

# Grow your own loaf.

1. Wheat is a cereal and is very easy to grow. The first step is to choose your space – wheat needs a good amount of sunshine so don't choose a very shady spot. Wheat can be out competed by weeds so choose an area which has been used for growing before.
2. Remove any weeds, dig over the soil and rake the soil into a fine tilth. Once the soil starts to warm up, you can plant your wheat seeds. They need covered with a thin layer of soil but don't bury them too deeply.
3. Once planted they may need protection from birds like pigeons and this can be done by simply pulling some netting over the top. This can be removed after all the seed has germinated.
4. The wheat can then be left to grow. You shouldn't need to water it unless the summer is very dry. The wheat matures in September/October time when it changes from green to golden and the wheat seed heads go from being upright, to drooping downwards.
5. When the wheat is ready it can be harvested. You can do this using scissors.
6. The cut wheat needs to be held in bundles, keeping hold of the stalks, the bundle can be put in a pillow case and the wheat seed heads can be hit onto a hard surface. The idea is that the seeds from the wheat head are dislodged into the pillowcase. This will only work if the wheat is ripe.
7. Once the seeds are dislodged they can be taken out of the pillowcase and poured onto a newspaper which will sit on the windowsill to finish the drying process.
8. The dried seeds then need to be separated from the papercases (chaff). This can be achieved by blowing a hairdryer at the seeds. The papery chaff will blow away whilst the seeds which are heavier will not.
9. These wheat seeds are now ready to grind. Depending on how many we get, you may want to add your flour to some shop bought flour before making your loaf.

