



# Wheat



Wheat has cultural and historical significance in many regions, especially in the Middle East and the Mediterranean, where it has been a dietary staple for centuries. China, India, Russia, and the United States are the top wheat-producing countries. North Dakota, Kansas, Washington, Montana, Idaho, and Oklahoma grow the most wheat in the United States.

There are several different species and many varieties of wheat. The most common types include hard wheat used for making bread, soft wheat used for pastries and cakes, and durum wheat used for making pasta.

Wheat is typically planted in the fall or spring. Wheat requires cool temperatures during its early stages and warm temperatures during later growth. Seeds are planted in rows in well-drained soil. Adequate moisture is critical, especially during germination and grain development.

Wheat is harvested in the summer using a combine harvester. The combine cuts the wheat stalks and separates the grain from the straw. The harvested wheat is then collected and stored in bins. After harvesting, the wheat goes through further processing, including cleaning and drying, to prepare it for milling.

Wheat is a good source of carbohydrates and a source of protein, fiber, B vitamins, iron, and magnesium. Wheat is used to make bread, pasta, cereals, flour, and animal feed.



[https://youtu.be/3ihTep7zMNI?  
si=JRIWRUQLFA\\_dagaO](https://youtu.be/3ihTep7zMNI?si=JRIWRUQLFA_dagaO)