Planting winter wheat is a great activity for those wanting to be more in touch with food. This crop is an especially fun activity for school gardens!

**Planting Guide**

**Planting/Care:**
- Plant in mid-October
- Weed and break up the soil where you will plant
- Sprinkle the seeds evenly over your growing area (each pack covers 40 sq ft)
- Using a hard rake or your hands, lightly rake the soil to ensure the seeds have good soil contact

**Harvesting/Storage:**
- It is ready to harvest when the plant has turned a straw color (typically mid-June)
- Cut the whole plant at ground level
- Lay out in a sheltered area to fully dry. Once dry, you can bundle it to store for later processing or process it right away.
- To process:
  - First, thresh the wheat (remove the grains from the stems) by banging it on the inside of a trash can or plastic tub or by laying it on a tarp and stomping on it
  - Next, winnow it to remove the wheat from the chaff (straw, hulls, and other debris)
    - To winnow, pour wheat and chaff between two containers in a windy place or in front of a fan. The lighter chaff will blow away while the heavier wheat will fall into the container below.