

Fun Facts About Wheat

Montana Seed Growers Association

- Wheat is the most grown crop in Montana, in 2017 Montanans planted 5.1 million acres, producing 127.4 million bushels of wheat! (MT Ag. Stats)
- One bushel is equal to about 60 lbs, and has over one million kernels of wheat. (MT W&B)
- Winter wheat is planted in the fall, and spring wheat is planted in the spring.
- More foods are made from wheat than from any other kind of grain.
- A family of four could live ten years off the bread produced by one acre of wheat. (An acre is about the size of a football field).
- There are 600 pasta shapes produced worldwide.
- Assuming a sandwich was eaten for breakfast, lunch, and dinner it would take 168 days to eat the amount of bread produced from one bushel of wheat.
- Technology has made it possible to utilize various components from wheat to make products such as: strawboard, polyfilms, cosmetics, and coatings for pharmaceutical tablets. (MT W&B)
- In 2017 Montana's average yield for wheat was 27.3 bushels per acre (USDA/NASS Stats).
- Wheat is used in most instant drinks such as coffee, tea, cocoa, and malted drinks .
- Montana is ranked 3rd in total wheat production in the Nation (USDA/NASS Stats).
- Most canned soups are thickened with a wheat product. Also sauces such soy sauce, Worcestershire, teriyaki, and horseradish sauce contain wheat.

One 60lb bushel of wheat provides about 42lbs of white flour, 60-70 loaves of bread, or 42 lbs. of pasta

Different Classes of Wheat

Hard Red Winter wheat

Use: Bread Making

Hard Red Spring Wheat

Use: Designer foods such as rolls, croissants bagels

Soft Red Wheat

Use: Cookies and Crackers

Soft White Wheat

Use: Cakes and Pastries

Hard White Wheat

Use: Asian Style noodles, tortillas, and flat bread

Durum Wheat

Use: Pasta and Couscous



Products that contain wheat

- Cereal beverages
- Coffee Substitutes
- Instant chocolate drink mixes
- Donuts
- Muffins
- Bread
- Cookies
- Salad Dressing thickener
- Prepared meat patties
- Bologna
- Sausage
- Noodles
- Cream soups
- Chocolates
- Malt Products
- Meat tenderizers containing MSG
- Soy Sauce
- Aveeno Body wash
- Toothpastes
- Gum
- Mouthwash
- Mints
- Processed Cheese Spread
- Ice Cream
- Pudding
- Pizza
- Soups
- Worcestershire sauce
- Root beer
- Graham Crackers
- Commercial frosting

Additional Wheat Experiment:

- This experiment can be done if you would like to save some winter wheat to begin planting when school begins next fall. It will take a bit longer than the others since you will want to see the plants fully mature and head. You can plant a portion of your winter wheat saved as directed below and a portion of it as per the directions on the other side to compare.
- Additionally you can plant spring wheat and winter wheat side by side. The spring wheat will form a seed head, while the winter wheat will not unless vernalized.

Winter Wheat Seed Experiment

Plant some seeds of winter wheat just as you would the spring crops (barley, oats, etc.). You should note that if you allow these seeds to mature, they will not form a seed head, but will only produce vegetative growth. That is because this seed must be vernalized (treated to a period of cold temperatures after germination begins) in order to move from the vegetative growth mode to the seed production mode. Winter wheat seed is generally planted in the fall, allowing the germinated seed to overwinter at cold temperatures and thus allow for this vernalization to take place.

The second part of this experiment could be performed by laying some winter wheat seeds on a wet paper towel and rolling them up in the moist towel for 1 to 2 days at room temperature, allowing the seeds to swell and begin the germination process. Then transfer the paper towel to a refrigerator for 5 to 6 weeks (at about 5 degrees Celsius). You can set the rolled towel upright in a paper cup, which will allow a little water to be added periodically to keep the towel moist. At the end of the 5-6 week period plant these seeds in soil in a cup just as you have done for the spring crops.