

Fun Facts about CANADA

Gregg Distributors Ltd.

At Gregg's, taking pride in being 100% Canadian is an everyday thing. This year is even better! It's Canada's 150th! We're putting together 13 brochures that highlight fun facts you may or may not have known about our wonderful country. Collect them all! Celebrate along with us! You can also find the brochures on our website, as they become available. Go to www.greggdistributors.ca and click on the button "Fun Facts About Canada".



MOST CANADIAN FOODS

Canadian food, eh? Of course maple syrup is on the list, but we're going to take a look at more than just that! Check out these foods attributed to Canadians from across the country.



Edition
#4 of 13



Poutine

A classic Canadian treat that is said to have originated in Quebec in the 1950s.



Maple Syrup

Quebec is the largest producer of maple syrup in the world, accounting for about 75 to 80% of the supply.



Bacon

The delicious cured pork product can be made oh so many ways, including ever popular strip and peameal bacon, often referred to as "Canadian bacon" abroad.



Butter Tarts

A classic Canadian dessert that never seems to go out of style.



Nanaimo Bars

These legendary Canadian no-bake treats originated in (no surprise!) Nanaimo, B.C.



Bannock

Bannock takes its name from a traditional Scottish flat bread, adopted by North American Natives, including Canada's Inuit.



Kraft Dinner

This dorm room staple and processed-cheese masterpiece has been dubbed a Canadian classic.



Coffee Crisp

This candy bar is one of the few that can only be found in Canada!



Caesar

Canada's favourite breakfast, lunch, and evening cocktail is essentially a Bloody Mary with Clamato instead of tomato juice.



Mustard

Canada is the largest exporter and the second largest producer of mustard seed in the world, accounting for 75 to 80% of all mustard exports worldwide.



Ketchup Chips

Ketchup has never tasted so salty, non-tomato-like, and outright good.



BeaverTails

Or Queues de Castor in French, is a famous trademarked treat made by a Canadian-based chain of pastry stands.



B.C. Salmon

Includes many different species such as Chinook, Chum, Coho, Sockeye, Cutthroat, Steelhead, and Pink.



Canadian Apples

According to Agriculture Canada, apples were first brought over to the country by European settlers in the 17th century.



Alberta Beef

Alberta is the cattle capital of Canada and according to the province's farmers, it has the 4th largest cattle herd in North America, behind Texas, Kansas, and Nebraska.



Saskatoon Berries

These berries are rich in antioxidants and considered one of the world's "superfruits."



Montreal Smoked Meat

Besides bagels, Montreal is also known for its kosher-style smoked meat.



Red Rose Tea

Canadians drink more than 9 billion cups of tea every year, according to the The Empire Of Tea.



Girl Guide Mint Cookies

In 1995, this popular treat was first introduced to all provinces across the country.



Tourtiere

This traditional Quebecois double-crust pie may be traditionally served at Christmas, but there's a good chance French Canadians eat it all year long. While they can be packed with a combination of pork, veal and beef, in Montreal tourtiere is usually made with only pork -- finely ground -- and seasoned with cinnamon and cloves, and served with ketchup.



Saskatchewan Lentils

This nutritious little legume grows in pods and is one of the oldest cultivated crops on earth.



Arctic Char & Whale Blubber

Many foods, like Arctic char (a fish from the same family as lake trout), were often eaten frozen by the Inuit of Canada's northern regions. Frozen char remains a popular menu item, but people now cook their traditional meats adding imported foods, herbs, sauces and spices. Although many young Northerners like macaroni and cheese, hamburgers and crackers, they still place caribou, seal and other wild game at the top of their list of favourite foods. One traditional food that remains popular is muktuk--the skin and outer blubber (fat) from a whale. Muktuk provides vitamin C, which is priceless in a region where fresh fruits and vegetables are not readily available.



Canola Oil

Canola was developed in Canada. Canola oil is the healthiest of all commonly used cooking oils. It is lowest in saturated fat, high in cholesterol-lowering mono-unsaturated fat and the best source of omega-3 fats of all popular oils.

Canola oil comes from pressed canola seed. The seed is harvested from pods that are formed after those beautiful yellow flowers fade away. North American farmers have been growing canola seed for over 30 years.

Canola is not rapeseed. It looks the same on the outside but it's very different on the inside, where it matters. In the late 1960s, plant scientists used traditional plant breeding methods to get rid of rapeseed's undesirable qualities - erucic acid and glucosinolates. That means canola oil and meal are different from rapeseed oil and meal.



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Canada Dry Ginger Ale

After hundreds of experiments, John J. McLaughlin achieved the perfect formula for his Ginger Ale in 1904.



Nova Scotia Lobster

The Atlantic province of Nova Scotia is world-renowned for its tasty crustaceans. They have some of the most fertile lobster fishing grounds on the planet.

From Sea to Shining Sea

Learn a little bit about every province and territory in Canada! This time: Manitoba



The flag of Manitoba is a variation of the Red Ensign which bears the shield of the provincial coat of arms. This flag was approved by the passage of a bill in the Manitoba Legislative Assembly on May 11, 1965 and was officially proclaimed on May 12, 1966.

Manitoba is 647,797 km² which is 6.5% of Canada. Capital city: **Winnipeg**

Entered Confederation: **July 15, 1870**

License plate motto: **Friendly Manitoba**

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