

Harvest of the Month – September Poster is Wheat

We hope you are proudly displaying the poster featuring the combine making its way through one of the top state crops. Most students have seen these gigantic machines rolling through a field but many have not seen one up close. Connecting the farm to the table might mean making arrangements for a combine to visit the school or maybe just the farmer who drives the combine. Inviting the farmer to break bread with the students during the lunch hour might give them the opportunity to pose questions about the hours he or she works, what they do in the winter when the wheat has been harvested and what the price of wheat is right now.

At least, check out the great resources that the North Dakota Wheat commission has available. Education activities for the elementary grades will help teachers explain how the wheat seed that a farmer plants in the ground becomes the bread or pasta on their table. [Educational Activities & Materials | ND Wheat Commission](#)

The recipes that are posted on the ND Wheat Commission would give you some ideas for menuing wheat. These recipes are not standardized for a school kitchen but could be if you were interested. We can calculate the components for you. Contact our office with your recipe(s) at dpicnfd@nd.gov

Send us pictures of how you feature wheat during September! We would love to see them!

Poster Schedule:

MONTH	CROP	INDUSTRY CONTACT	WEBSITE FOR ACTIVITIES
September	Wheat	North Dakota Wheat Commission	1. Consumers ND Wheat Commission 2. Educational Activities & Materials ND Wheat Commission
October	Canola	Northern Canola Growers Association	3. Kids Northern Canola Growers Association
November	Sunflowers	National Sunflower Association	4. All About Sunflower (sunflowerusa.com)
December	Sugar Beets	Red River Valley Sugarbeet Growers Association	5. www.sugar.org
January	Potatoes	Northland Potatoes; Northern Plains Potato Growers Association	6. Northern Plains Potato Growers Association (nppga.org)
February	Pulses/Dried Peas	Northern Pulse Growers Association	7. www.northernpulse.com
March	Soybeans	North Dakota Soybean Council	8. https://ndsoybean.org/educational-materials/
April	Honey/Bees	ND Beekeepers Association	9. Home (ndbeekeepers.org) 10. https://honey.com/nutrition/hp-resources
May	Beef	North Dakota Beef Commission	11. Classroom Resources (ndbeef.org)

September Poster: Wheat

NORTH DAKOTA Harvest of the Month



Wheat Facts



- 1 bushel of Hard Red Spring wheat makes 42 loaves of white bread and 64 loaves of whole wheat bread.
- On average, North Dakota produces enough wheat each year to make 15 billion loaves of whole wheat bread.
- The Philippines buys the greatest amount of Hard Red Spring wheat.
- There are six different classes of wheat grown in the U.S., each is used to make different wheat foods.
- North Dakota primarily grows hard red spring wheat and durum and is the largest producer of both classes
- Hard Red Spring wheat makes hearty breads, rolls, croissants, bagels and pizza crust
- The kernel is the seed from which the wheat plant grows. Each seed contains three parts that are separated during the milling process to produce flour.
- North Dakota exports wheat to nearly 80 countries.
- Licorice and Playdoh both contain wheat.
- 1 bushel of Durum makes 42 pounds of pasta.
- On average North Dakota grows enough durum for about 2 billion pounds of pasta which equates to 16 billion servings.
- There are more than 600 unique pasta shapes.
- North African countries use durum wheat to make couscous – a very small size of pasta.
- The top export market for U.S. durum is currently Italy.
- On average the U.S. consumes about 6 billion pounds of pasta each year, making it the largest consumer in the world in overall consumption.



October Poster: Canola

HARVEST OF THE MONTH

CANOLA

CANOLA PROVIDES AN IDEAL HABITAT FOR HONEY BEES & NORTH DAKOTA IS THE TOP HONEY-PRODUCING STATE IN THE NATION!

- CANOLA OIL IS A HEART HEALTHY OIL HIGH IN OMEGA-3'S, CHOLESTEROL FREE & TRANS-FAT FREE!
- CANOLA MEAL IS USED AS FEED FOR LIVESTOCK!
- CANOLA CAN BE MADE INTO BIODIESEL FOR CARS TO USE AS FUEL THAT DOESN'T POLLUTE THE PLANET!

OVER 80% OF U.S.A. CANOLA IS GROWN IN NORTH DAKOTA!

SCAN THE QR CODE FOR MORE INFORMATION ON CANOLA!