

Here is some information from Rodale's "All-New Encyclopedia of Organic Gardening", page 282:

"A typical family uses about a bushel of wheat (60 lbs.) a year, plus about 1/4 - 1/2 bushel of other grains. Given reasonably good conditions, you should be able to grow a bushel of wheat in a 20' x 50' plot (1,000 square feet).

"Grain are easy to plant: Simply work the soil into a good seedbed and broadcast the seed by hand or with a crank-type seeder. Rake the soil lightly to work the seed into the top 2" of ground. Spread a loose straw mulch after seeding to help conserve moisture and control weeds.

"Wheat prefers a nearly neutral (about 6.4 pH) soil. and does best with a cool, moist growing season followed by warm, dry weather for ripening.

"Winter wheat is planted in the fall, stays green until early winter, then goes dormant until spring. The onset of warm weather causes rapid new growth and seed heads develop within two months. Winter wheat ripens about the first week of June in the South, later to the north.

"Spring wheat is planted at the beginning of the growing season and ripens in mid to late summer. It tolerates drier conditions than winter wheat, but doesn't yield as well.

"Hard red winter and hard red spring wheat are used for bread baking. Soft red winter and white wheat are used primarily for pastry flour. Durum wheat is used for making pastas. Regardless of their commercial use, all the wheats make good bread. There are many cultivars: choose those commonly grown in you area.

"Plant spring wheat at about the same time as the average last killing frost. Plant winter wheat at about the time of the average first fall frost. If Hessian fly, a common wheat pest, is a problem in your area, be sure to plant after the "fly free date." Check with your local extension office for this date. Use about 4 lb. of seed per 1,000 square feet."