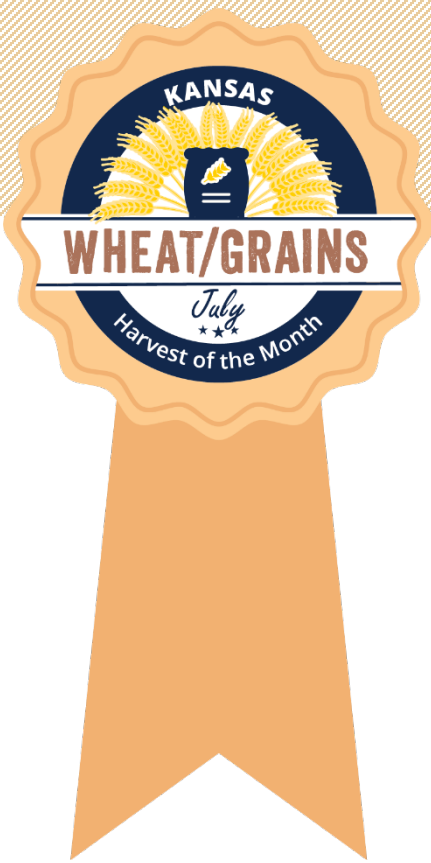


Wheat/Grains



Nutrition

Kansas-grown grains provide many nutritional benefits including fiber, phosphorus, niacin, and folate. Grains also provide carbohydrates that give the body energy. Whole grains include the entire grain kernel, which provides full nutritional benefits.

How Wheat/Grains are Grown

Wheat is planted in the fall, then it is dormant through the winter. Growing resumes in the spring once temperatures have risen. Opposite of wheat, sorghum is planted in the spring. Sorghum plants need moist, warm soil for best growth and is known for using less water than other plant crops.

Did you know?

- Sorghum is considered an ancient grain and is one of the oldest known grains.
- Both wheat and sorghum can be consumed as a flour in baked products or as the whole kernel to be used as a side or in recipes.
- Each year, Kansas supplies one-fifth of all wheat produced in the U.S., which could bake 36 billion loaves of bread!



Harvest

Wheat harvest for wheat usually takes place between mid-June to mid-July. Opposite of wheat, sorghum is planted in the spring and harvested in the fall.



Preparation

Wheat and sorghum flour can be used for many grain products from breads and cookies to noodles and crackers. Whole kernels can also be added to soups, salads, or casseroles.

Storage

Both flours and whole kernels should be stored in an airtight container in a cool, dry location. They can be stored in a room temperature pantry for 6-8 months.

