

Wheat was first planted in North America by the English colonists.

The top wheat producing states are North Dakota, Kansas, Montana, South Dakota & Washington.

3/4 of US grain foods contain wheat

1/2 of all US wheat is exported.

Wheat

The Scoop on The World's #1 Grain*



Thomas Jefferson was credited with bringing the first "macaroni" machine to America in 1789. Macaroni was a general term used for all pastas.



One bushel of wheat weighs about 60 pounds, has 1 million kernels, and will make 90 one-pound loaves of whole wheat bread.



Pre-sliced bread was not sold until 1930.



Wheat is the main ingredient in pizza crust. Pizza came to the US in 1905. Americans eat at least one pizza per month on average.

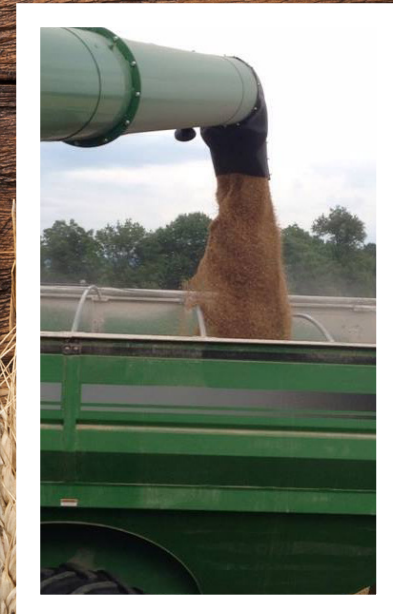


WHEAT is a grain that is grown through the fall, winter, and spring in Kentucky because it likes cooler temperatures. Soft Red Winter Wheat is planted in the fall, and Kentucky farmers harvest the wheat kernels in June. They then sell the grain to local flour mills.



Millers will clean and grind the wheat kernels into flour that can be made into grain foods. Siemer Milling, in Hopkinsville, supplies wheat flour for baking mixes and foods sold nation-wide.

The part of the plant that is left behind can be harvested for straw that is used as livestock bedding and landscaping.



Classes of US Wheat

There are six different classes of wheat grown in the United States, and each class is used for a different purpose.

Soft Red Winter Wheat

A versatile wheat with excellent milling and baking characteristics, Soft Red Winter is suited for cookies, crackers, pretzels, pastries and flat breads. This is the type of wheat grown in Kentucky.



Hard Red Winter Wheat

Another versatile wheat with excellent milling and baking characteristics for pan bread, Hard Red Winter is also a choice wheat for Asian noodles, hard rolls, flat breads, general purpose flour and cereal.



Hard Red Spring Wheat

The aristocrat of wheat when it comes to "designer" grain foods like hearth breads, rolls, croissants, bagels and pizza crust. Hard Red Spring is also used to improve flour blends.

Soft White Wheat

A low-moisture wheat that is used in cakes, pastries and Asian-style noodles. Soft White is also ideally suited to Middle Eastern flat breads.



Hard White Wheat

The newest class of U.S. wheat, Hard White is used for Asian noodles, whole wheat products, pan breads and flat breads.

Durum Wheat

The hardest of all wheats, Durum has a rich amber color and high gluten content. It is ideal for pasta, couscous and some Mediterranean breads.



The US Dietary Guidelines for Americans (DGA) recommend we consume six 1-ounce servings of grains each day for optimum health. Of those six servings, at least half – or three servings – should come from whole grains. Whole wheat breads, crackers, and pastas are good choices.

White flour wheat foods are also a good food choice because the flour is enriched with iron, B vitamins & folic acid. Folic acid enrichment has led to a 32% decrease in some birth defects since '98.

*Wheat is grown on more land and is more widely exported than any other grain in the world. It is also the leading source of vegetable protein in human food.

