



WHEAT

YEAR-ROUND



ARKANSAS
FarmtoSchool

UofA
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



GROW

Wheat seeds are spread or drilled into small holes in the soil by machines. Wheat fields are watered daily and monitored for pests. Wheat is harvested before it fully matures. Wheat kernels are separated from the stalk and husk. Kernels are sifted and transported to be dried and processed.



PREP

Store whole-wheat flour in the refrigerator or freezer and whole-wheat products in a cool, dry place. Whole-wheat flour can be used in baking, making pasta, and thickening soups. Wheat berries, or edible wheat kernels, can be used as an added ingredient in recipes.



EAT

Enjoy whole-wheat toast, pancakes, bagels, or muffins for breakfast. Swap rice for wheatberries in yummy risotto or pilaf side dishes. Sip a canned or homemade soup with added wheatberries. Savor a sweet cookie or baked good made with whole-grain flour for dessert!



LEARN

Wheat is a **grain** that originated from current day Iraq. A rich diet of whole grains has been shown to reduce symptoms of chronic diseases and risk of obesity. Soft red winter wheat is the most popular variety grown in Arkansas. Arkansas farmers are one of the top producers of wheat in the country!

