

Flax

Flax Family - Linaceae



Here we have planted golden flax (*Linum usitatissimum*).



What do Egyptian mummies and office workers have in common? They both wear linen, the fine cloth made from flax!

Flax was the first plant fibre used to make cloth. Long

fibres which hold the slender stems upright are used to make high quality textiles. Flax has been in use for over 10,000 years, beginning with the Egyptians, Greeks and Romans.

The golden brown seeds of flax are the source of linseed oil. This oil is rich in protein and is a source of essential omega 3 fatty acids, which are shown to promote human development and good health.

Flax is Hiding in Your Kitchen!

Flax is used to make paint, linoleum and table linens. It also fills your multi-grain cereal bowl at breakfast!



To learn more visit:
www.flaxcouncil.ca
www.vandusengarden.org