

Farm Fresh Friday: Grains



Fun Facts

- Kansas is the number one wheat producing state.
- Kansas is ranked #1 in wheat and sorghum production.
- 95% of wheat grown in Kansas is Hard Red Winter Wheat. This wheat is used for yeast breads and is grown in all Kansas counties.
- Sorghum is considered an ancient grain dating back to 8000 B.C.
- Sorghum was used in the 1700's for brooms, according to records written by Ben Franklin.

Provided by Eat Wheat and Kansas Grain Sorghum

All the wheat grown in Kansas in a single year would fit in a train stretching from western Kansas to the Atlantic Ocean.



Preparation and Storage

Wheat and sorghum flour can be used for a variety of grain products such as breads, cookies, noodles, and crackers. Barley can also be milled into flour or consumed whole known as pearled barley. Whole grain flour is milled with the bran, germ, and endosperm still intact. White flour does not contain the bran and germ, which removes some of the nutrients. Flours are typically purchased for baking, however whole kernels can also be purchased and added to granola or cooked for a side dish.

Both flours and whole kernels should be stored in an airtight container in a cool, dry location. Store at room temperature for six to eight months. Refrigeration extends shelf life to one year and freezing up to two years.

Grain Harvest

May

June

July

August

September

October



Wheat

Barley



Sorghum

Whole Wheat Biscuit

Ingredients

Ingredients	Weight	Measure
All-purpose Flour, enriched	2 lb 2 oz	2 qt 2 cup
Whole Wheat Flour	2 lb 14 oz	2 qt 3 cups
Instant Nonfat Dry Milk	5 ¾ oz	2 ½ cups
Baking Powder	5 ¼ oz	½ cup 2 Tbsp 2 tsp
Salt		1 Tbsp 2 ¾ tsp
Shortening, trans fat free	1 lb 13 oz	1 qt ¼ cup
Water, cold	4 lb 11 oz	1 qt 1 ¼ cups

Directions

1. Blend flours, dry milk, baking powder, and salt in mixer for 1 minute at low speed.
2. Add shortening and blend into dry ingredients for 2 minutes at low speed. Mixture will be crumbly.
3. Add water and mix for approximately 1 minute on low speed to form soft dough. Scrape bowl as necessary during mixing.
4. Turn out onto lightly floured surface. Divide dough into balls (for 100 portions divide dough in half) and knead each ball lightly for 1 minute.
5. Roll or pat out each ball of dough to ¾ " thickness. Cut with floured 2" biscuit cutter and place on sheet pan in rows of 5 across, 8 down (full pan) and 5 across, 4 down (half pan).
6. Bake until lightly browned:
Conventional oven: 450° F for 15-18 minutes.
Convection oven: 400° F for 10-13 minutes.



Serving Size

1 biscuit

1 Serving Provides

1 ½ oz eq grains

Yield

100 Servings

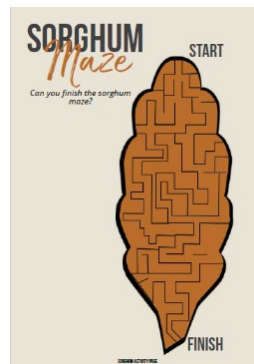
Recipe by Iowa Gold Star Recipes, Iowa Department of Education

Activity

Sorghum Activity Sheets

1. Print the sorghum activity sheets including the sorghum maize, word search and coloring pages.

Activity sheets provided by the United Sorghum Checkoff Program



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