



## Harvest of the Month

# WHEAT

### Nutrition Information

- Whole grain wheat provides a good source of protein, iron, magnesium, phosphorus, zinc and the B vitamins thiamin (B1) and niacin (B3).
- Whole Wheat is packed with fiber. Fiber keeps things moving in your body and keeps your heart healthy.

### Selection and Storage

- Wheat can be purchased in different forms, from wheat berries that can be used in side dishes and salads, refined flour, enriched flour or whole wheat flour.
- Store wheat in moisture-proof, food-grade packaging.
- The optimal temperature for storage is 40-60°F.
- If the wheat is properly stored, it can last 5 years.

### Fun Facts

- Scientists believe that humans began to eat the seeds out of the heads of wheat grass 20,000 years ago and began farming it over 10,000 years ago.
- The first wheat in the Pacific Northwest was planted in 1825 at Fort Vancouver, Washington.
- Americans eat more wheat than any other food and it provides 20% of the world's calories.
- Whitman County is the largest wheat producing county in the U.S.
- Most wheat grown in Washington is winter wheat which is planted in the fall.
- One bushel of wheat contains about 1 million individual kernels.



## Recipes

- [Mushroom Cheese Pizza](#)
- [Blue Cornbread Muffin](#)
- [Mini Salmon Loaves](#)
- [Cheesy Cheddar Drop Biscuits](#)
- [Zucchini-Banana Mini Muffins](#)
- [Waffle Fruit Pizza](#)
- [Sweet Potato Pancakes](#)



## Educational Resources

- [Montana Harvest of the Month Resources – Grains](#)
- [Washington Grain Commission 2022 -2023 Wheat Facts](#)
- Public Health King County - Washington Grown Harvest of the Month kit includes a [10 month calendar featuring Washington Grown foods](#) that are available from September – June; a [Bulletin Board](#) that you can use to rotate food image cards, including [Grains](#), to highlight your harvest of the month, and an [Educator Handout](#).
- Food Hero has many nutrition education resources available to support your Harvest of the month. Check out their resources for Apples that include: [Whole Wheat Flour Basics Information Sheet \(Spanish\)](#) and [Wheat Coloring Sheet \(Spanish\)](#)

For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).