

Whole Wheat Pancake Mix

8 c. whole wheat flour
½ c. sugar
4 tsp. salt

2 ½ c. powdered mil
2 c. oil
5 T. baking powder

Mix all dry ingredients, then add oil. Store in airtight container. Keep in refrigerator or freezer.

To use mix:

1 ½ c. mix
¾ c. water

1 egg

Beat egg and water, then add mix.

Creamy Cinnamon Syrup

½ c. Karo syrup
1 c. sugar

¼ c. water
½ tsp. cinnamon

Boil 2 minutes, remove from heat. Add ½ c. canned milk. Makes 1 cup.

Whole Wheat Applesauce Cake

2 c. wheat flour
1 c. sugar
1 tsp. salt
1 tsp. cinnamon
1 tsp. baking soda

2 tsp. cloves
½ tsp. nutmeg
4 tsp. cocoa
1 c. applesauce
½ c. oil

Mix all ingredients together in a large bowl. Add applesauce and oil and b well. Pour into ungreased angel food cake pan or 9x13 cake pan. Bake a degrees for 35 minutes. Frost your favorite icing or serve hot with whippe cream.

Perfect Whole Wheat Bread

1 T. yeast	1/3 cup oil
1/4 cup warm water	1/3 cup honey
2 1/2 cups hot water	6-7 cups whole wheat flour
1 T. salt	

Combine yeast and warm water. Add remaining ingredients. Knead for 10 minutes. Form into loaves. Place in bread pans and let rise until double. Bake at 350 degrees for 40-45 minutes. Let bread cool in pans on rack for 5-10 minutes. Remove from pans. Makes 2 loaves.

Menu Planning Sheet

Recipe Source



Grains



WHEAT

King of the grains and ranks first in nutritional value. Rich in protein, minerals & Vitamin E. Vitamin E is most powerful element for heart, muscles, reproductive system. Builds strong muscles, tones kidneys. Helps brain and nervous system and emotional stability. Chinese say it nourishes the heart and mind.

MILLET

Queen of the grains, complete food, all essential amino acids, high in minerals, especially calcium, more vitamins than any other grain. Alkaline and easy to digest. Builds superior health and physique. Helps kidneys, stomach, spleen and pancreas. Best grain for Candida.

BROWN RICE

High in B Vitamins, thiamine, niacin, riboflavin, potassium, carbohydrates, phosphorous, magnesium and calcium. Great body builder. Good for bones, teeth, nervous system, mental depression, nausea, diarrhea, diabetes, summer heat. Decreases lactation. Raw rice, chewed thoroughly in morning helps expel worms.

BARLEY

Calcium, iron and protein. Good for nerves, muscles, spleen, pancreas. Keeps joints limber, laxative. Helps edema, fatigue, heat, candida and weak stomach.

CORN

Magnesium, iron, proteins, carbohydrates, potassium. Magnesium helps the bowel necessary for good tone in the intestinal tract. Good for heart, stomach, teeth and gums, increases appetite. Drink as tea for kidney disease.

RYE

Muscle builder, Vitamin E, phosphorous, magnesium. Good for heart, muscles, liver, reproductive system, gallbladder, spleen, pancreas, digestive system, vessel & plaque calcification. Sprouted - natural fluoride. Broth - Migraine headaches.

OATS

Thiamin, niacin, riboflavin, protein, fat, iodine, calcium. Good for muscles, brain, spleen, nerve structure, pancreas, reproductive system, bones and connective tissue. Removes cholesterol. Poultice - relieves itching. Tea - strengthens immunity, prevents infections and contagious disease.

BUCKWHEAT

Rich in minerals & vitamins, Vitamin E, B Complex, starch, fat, protein & Rutin. Strengthens arterial walls, reduces blood pressure and assists in relieving varicose veins. Cleans & strengthens intestines, dysentery and diarrhea. Rutin - antidote against X-ray and other radiation & helps stop paralysis in case of stroke.

AMARANTH

High in protein and calcium. Contains more calcium than milk and is utilized efficiently. Helpful for nursing or pregnant women, infants, children, or those who do heavy physical work.

