

# Grow

1

Find a suitable plot for your wheat. It will grow on the ground, in pots or raised beds.

2

Make a fine seed bed using a rake. Scatter seeds over area.

3

Lightly cover the seeds with soil and water them. You may need to net the area to protect the seeds from any birds.



4

The wheat will be ripe in September/October and the stems can be cut close to the ground with scissors.

# Harvest

5

Take the stems with the attached wheat seeds and put them in a pillowcase.



6

The seed heads should be at the bottom of the pillowcase. Holding the stems, bash the pillowcase on a hard surface.

7

The grain will fall to the bottom. You will need to collect and dry this for at least 3 weeks. The dried grains can then be ground into flour.



# Cook

8

Mix together 300g of the flour and 7g yeast. Form a well in the middle of the bowl to pour in 150ml lukewarm water.

9

Knead the formed dough for 10 minutes until elastic. Form into a small loaf or several rolls.

10

Leave the yeast to work for 30 minutes.

11

Place into a pre-heated oven (200 degrees) and bake for 25 minutes.

12



# GROW YOUR OWN LOAF

# RHET

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## Diseases

Wheat suffers from a range of diseases including rusts and smuts. When the healthy crop is ripe it will be a golden yellow colour. If it is black when ripe, **do not eat the grains**. If you are unsure, please send a photo via email to [training@rhet.org.uk](mailto:training@rhet.org.uk) of your crop.

## Rotation

To help prevent the build up of diseases don't plant your wheat in the same place each year. Rotate where in the school grounds it goes.

## Weather

Your wheat should not require watering. However, if there is a prolonged period with no rain you can water with a watering can.

If you plant your wheat in an exposed location it might blow over in heavy wind/rain. This is called *lodging*. When this happens the crop can start to rot and/or sprout. To prevent this you can use canes and string to keep your crop upright.

## Harvesting

When you harvest, the grain will only separate from the stalk when it is ripe. You can test grains for ripeness by taking one and squeezing it between your fingers. If it bursts or leaks it is not ripe. If it feels hard then it should be ripe.

Use scissors to cut the stems close to the ground. Once the grain has been removed you can use the straw as animal bedding or you can chop it up, scatter it on the soil and dig it in. You will need to make sure all the wheat is removed before doing this.

## Where to plant

Wheat will grow in raised bed, post and on the ground. If planting in pots take care not to add too many seeds or it will be overcrowded.

## Find out more

Head over to our YouTube page to see videos of how wheat is grown commercially. Go to [youtube.com](https://www.youtube.com) and search for *The Royal Highland Education Trust*.

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