

Grow



STEP 1

Find a suitable back garden plot and choose the wheat you wish to plant. We chose Organic Wheat Grain.

STEP 2

Dig a shallow trench in soft soil to plant your seeds. Scatter seeds over area.

STEP 3

Cover the seeds with the soil to make a bed and water them thoroughly.

STEP 4

Check the development of seeds on a daily basis to ensure growth is occurring. This is our seed development after 4 weeks. They were around 4cm high.

Harvest



STEP 5

When your seeds reach the required height, remove the kernels for grinding.

STEP 6

Grind the kernels until they form a flour suitable for home baking.



GROW YOUR OWN LOAF



Cook

STEP 11

Enjoy.

STEP 10

Place into preheated oven (200 degrees) and bake for 45 mins.

STEP 9

Cover tin with a clean tea towel and leave to prove for 30 mins. Dust the top of the loaf with a little more flour and slash the top with a sharp knife.

STEP 8

Knead the formed dough for 10 minutes until elastic. Push air out and mould into a rugby ball shape before placing into a loaf tin.

STEP 7

Mix together 500g of the flour, 7g yeast and a tspn salt. Form a well in the middle of a bowl to pour 350ml lukewarm water into.