QUINOA

Cousin of Amaranth with same nutritional qualities. Highest protein content of all grains.

SPELT & KAMUT

Both are ancient wheats but the majority of gluten-sensitive individuals can eat them without adverse side effects

A QUICK EASY METHOD FOR MAKING GLUTEN

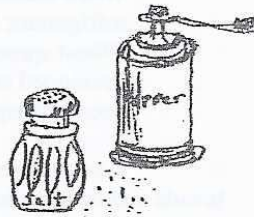
7 Cups Whole Wheat Flour
3 cups cool water

Add water to whole-wheat flour and knead well. It will form into a ball. Place that ball in the bowl under water and knead some more. As you are kneading the gluten is extracted. Hold the dough under the cool water, working with your hands, wash until the water runs clear. The gluten should look like a grayish type bubble gum. This process shouldn't take longer than 15 minutes. Knead a package of dry onion soup mix into the ball of gluten. Form the raw gluten into a long skinny roll while using wet hands. Slice into mini steaks and place pieces on a greased, floured cookie sheet. Dry in oven at 250 degrees for 1 - 1½ hours or until dry. Use these pieces in soups or stews. They can be frozen until ready to use.

You can also slice the above gluten ball into small steaks and put directly into a seasoned meat broth and simmer for 30 minutes. Press out as much of the liquid as possible and even blot with a paper towel. Place pieces on a greased, lightly floured cookie sheet and bake at 350 degrees, turning once for 30 minutes. Store these steaks in the refrigerator. They will be more moist than the steaks that have been dried and they can be used immediately.

Beef Flavored Gluten

2 cups water	¼ cup dried onions
2 Tbsp. beef base granules	¼ Tbsp. pepper
1 Tbsp. soy sauce	4 tsp. seasoned salt



Add all above ingredients to water and bring to a boil. Add above pieces of gluten and simmer for about 30 minutes.

Chicken Flavored Gluten

2 cups water	2 tsp. poultry seasoning
2 Tbsp. chicken base granules or chicken bouillon cubes	½ tsp. onion powder
	½ tsp. salt

WHEAT

Add all above ingredients to water and bring to a boil. Add gluten pieces and simmer for about 30 minutes. Remove gluten from water and allow to dry.

"Wheat Cookin' Made Easy" - Pam Crockett

DID YOU KNOW YOU CAN SPROUT WHEAT?

General Directions

Sprouting is one of the fastest ways of improving the nutritional value of foods.

You can sprout many grains and seeds, but we are only going to talk about sprouting wheat and the different ways in which you can do it.

When wheat is sprouted, it softens the outside of the kernel so it is easier to eat. It also, increases the nutrients and vitamins in the wheat. After the wheat has sprouted it is now considered a fresh vegetable.

You can sprout wheat in a quart jar, a sprout bag, a pyrex dish, a basket, or they have commercial sprouters one can purchase.

Place a 3 T. to ¼ C. of wheat in a quart jar.

Cover with lukewarm water. Let soak 8 – 12 hours.

Place cheesecloth, nylon or light screen on top of jar and tighten down with ring.

Drain water off, (you may save the water for cooking or plants) rinse & drain again.

Lay jar on side and place in a dark warm cupboard.

Rinse two or three times daily, and be sure to drain well.

The wheat should sprout in 2-3 days.

When small sprouts begin to show, rinse, drain and store in the refrigerator in a closed container

Wheat sprouts should be harvested before the first leaves are fully developed and the root is only as long as the seed. Otherwise, they will become tough.

You can use sprouted wheat in your salads, on sandwiches, in soups, breads and main dishes. Growing sprouts is like having an indoor garden all year round and they taste delicious!

NOW GO TRY IT AND HAVE FUN!

Wheat Grass – Preparing & Growing

This is a subject I will just touch upon. There are books available that go into great detail about the uses of Wheat Grass.

