

Wheat

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Wheat began civilizations and protects the human body.

GEEK TALK

Triticum vulgare

BUT WE TALK

Wheat, Trigo & Gehun, Godimai

DID YOU KNOW?

Wheat is probably the oldest example of hybridization in agriculture. It is a cross between 3 different species of grass.

The human ability almost 10,000 years ago to cultivate wheat probably resulted in the development of human communities and ended the peripatetic hunter-gatherer existence of man.

More land is used for wheat cultivation than any other crop, though in terms of production it is second only to Corn (Maize).

World trade in wheat is greater than for all other crops combined. Globally, wheat is the leading source of vegetable protein in human food, having a higher protein content than soybeans or the other major cereals, maize (corn) or rice.

These items on a food label indicate the presence of wheat: durum, semolina, maida, farina, bran, bulgur, graham, patent, wheat germ, thickener, and flour. Gluten, gliadin, hydrolyzed vegetable protein, starch, and monosodium glutamate are also present in Wheat.

KITCHEN PHARMACY

- The study published in the American Journal of Clinical Nutrition describes the importance of whole wheat rather than refined to maintain healthy body weight.
- Wheat bran contains phytochemicals such as phytic acid

and lignins that have shown to inhibit in vitro and in vivo growth of mammary cancer.

- The protective effect of wheat bran in breast carcinogenesis is greatest at the promotional phase when supplemented to a high-fat diet.

GEOGRAPHICAL DISTRIBUTION

Wheat originated in Iraq, near the Tigris and Euphrates river valley, the “cradle of civilization”, thousands of years ago and has been grown in Canada for at least two centuries.

The Roman goddess, Ceres, who was deemed the protector of the grain, gave grains their common name today – “cereal.”

Top five producers of wheat are China, India, the Russian Federation, the US, and France. Dutch wheat farms are the most productive in terms of yield per hectare.

RECIPES USING THIS INGREDIENT

