

Wheat Storage Worksheet

HARD WHITE WHEAT

Typically, this wheat will make up the bulk of your storage. It's the most versatile and most widely used. Use it in all recipes that also call for yeast. It yields a tasty loaf of bread similar to store-bought "whole wheat" bread.

HARD RED WHEAT

Hard red wheat is favored by those who like a darker and heartier bread. Some bread bakers combine hard white with hard red for an in-between flavor and texture. For beginners, it's best to try different combinations (50/50 red to white, 30/70 red to white, etc.) until you find a combination you love. It's not necessary to store any hard red wheat if you don't like the flavor and baking results.

SOFT WHITE WHEAT

For all other baking needs, soft white wheat is necessary. Cookies, pie crust, cakes, bars, and any other recipes that require flour, but not yeast, will give best results when soft white wheat is used.

How much wheat should you store? Most food storage experts suggest 150 lbs. per person, per year. It's helpful to have a storage goal for each type of wheat, with the total number of pounds calculated for your family size. Follow these three steps to set storage goals for these three wheat types.

STEP 1: 150 lbs. wheat x _____ people in my family. Total pounds of wheat: _____

STEP 2: Calculate how much wheat you want of each type.

Hard White: _____%

Hard Red: _____%

Soft White: _____%

(Your percentages should add up to 100%.)

STEP 3: With a calculator figure how many pounds you need to store of each type in order to meet your wheat storage goal in STEP 1. Multiply the total pounds of wheat times each percentage in STEP 2 written as a decimal. Example: 35% becomes .35 in your calculations.

Hard White: _____ lbs.

Hard Red: _____ lbs.

Soft White: _____ lbs.

Be sure to include enough of each ingredient to make loaves of your homemade bread: yeast, honey, salt, dehydrated milk, etc.