Place about 1" of potting soil on a plastic seed tray that has drainage in the bottom. Place wheat seeds that have been soaked and sprouted into this soil. Water the tray, place a protective cover over it and set aside for a few days. Uncover, water and place in indirect light. Keep moist and watch it grow. Just like a "Chia Pet". For juicing, let the grass grow until it is 8 – 10 inches long. Then cut, wash and prepare to juice. There are several commercial juicers available, either hand or motorized that can be purchased.

Wheat Cookin' Made Easy" - Pam Crockett



COWBOY BISCUITS

This is a fun way to incorporate wheat flour into a recipe. The original recipe calls for all white flour but we made these with $\frac{1}{2}$ whole wheat flour ground from hard white wheat. The biscuit is light and yummy. Even the pickiest eater won't complain that you used wheat flour.

1 cup warm water
2 T. yeast
3 T. sugar
 $\frac{3}{4}$ cup oil
2 cups buttermilk

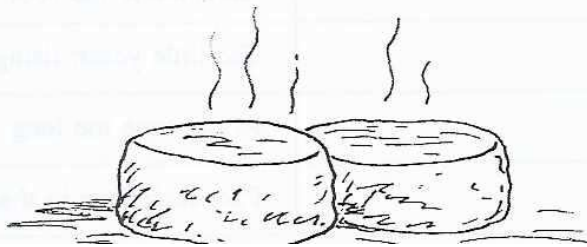
6 cups flour *$\frac{1}{2}$ white $\frac{1}{2}$ wheat*
1 tsp. soda
1 tsp baking powder
1 $\frac{1}{2}$ teas. salt

Mix water, yeast and sugar. Add oil and buttermilk. Combine flour, baking soda, baking powder, and salt. Add dry ingredients to buttermilk mixture and mix well. Refrigerate 24 hours. (Use large container with air-tight lid.)

Note: For same-day rolls (not refrigerated) use the sponge method. Add 4 cups of flour to the bowl, cover and let rest for 30 minutes. Then add 2 $\frac{1}{2}$ cups additional flour and mix. (The extra $\frac{1}{2}$ cup of flour makes it workable and not too sticky.)

This is a very sticky dough. Do not try to roll it. Pour it out onto a well-floured surface and pat it until it is about $\frac{5}{8}$ " thick. Cut into biscuits with floured cutter. Place on lightly greased baking sheet, and allow to rest for 15 minutes before baking

Bake at 400 degrees for 12 to 14 minutes, until light golden brown.
(Recipe used by permission from Leslie Gates)



BREAD BAKING CHART

The pleasure of baking homemade bread is matched only by eating it, except when something goes wrong. Most problems can be determined and easily avoided the next time.

PROBLEM	POSSIBLE CAUSE
Bread or biscuits are dry	Too much flour; too slow baking; over-handling of dough
Bread has too open or uneven texture	Too much liquid; over-handling in the kneading
Strong yeast smell from baked bread	Too much yeast; over-rising
Tiny white spots on crusts	Too rapid rising; dough not covered properly while rising
Crust has bad color	Too much flour used in shaping
Small flat loaves	Old yeast; not enough rising or rising too long; oven temperature too hot
Heavy compact texture	Too much flour worked into bread when kneading; insufficient rising time; oven temperature too hot
Coarse texture	Too little kneading
Crumbly bread	Too much flour; undermixing; oven temperature too cool
Yeasty sour flavor	Too little yeast; rising time too long
Fallen center	Rising time too long
Irregular shape	Poor technique in shaping
Surface browns too quickly	Oven temperature too hot
Bread rises too long during baking and is porous in the center and the upper portion of loaf	Oven temperature too cool

WHOLE WHEAT OATMEAL CAKE

delicious

Soak for 20 minutes:

1 1/4 cup boiling water
1 square butter or marg
1 cup oatmeal
Set aside to cool.

Cream:

1 cup brown sugar 1 cup white sugar 2 eggs

Mix together:

1 1/3 cup whole wheat flour 1/2 teas nutmeg
1 tsp soda 1/2 teas salt
1 tsp cinnamon

Add mush mixture to creamed sugar mixture.

Then add flour and dry ingredients.

