
GROWING WHEAT @HOME



Wheat is a member of the grass family, genus *Triticum*, that produces a dry, one-seeded fruit commonly called a kernel. More than 17,000 years ago, humans gathered the seeds of plants and ate them. After rubbing off the husks, early people simply chewed the kernels raw, parched or simmered.

Modern bread wheat has 17 billion base pairs making up its genome, 5x more than the human genome and 40x more than rice genome. Today, wheat is used to make products like breads, cookies, crackers, cakes, noodles, pastries, and more.

Wheat likes to germinate in soil between 54°F-77°F. Under optimal conditions wheat will sprout in ~7 days. Follow the instructions below to grow your wheat plant.

Follow this protocol to grow your wheat seeds at home:



1: After planting your wheat seeds with Salk, bring your seed cup home and place in a location that receives at least 6 hours of sunlight each day.



2: Water your seed cup by allowing it to soak in a bowl of water until the soil and cup are fully saturated—the cup will turn a dark brown color.

Allow the seed cup to fully dry and harden before watering again—the cup will turn a light brown color. This prevents overwatering and reduces spores from forming molds.



3: Once your seeds have sprouted and are more than a foot tall, it is time to plant in the ground or a larger container. Place the entire seed cup into soil, cover and water. Do not break up the seed cup, the roots will penetrate the cup wall, eliminating transplant shock. Unrestricted root growth ensures a healthier, stronger plant.



4: Over months, the wheat will grow and produce wheat heads. Once this happens the plant will slowly start to dry out. To test whether your wheat is ready to harvest, pull a few grains out of the wheat head and pop them in your mouth. Ready-to-harvest wheat berries should be hard, not chewy. If they're chewy, they aren't ready to harvest yet. The majority of the plant will be dried, the tops completely golden with no green and the heads will be bending down slightly, not standing straight up.

Sources:

*AgriFarming, 2023, <https://www.agrifarming.in/wheat-seed-germination-time-temperature-procedure>

*CowPots - The Pots You Plant, 2023, <https://cowpots.com/how-to-use>

*The Art of Doing Stuff, 2023, <https://www.theartofdoingstuff.com/im-growing-wheat-this-year-and-you-can-to>

*Wheat World, 2023, <https://wheatworld.org/wheat-101/>