGANICS.CA)



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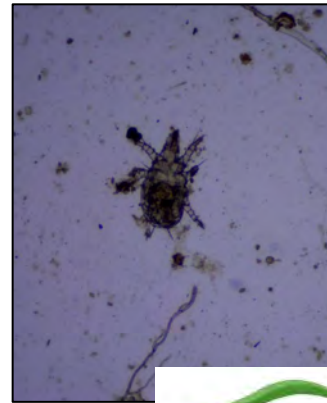






































Tilled

3 Year Organic  
No-Till

















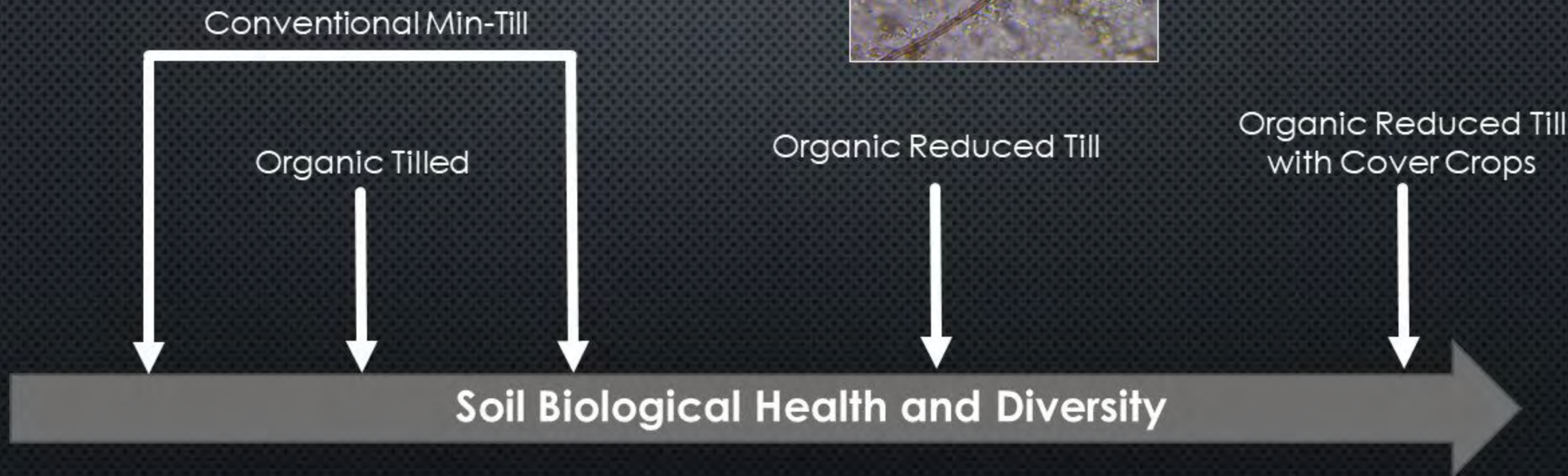
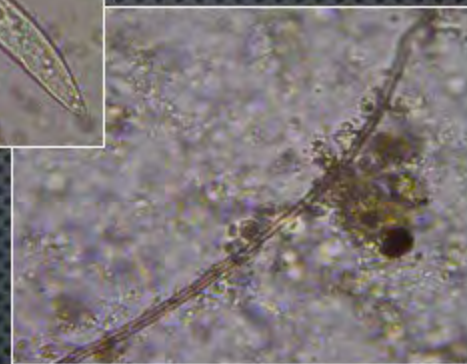








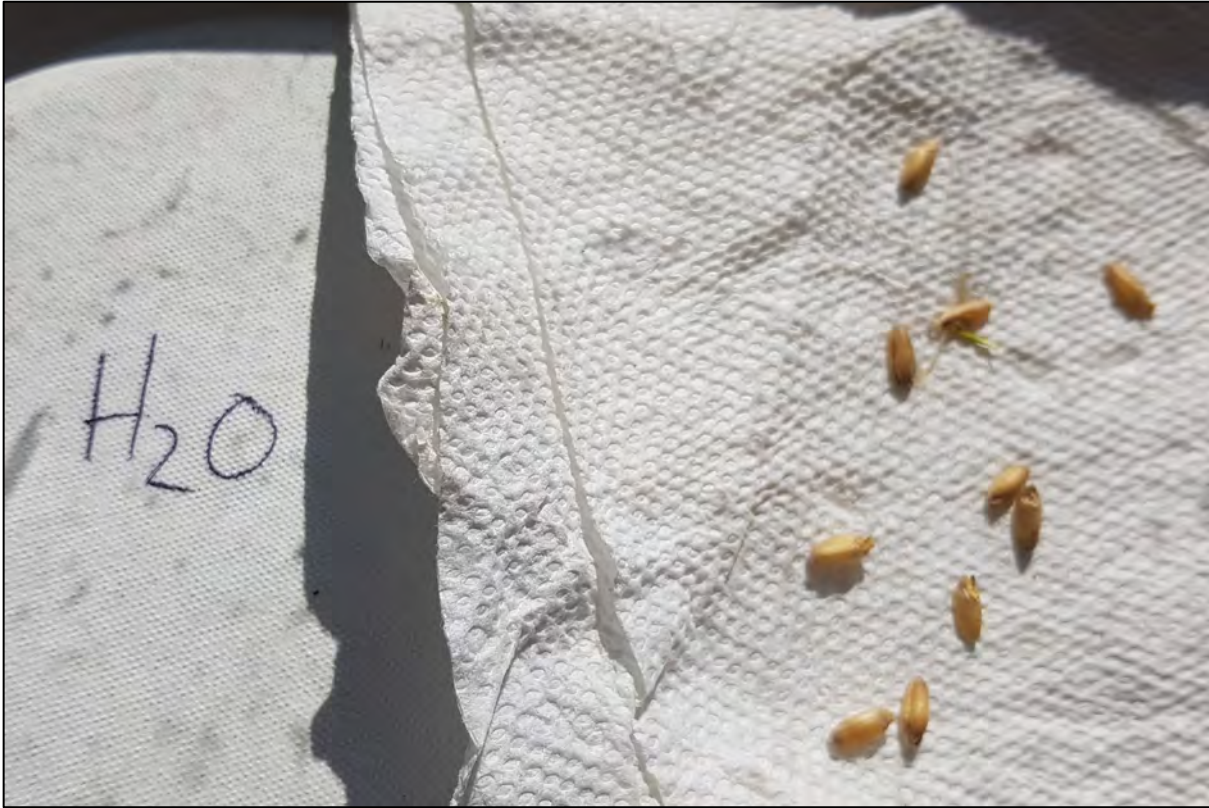
# SOIL BIOLOGY ASSESSMENT











← NO COATING



COATED WITH VERMICOMPOST TEA →



