

Fun Facts about

WHEAT

- Whole grain wheat provides a good source of protein, iron, magnesium, phosphorus, zinc and the B vitamins thiamin (B1) and niacin (B3).
- Wheat is a relative of grass and was one of the first crops cultivated and domesticated over 10,000 years ago in the Fertile Crescent.
- Americans eat more wheat than any other food and it provides 20% of the world's calories.
- Whitman County is the largest wheat producing county in the U.S.
- The first wheat in the Pacific Northwest was planted in 1825 at Fort Vancouver, Washington.