Stir to mix.

Bake in 9x13 greased cake pan.

Bake at 350 for 50 minutes.

Topping: Combine

1 cup chopped nuts 1/2 cup sugar
1 cup coconut 1 tsp vanilla
6 T. margarine 1/4 cup canned milk

At the end of baking time, remove hot cake. Sprinkle at once with topping and return to 400 degree oven for about 7 minutes to bubble topping. Watch not to over brown coconut.

SEAFOOD SALAD

6 cups cooked cracked wheat
1 cup miracle whip
1/4 cup French Dressing
4 T. finely diced green pepper
1/2 cup green onion (chopped with part or tops)
1 cup chopped celery
1 cup seafood - tuna or any other (can use chicken)
1/2 teas salt

Mix and let stand several hours before serving.

ALL TIME FAVORITE BURRITOS

1 1/2 lb. hamburger	Refried beans equal to the amount of
1 medium onion, chopped	cooked hamburger & wheat
1 - 2 cups cooked cracked wheat	(32 oz. or 3 to 4 cups)
1 can tomato soup	
1/2 cup salsa	Makes approx. 36- 8" burritos
1 4oz. can green chilies	
grated cheese	
Whole wheat or white flour tortillas	

Brown hamburger and onion with the cooked wheat. Drain. Add the tomato salsa, and green chilies. Place 1-2 spoonfuls onto tortilla, add desired amount cheese and roll into a burrito. To serve - heat in microwave for 30 seconds, or in foil and bake in 350 degree oven for 30 minutes. Great to make in large quantities and freeze.

BOSTON BAKED WHEAT

4 cups steamed wheat	1 cup water
1/2 to 1 cup catchup	1/2 cup molasses
1 onion sauteed	3-4 teas. prepared mustard
salt and pepper to taste	4 slices bacon, cut up and fried

Mix together. Bake 1/2 hour at 375 degrees.

WHOLE WHEAT PANCAKE MIX

8 cups whole wheat flour
½ cup sugar
4 tsp. Salt

2 ½ cups powdered milk
2 cups oil
5 T. baking powder

Mix all dry ingredients, then add oil. Store in airtight container. Keep in refrigerator or freezer.

To use Mix:

1 ½ cup mix
¾ cup water

1 egg

Beat egg and water together, then add mix.

(If desired: leave the oil out of the mix and add 1 T. oil to every 1 ½ cups preparing pancakes. Mix does not have to be refrigerated if oil is left out.

BLENDER PANCAKES

(easy - easy -easy)

Place in blender at high speed for 2-3 minutes.

1 ½ cups milk
1 cup whole-wheat berries (uncooked) *Kernels*

Add the following and blend 1 minute more.

1 egg
1 tsp. salt
1/3 cup cooking oil
2/3 tsp. baking powder
2 T. sugar or honey

CREAMY CINNAMON SYRUP

½ cup Karo syrup
1 cup sugar

1/4 cup water
½ tsp cinnamon

Boil 2 minutes, remove from heat. Add ½ cup canned milk. Makes 1 cup

FAVORITE WHEAT WAFFLES

(Incredibly light and delicious)

In large bowl mix:

- 3 ½ cups flour (2 cups whole wheat, 1 ½ cup white)
- 1 ½ teas salt
- 3 teas baking powder

In separate bowl mix:

- 3 egg yolks
- 1/3 cup oil
- 3 1/4 cups milk

Combine dry and wet ingredients and mix well. Beat 5 eggs white until stiff and fold into waffle mixture. Can use for traditional waffles or Belgian.

