

wheat

The story of



In early summer the tall wheat plants grow small green flowers at the top of the stems. The flowers are pollinated by the wind and seeds start to form in a clump called an ear. As the seeds ripen, the plants turn golden.

Plants



In August the wheat crop is harvested. The combine harvester cuts off the stalks and the whole plants are carried inside the machine. The ears of corn are rolled to remove the grains or seeds. The stalks, called straw fall onto the ground behind the machine and are collected in bales to be used for farm animals' beds. A tractor with a trailer follows the combine harvester across the field and collects the grain. The grain is stored on the farm then taken by lorry to a flour mill.

Harvest



Organic wheat seeds are sown in shallow rows by a machine called a seed drill. Seeds are sown in October so they only grow a few centimetres tall before the weather gets too cold. The plants stay green until spring when warmer weather and rain start them growing again. Plants need water, carbon dioxide and sunlight energy for growth. Organic wheat is not sprayed with fertilizer so the soil must be made more fertile by rotating the crops so that wheat is grown in some years and clover at other times. Clover adds nutrients to the soil.

Seeds





Eating

Bread gives us energy as it contains starch. If your sandwich has a filling of meat, fish, egg or cheese and some salad vegetables like lettuce, tomato or cress it is a healthy meal.



Making bread

Flour is bought by the baker who mixes and cooks bread and cakes in a bakery. To make bread, flour is mixed with yeast, salt and water. The bread may be wrapped to keep it fresh for longer.

Good for
Energy



Transport and sale

The bread may be transported a few miles to a shop for customers to buy, or sold in the baker's shop where it is made. There are plenty of kinds of bread and rolls to choose.



Mill

The wheat seeds are crushed by heavy rollers to make flour. Wholemeal flour has the crushed seed cases mixed with it and is healthier than white flour as it contains more vitamins, minerals and fibre. Many years ago, mills were driven by water or wind power and used grindstones to crush the seeds.