

Wheat

Grass Family - Poaceae



The Staff of Life

Wheat is the most widely cultivated crop in the world with thousands of varieties in cultivation. Providing an important nutritional source for many cultures, wheat is truly the “staff of life”.

Like a typical grass, wheat produces spikes of tiny flowers which lack petals and sepals and are surrounded by small leaf-like bracts. The tiny, single-seeded, edible fruit produced by wheat and all other grasses is called a *caryopsis* or *grain*.

Nutrients are concentrated in the *bran*, or outer wall of the

grain, and the *germ* (embryo inside the grain), but these are removed in refined white flour. That’s why eating whole wheat is a whole lot healthier!

Growing in front of you is a crop of red fife (*Triticum aestivum* ‘Red Fife’), the first wheat grown in Canada.

We have also planted Polish wheat (*Triticum polonicum*) and black einkorn (*Triticum monococcum*), the first wheat grown by humans over 10,000 years ago!

To learn more visit:

www.cwb.ca

www.slowfood.ca

www.vandusengarden.org

