



# Canola



Canola is an edible oil from the seeds of the canola plant. The name “canola” comes from “Canadian oil, low, acid,” highlighting its Canadian origins and low erucic acid content.

The canola plant is grown from seeds planted in well-drained soil during the cool season. The crop requires sufficient moisture. Harvesting occurs when the canola seeds are mature, usually in late summer. The seeds are harvested using combine harvesters equipped with headers designed for small-seed crops. The combine cuts and gathers the canola plants, separating the seeds from the rest of the plant.

After harvesting, oil is extracted from the canola seeds through a process called crushing. The seeds are cleaned and then heated to facilitate oil extraction. They are then pressed to release the oil. The remaining oil is extracted using solvents or by expeller pressing. The extracted oil undergoes refining, which involves removing impurities. The result is refined canola oil, a commonly used cooking oil with a high smoke point and heart-healthy properties.

Canola oil can be found in a variety of products, including cooking oil, snacks, salad dressings, margarine, mayonnaise, cakes, cookies, breads, livestock and poultry feed, cosmetics, soaps, and lotions.

Canola oil is low in saturated fat and high in monounsaturated fats, which may contribute to heart health by lowering LDL cholesterol levels. It contains alpha-linolenic acid, an essential omega-3 fatty acid that is beneficial to heart health and may have anti-inflammatory properties. Canola oil is a good source of vitamin E, an antioxidant that helps protect cells from damage.



[https://youtu.be/3ihTep7zMNI?  
si=JRIWRUQLFA\\_dagaO](https://youtu.be/3ihTep7zMNI?si=JRIWRUQLFA_dagaO)