

# OREGON WHEAT GROWN FOR SCHOOLS

Wheat kernels can be ground into flour at a mill or kept whole and eaten as wheat berries.



## NUTRIENTS FOUND IN WHEAT

- ~ Wheat is an excellent source of thiamin, a vitamin that helps your body produce energy.
- ~ Whole wheat is an excellent source of vitamin B6, a vitamin that can help prevent kidney stones.
- ~ Whole wheat is rich in iron, which allows the blood to transport oxygen throughout the body.
- ~ The potassium in whole wheat plays a role in maintaining healthy blood pressure.
- ~ Eating whole grains as part of a healthy diet may reduce the risk of heart disease.

One combine can harvest enough wheat for 60 loaves of bread in nine seconds!

There are six classes of wheat. Soft white wheat, the most commonly grown wheat in Oregon, is great for making muffins, pretzels, crackers, and ramen noodles.



Wheat is actually a member of the grass family! We eat the seeds, which are called kernels.



While most varieties of wheat grow between two and four feet tall, some varieties can grow up to seven feet tall!



One bushel of wheat produces 42 pounds of white flour and 60 pounds of whole wheat flour.