

# Information about Rapeseed Oil

## WHAT IS RAPESEED OIL?

Rapeseed oil is a liquid vegetable oil which grows in more northern latitudes than any other major oil-producing plant. It is primarily grown in Canada, EU countries and China. Rapeseed is a member of the Brassica family, which also includes cabbages and turnips. The seeds, which contain 40-45% oil, are small, round, and black-red in color. Crude rapeseed oil has a dark colour with a strong odour and flavour, but once refined, it becomes a light, straw-coloured oil with a neutral flavour.

Rapeseed is planted either in the Autumn (winter varieties) or in the Spring (summer varieties). The winter varieties have a longer vegetation period and give a better yield but can only be grown in areas with a mild winter climate. The harvest period in the Northern Hemisphere starts in late July for the winter varieties, in late August or early September for the summer varieties. After removal of the oil, the remaining dry product is a protein meal, used in animal feed compounds.

## RAPESEED OIL INSIGHTS

Rapeseed crops are harvested when the seed pods turn brown and dry. Combine harvesters are used to cut and thresh the seeds. After harvesting, the seeds are cleaned and processed. The oil is extracted either through mechanical pressing (cold-pressed) or by using heat and solvents for higher yields. After oil extraction the remaining protein-rich meal is widely used as animal feed. Rapeseed oil is commonly refined to improve its clarity, odor, and shelf life.

The 'crude' rapeseed oil is dark in colour and has a strong odour and flavour. Once this crude oil has been refined, the resulting oil is a very pale straw coloured oil that is typically bland and odourless.

Rapeseed oil is very low in saturated fat and it also contains omega 3, 6 and 9 fatty acids, this combination is known to reduce cholesterol and help to maintain healthy joint, brain and heart functions.

### Cold Pressed

There are some varieties of rapeseed oil referred to as "cold pressed", meaning that the oil is removed from the seed by mechanical pressure only, without the use of heat. This oil can be used for all application that refined rapeseed oil is used in, however it does have a characteristic odour and flavour that is not present in refined rapeseed oil.

## Quick Facts



**CANADA, EUROPE,  
CHINA & INDIA**  
are the biggest producers



**750 KILOS**  
of rapeseed oil per annum from  
one hectare of crop



**13.4% OF MARKET  
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## KEY FEATURES

- Low in saturated fats and rich in omega-3, -6, and -9 fatty acids, supporting heart, brain, and joint health.
- Can be used in both refined and cold-pressed forms, with the latter retaining a distinctive nutty flavor.
- Has a high smoke point making it ideal for high temperature cooking.

## USES AND APPLICATIONS

- Used for shallow frying, baking, roasting, and salad dressings due to its neutral flavour.
- Natural flavor and aroma preferred in gourmet cooking.
- Widely used in bio-diesel production.

## Nutritional Values

Saturates

7g

Mono-  
unsaturates  
60g

Poly-  
unsaturates  
28g