

**GROWN IN WASHINGTON – 2012**  
**“THE WONDERFUL WORLD OF WHEAT”**

**WHEAT GROWN IN WA STATE**

- WA farmers grow five types of wheat
  - soft white – used for pastries, cakes, cookies, cereals, pancakes
  - hard white – used for blended flours, Asian noodles
  - hard red winter – used for yeast breads, hard rolls, bagels
  - hard red spring – used for yeast breads, hard rolls, bagels
  - durum – used for pasta
- each type of wheat has end use characteristics
- protein content, bran coat Color, milling and baking qualities are factors in determining the use of each type of wheat

**WA STATE WHEAT PRODUCTION**

- wheat is the third largest produced farm product in WA state at \$974.5 million
- 85-90% of WA grown wheat is exported
- 117.5 million bushels of wheat are produced in WA annually; this is less than half of the wheat produced in Kansas, the top producing state
- WA wheat growers efficiently manage their fields to produce twice as many bushels per acre at 52.8 bushels per acre
- Whitman County (WA) is the largest wheat producing county in the US

**HISTORY OF WHEAT**

- what was first produced in Middle East 11,000 years ago
- wheat was one of the first cultivated crops
- wheat allowed people to grow their own food, making it easier for people to stay in one place rather than drifting around for food; this led to permanent settlements in many areas
- by 4000 BC, wheat production had spread to Europe, Asia, and North Africa
- the first wheat crop was planted in WA at Fort Vancouver in 1825
- wheat is currently produced commercially in 15 central and eastern WA counties

**WHEAT NUTRITION**

Nutrients found in wheat: carbohydrates, fiber, protein

Vitamins found in wheat: calcium, iron, magnesium, potassium, selenium

**WHOLE WHEAT NOODLES**

1 egg, beaten	½ cup all-purpose flour
2 tablespoons milk	½ cup whole wheat flour
½ teaspoon salt	Water or broth

Combine egg, milk, and salt. Stir in flours. Cover; let rest for 5-10 minutes. Roll dough into a 12 x 16 inch rectangle. Let stand for 10-20 minutes. Cut into ¼ inch slices. Spread out to dry. To cook, drop noodles into boiling water or broth. Cook about 12 minutes. Makes 2 ½ cups cooked noodles.