

types of wheat. World famous improved varieties descended from Marquis.

Wheat exports – over 14.271 million tonnes – in 1976 were valued at \$1,826.6 million.

A southern Alberta farm near Lethbridge holds the record for the most wheat planted in one field anywhere – 14,000 hectares sown in 1951.

### *Fruit and vegetables*

In 1976, fruit and vegetable crops brought some \$380.79 million to Canadian farmers.

Canada's best-known apple – the McIntosh Red – sprang from a chance seedling transplanted by John McIntosh at Dundela, Ontario, in 1796. The apples resembled those of the Fameuse trees brought to Quebec from Normandy in the 1600s.

Apples are the most important fruit grown in commercial orchards in Nova Scotia, New Brunswick, Ontario and British Columbia's Okanagan Valley. This valley claims to have more annual sunshine than Florida.

Strawberries grow in all provinces; raspberries in Nova Scotia, New Brunswick, Quebec and British Columbia; and wild blueberries in all the Atlantic provinces and Quebec. Saskatchewan berries grow on the Prairies although they remain a local delicacy.

Fiddleheads are greens which enthusiasts liken to asparagus and spinach. They are the unopened fronds of the ostrich fern, and grow in profusion along the banks of two rivers in New Brunswick and some other provinces.