GRAIN AND NUT WHOLE WHEAT PANCAKES

- | | |
|--------------------------------|--------------------------------|
| 1 ½ cups old-fashioned oatmeal | 1 cup milk |
| 1 ½ cups whole wheat flour | 1/4 cup vegetable oil |
| 2 teas baking soda | 1 egg |
| 1 teas baking powder | 1/3 cup sugar |
| ½ teas salt | 3 T. chopped walnuts or pecans |
| 1 ½ cups buttermilk | |

1. Grind the oats in blender or food processor until fine. In a large bowl combine ground oats, whole wheat flour, baking soda, baking powder, and salt.
2. In another bowl, combine buttermilk, milk, oil, egg, and sugar with an electric mixer until smooth. Mix wet ingredients into dry with a few swift strokes. Stir in nuts, if desired.
3. Lightly oil a skillet or griddle, and preheat it to medium heat. Ladle 1/3 cup of the batter onto the hot skillet; cook pancakes for 2 to 4 minutes per side, or until brown.

WHOLE WHEAT FRENCH BREAD

4 ½ cups hot water	1 T. Salt
1/3 cup oil	1 T. Yeast (add dry)
½ cup honey	8-10 cups whole wheat flour

Mix hot water, oil, honey and salt. Add 4 cups flour. Then add yeast and remaining flour. Let rest 15 minutes, then knead for only a few seconds. Repeat this 2 more times. Put dough on floured board and knead until smooth. Divide into thirds and roll into rectangle ½ inch thick. Roll dough diagonally (roll tightly). Place on baking sheet sprinkled with sesame seeds or corn meal. Brush with beaten egg, sprinkle with seeds if desired, and slash top of loaves diagonally. Let raise until double. Bake at 400 degrees for 10 minutes, then turn oven down to 350 and bake 25 minutes more. Let cool on baking sheet for 5 - 10 minutes. Makes 3 loaves. Recipe can be cut in half for baguette. (Freezes well)

WHOLE WHEAT SNICKERDOODLES

1 cup shortening, butter or margarine	½ teas salt
1 ½ c. sugar	1 teas baking soda
2 eggs	1 T. Sugar
2 ¾ c. whole wheat flour	1 teas cinnamon
2 teas cream of tartar	

Cream together 1 ½ cup sugar and shortening. Add eggs and beat well. Combine flour, cream of tartar, salt and soda. Add to sugar mixture and mix well. Roll into approximately 1 inch balls. Combine 2 T. sugar and cinnamon. Roll dough balls in cinnamon/sugar. Place on ungreased cookie sheet about 3 inches apart. Slightly flatten. Bake at 400 degrees for 8-10 minutes. Remove from cookie sheet and cool on rack. Makes about 4 dozen cookies.

Note: You can replace 1/4 to ½ the white flour in any recipe with whole wheat flour. This is a great way to get your family used to eating whole grains.

PERFECT WHOLE WHEAT BREAD

2- Loaf Whole Wheat Bread

1 ½ Tablespoons Yeast
½ cup wheat gluten (optional)
3 cups warm water
¼ cup oil
¼ cup honey
3 teas salt
7-9 cups wheat flour

4 - Loaf Whole Wheat Bread

3 Tablespoons Yeast
¾ wheat gluten (optional)
6 cups warm water
½ cup oil
½ cup honey
1 ½ T. salt
14-16 cups wheat flour

3- Loaf Whole Wheat Bread

2 Tablespoons Yeast
^{2/3 c wheat gluten}
5 cups warm water
2/3 cups oil
2/3 cups honey
2 Tablespoons salt
12 cups whole wheat flour

Place approx. ^{1/4-1/2} ~~2/3~~ of the flour into bowl. Add yeast and gluten, mix well. Add warm water and mix for 1 minute. Cover and let dough sit for 10 minutes. (This is called the sponge method - it makes the bread lighter and allows more time for the gluten to form.)

Add oil, honey, and salt. Now add rest of flour, one cup of a time until dough forms a ball. If using mixer, add dough until it cleans the side of the bowl. Knead 7 minutes in mixer, 10 minutes by hand. Dough should be soft, smooth, and elastic. Preheat oven to 150 degrees. Lightly oil hands. Divide dough into equal portions. Shape and place in cooking-sprayed pans. Place into warm oven and let rise about 15-20 minutes. When it is almost double in size, turn oven to 350 degrees (without taking bread out) and bake about 25 minutes or until golden brown. Turn out of pans onto a wire cooling rack immediately. When it is cool, store bread in plastic bags in the freezer.

