

Flax

Linum usitatissimum



CLEARVIEW
Farm

DEVELOPED BY THE ATKINS GROUP



About Flax



- Flax is a fiber and oilseed crop in which oil is extracted from flax seeds and fibers are extracted from flax stems.
- Flax is generally 3-4 feet tall and develops blue flowers during its growing cycle.
- Because flax matures quickly, it is suited to states with shorter growing seasons such as North Dakota and Minnesota.

Uses



- Linen Fabrics
- Flax Seed (for human consumption)
- Flaxseed Oil (also known as linseed oil)

Fast Facts



- Flax oils and seeds are a good source of omega 3 fatty acids, proteins, fibers, and other vitamins and minerals.
- Flax fibers are three times stronger than fibers produced by cotton.

Flax at Clearview Farm



...more information coming soon!

www.clearview-farm.com

