Wheat is Grass...
Grow a Plot in a Pot!

You don't have to live on a farm to start a crop of wheat. Here's how to grow a little plot in a little pot:

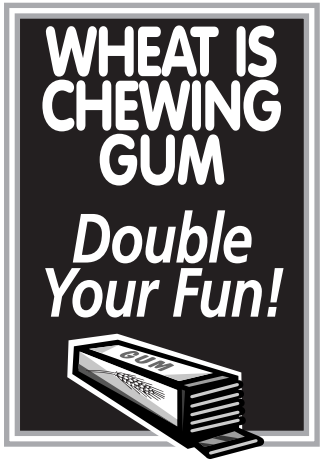
1. Fill a small clay pot (or any container) with potting soil.
2. Evenly spread a layer of grains over the top of the soil without overlapping the seeds.
3. Cover seeds with a thin layer of soil – like a blanket.
4. Water to moisten soil, and keep it moist (but not drenched) each day.

In 5-7 days, the seeds will sprout into bright green blades that require little water and are uniquely sweet and refreshing. Every morning each blade will be tipped with a glistening tiny droplet of moisture. Once the seeds grow to about 6 inches, pinch off 10-12 blades at a time and chew them to extract the juice. Yes, graze like a cow. Juicy, invigorating and nourishing. When you've chewed up all the flavor, throw out the remaining fiber or ... swallow it like a grazing cow!

The sweet, strong-tasting juice in each blade is filled with chlorophyll – and is reported to hold 92 of the 102 minerals found in soil as well as almost all the vitamins known to benefit humans. Scientists and health enthusiasts claim that wheat grass is a miracle food with benefits that range from purifying the blood to preventing gray hair. A miracle food? Maybe – but no one will argue that each blade has a taste and an elegant beauty that evokes wonder and draws the attention of cats as well as humans.

You can buy whole grains of wheat (also known as wheat berries) in almost any natural foods store. Look for "hard red winter wheat".

BACK IN THE OLD DAYS, before you could buy sticks of chewing gum in the store, farmers made their own with grains of wheat. And you can, too. It's simple, satisfying, and good for you. Follow these easy steps:



Place about 40 grains of wheat in your mouth, crunch down slowly, and start chewing. Your jaw and teeth will turn into a stone grinder, and you will immediately begin to taste the nutty flavor of whole wheat. If you continue chewing for a few minutes — swallowing the excess saliva but not the grains — there will be a little mound of dough right inside your mouth. Keep chewing, and it will get smoother and soon turn into a wad of old-fashioned farmer's chewing gum. Farmer's gum is pure wheat gluten. It has a pleasing texture and will last and last.

Gluten is a stretchy gummy protein in wheat that allows bread to rise. Here's how it works. When baker's yeast is mixed into dough, the yeast cells divide and produce tiny bubbles of carbon dioxide. The gluten in the wheat flour traps the bubbles produced by the yeast, forming little balloons that expand and make the dough rise. If you look closely at a slice of bread, you can see a cross section of the bubbles. So, in a way, bread dough is a form of "bubble gum". Kneading dough (like chewing the farmer's gum) helps to develop the gluten. This makes the gluten strong so the bubbles can stretch without tearing. Strong gluten in dough helps the bread dough rise higher and produces a lighter, fluffier bread.

Are you still chewing?

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