GRINDERS

Although there are many recipes for using whole wheat, you need an grinder to be able to make bread.

1. Stone Grinder - grinds the wheat between two stones. Usually electric, can come with a handle for hand grinding.
2. Hand Grinder - metal. Slower, doesn't need electricity, can hook to an exercise bike.
3. Impact Grinder - Fastest, will make the finest flour. Won't make cracked wheat. Can grind corn, oats, beans, etc. Cannot use without electricity.

YEAST

Yeast: Living organism

2 kinds of yeast - they differ in the way you use them.

- 1) Instant
- 2) Active Dry

Instant: finer grain, add with the flour, and can have hotter water (120 to 130 degrees). Works 50% faster. Can dissolve in water first.

Active Dry Yeast: Must dissolve in warm water first, no hotter than 115 degrees. Cannot add dry to the flour.

How to Proof Yeast to Insure your Yeast is Good:

1/4 cup warm water
1 teas sugar
scant tablespoon yeast (2 1/4 teas)

If yeast is viable, it will rise to 1/2 cup (double its size) within 10 minutes.

If you leave the yeast out of your bread, proof it first then take walnut size pieces of dough and work it into proofed yeast. It will rise.

BREAD MAKING TIPS

If you are new at making bread, start with a ½ recipe (2 loaves). It is easier to make a mistake and throw away 2 loaves than 4 loaves.

When measuring wheat flour, spoon it into the cup. This is like sifting it. (You cannot sift wholewheat flour because you will sift out the heavier bran, which contains many of the nutrients.) A cup of flour should weigh between 3 ½ to 4 oz.

Better to let bread under-rise than over-rise.

The older the wheat the less gluten it will contain, and will not rise as well. You can add gluten flour to help. Lecithin (an emulsifier) can be added to soften the bread and add nutrition,

can help stop heartburn - can cause to fall in center too much

When making bread keep two things in mind:

- * Keep your dough warm. Use very warm water.
- * Using too much flour makes stiff bread. The stickier the bread dough the softer the bread. Add the flour while kneading until the dough is just past sticky.

For a light whole-wheat pastry flour: (cream puffs, etc.)

2 cups wheat flour
½ cup barley flour
1 cup oat flour

*for one cup = ¾ c wheat flour
¼ c corn starch
makes lighter flour*

Bread is done when a thermometer inserted into the bread reads 190 degrees.

“If you are without bread, how much wisdom can you boast, and what real utility are your talents,.....If you cannot provide for your natural lives, how can you expect to have wisdom to obtain eternal lives?” President Brigham Young

What is the gluten found in wheat?

Gluten - Vegetable protein that is found in wheat. It is the sticky substance in the wheat which traps the bubbles of carbon dioxide that form when the yeast "feeds" on sugars in the dough. Gluten holds the gas bubbles, causing the dough to rise.

Factors that affect the development of gluten in baked goods:

1. The amount of gluten-forming proteins in the wheat flour used. *old wheat has less*
2. The amount of fat in the product inhibits the formation of long gluten strands, so more shortening yields a more tender product.
3. Mixing is necessary to develop the gluten strands, so more mixing creates a chewier product.
4. Liquid is necessary to the development of the gluten, and more liquid generally is used in products where a chewier texture is desired.

Example: pie crust should be very tender, so a good pie crust uses low-gluten flour, lots of shortening, very little liquid, and is mixed only until combined.

Storing wheat in an air-tight container will not decrease the gluten content of the flour. Gluten content decreases because of the age of the wheat.

Pam Crockitt - Wheat Cooking Made Easy

Available at Macross - soon!

COOKING PROCEDURE FOR WHEAT

Bulgur:

Place wheat in saucepan, cover with water. Bring to boil, turn off heat and let rest 1-2 hours. Drain and spread thinly on cookies sheet. Dry in oven at 200 degrees, until very dry so it will crack easily. Leave whole or crack in moderate size pieces, using a mill grinder or mortar and pestle. Store in airtight container.

