**Wheat**

**CYCLE OF TEXAS WHEAT**
- Farmers plant wheat in the fall.
- The wheat plant goes into winter dormancy after emerging. Then, it develops over the spring.
- Farmers harvest wheat in the spring.
- Grain is transported to an elevator for processing and storage.
- The grain is sent to a flour mill or exported overseas.
- The wheat is milled into flour and sent to grocery stores.

**PARTS OF A WHEAT KERNEL**
- **Bran**: Outer layer of the wheat kernel that contains the most amount of fiber.
- **Endosperm**: The middle layer of the wheat kernel that contains protein, carbohydrates, and a small amount of B vitamins.
- **Germ**: The inner part of the wheat kernel that contains trace minerals, unsaturated fats, B vitamins, antioxidants, and phytonutrients.

**TYPES OF FLOUR**
- **All-Purpose**: White flour milled from hard wheat or a blend of hard and soft wheat.
- **Self-Rising**: A product made by adding salt and leavening to all-purpose flour.
- **Pastry**: Has properties between all-purpose and cake flour.
- **Cake**: Very fine flour milled from soft wheat.

**TOP TYPES OF WHEAT GROWN IN TEXAS**
- **Hard Red Winter**: It has great milling and baking characteristics for bread. It is also used for Asian noodles, hard rolls, flatbreads, general purpose flour, and cereal.
- **Soft Red Winter**: It is a weak-gluten wheat with excellent milling and baking characteristics for cookies, crackers, pretzels, pastries, and flatbreads.
- **Hard Red Spring**: It is used for “designer” wheat foods like hearth breads, rolls, croissants, bagels, and pizza crusts.

**TOP EXPORTS**
- **Mexico**
- **Philippines**
- **Japan**

- An average of 5 million acres of wheat is planted in Texas!