This processed bulgur, when thoroughly dried, is easily stored and may be used in many wheat recipes. If the recipe calls for cooked wheat or bulgur, simply boil in water for 5 to 10 minutes, it will double in volume. (1 cup bulgur to 2 cups water.)

Cooked Whole Wheat:

Thermos Method: ½ - 1 cup wheat kernels (berries)
 1 quart boiling water ½ teas. salt

Put Wheat berries into a thermos and add boiling water to thermos.

Screw on lid and let sit for 2 hours or overnight. Strain, and serve with milk, honey or sugar (brown or white).

Crockpot: 1 cup whole wheat to 3 cups water, ½ teas. salt

A. Heat crock pot on high and pour boiling water over wheat. Turn off crock pot, cover and let sit overnight.

B. With crock pot on high add water and wheat. Cover and leave on high for 1 hour. Turn off crock pot and leave covered with lid for 4 hours.

Stove top: 1 cup wheat kernels to 2 cups water, ½ teas salt

Bring water to a boil and add wheat kernels and salt. Simmer on low until kernels are tender, 20 - 30 minutes.

Cooked Crack Wheat:

1 cup raw cracked wheat. 2 cups water. ½ teas. salt

Bring water to boil, add wheat and salt. Simmer on low uncovered until water is

Wheat for storage should have low moisture (less than 10%) and a protein content of 12-15%. Wheat can be stored in the #10 cans for 20 years or more...if you are using older wheat you may need to add some gluten flour when baking when baking bread, (available at health food stores, (about 1/4 cup for every 4 cups of flour).Gluten flour should be stored in a cool, dry place and used within a year.

1 cup wheat grinds to approximately 2 cups flour
#10 can of wheat holds 5.8 pounds (13 cups) and will produce more than 20 cups of flour.

Canning the wheat in a airtight container (ex: #10 can with an oxygen pack) will make the wheat unable to sprout. If you want sprouts, leave the oxy- pac out of the can and label it “wheat for sprouting”.

WHEAT TERMS

Bulgur: Whole kernels that have been precooked for easier and quicker use later.

Wheat Berry: Either the whole kernal in the raw form or the whole kernel cooked and softened.

Cracked Wheat: Wheat that has been ground with the stones not as closed together, creating a coarser product.

Whole Wheat Flour: Flour ground from the wheat kernel

Wheatmeat: Made from flour and water that has been washed in cold water and “washed” (washing out the starch) until it is the texture of bubble gum. It is then baked and run through a meat grinder for ground beef casseroles, or formed into “roasts” or “tube steaks”, even chicken roasts and fish cakes.

Cooked whole wheat or cracked wheat can be used as a meat extender in any recipe.

Wheat is a whole grain seed. It is made up of the bran, endosperm, and the germ. It is rich in protein, iron, niacin, calcium, thiamin, riboflavin as well as vitamins E and B. When sprouted, it also supplies vitamins A and C, which would help you maintain your health if you had little or no fresh fruit or vegetables available in your diet.

To make white flour, the bran and germ is removed, leaving only the endosperm. To make wheat flour, the bran, minus many of the nutrients, is added back in. There are 24 nutrients available in fresh-ground whole wheat flour. There are 5 available in store-bought wheat flour.

Whole wheat flour goes rancid, (because of the oil in the wheat germ) so treat it as a dairy product....refrigerate and use quickly! Freezing doesn't change the stored grains, so if you are not using the fresh-ground flour within 24 to 36 hours, freeze it.

Why Store Wheat?

Easy to store

High nutritional value

Why Rotate?

Emotional challenge when disaster strikes. If you don't know how to cook with your wheat you won't be able to use it. It will be a shock to the body, if you have not been using wheat. You should introduce wheat foods to your family a little at a time.

TYPES OF WHEAT

Hard wheat -red or white. Best for bread-making.

Soft wheat - red or white. Better for making pastries and crackers.

The Home Storage Center provides hard red and white wheat with the desired protein and moisture amounts.

MESSAGE FROM THE FIRST PRESIDENCY

Dear Brothers and Sisters:

Our Heavenly Father created this beautiful earth, with all its abundance, for our benefit and use. His purpose is to provide for our needs as we walk in faith and obedience. He has lovingly commanded us to "prepare every needful thing" (see D&C 109:8) so that, should adversity come, we may care for ourselves and our neighbors and support bishops as they care for others.

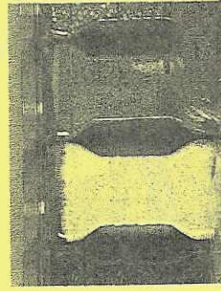
We encourage Church members worldwide to prepare for adversity in life by having a basic supply of food and water and some money in savings.

We ask that you be wise as you store food and water and build your savings. Do not go to extremes; it is not prudent, for example, to go into debt to establish your food storage all at once. With careful planning, you can, over time, establish a home storage supply and a financial reserve.

We realize that some of you may not have financial resources or space for such storage. Some of you may be prohibited by law from storing large amounts of food. We encourage you to store as much as circumstances allow.

May the Lord bless you in your home storage efforts.

The First Presidency



THE BASICS OF FAMILY HOME STORAGE

THREE-MONTH SUPPLY

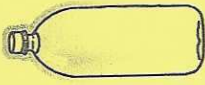
Build a small supply of food that is part of your normal, daily diet. One way to do this is to purchase a few extra items each week to build a one-week supply of food. Then you can gradually increase your supply until it is sufficient for three months. These items should be rotated regularly to avoid spoilage.



DRINKING WATER

Store drinking water for circumstances in which the water supply may be polluted or disrupted.

If water comes directly from a good, pretreated source then no additional purification is needed; otherwise, pretreat water before use. Store water in sturdy, leak-proof, breakage-resistant containers. Consider using plastic bottles commonly used for juices and soda.



Keep water containers away from heat sources and direct sunlight.

FINANCIAL RESERVE

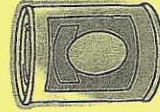
Establish a financial reserve by saving a little money each week and gradually increasing it to a reasonable amount (see *All Is Safely Gathered In: Family Finances* guide).

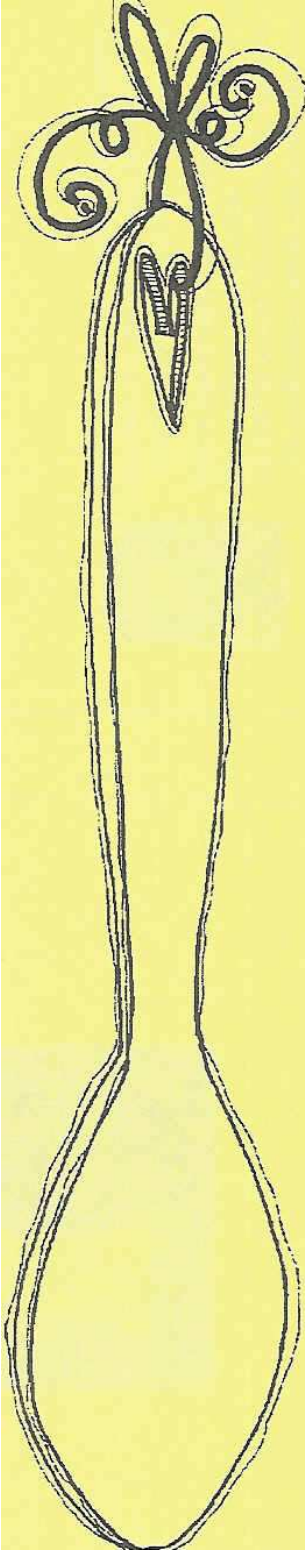


ONE-YEAR SUPPLY

For longer-term needs, and where permitted, gradually complete your one-year supply with food that will last a long time and that you can use to stay alive, such as wheat, white rice, and beans.

These items can last 30 years or more when properly packaged and stored in a cool, dry place. A portion of these items may be rotated in your three-month supply.





“The Wooden Spoon”

A cooking school dedicated to providing instruction on using recommended home storage commodities.

wheat

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