

# what is WHEAT

AND HOW IS IT GROWN?

**WHEAT IS A GRASS THAT IS CULTIVATED FOR ITS SEED—AN ANCIENT CEREAL GRAIN THAT IS A WORLDWIDE STAPLE FOOD.**

Wheat is the principal food grain produced in the United States. In 2022/23, U.S. farmers are estimated to have produced a total of 1.65 billion bushels of wheat from a harvested area of 35.5 million acres. Wheat is grown across the U.S. in more than 40 states, and those amber waves of grain are mainly concentrated in the Wheat Belt, which covers a large swathe of the U.S. central plains.

Most U.S. wheat is grown on family farms. It is common for farmers to rotate their plantings between different crops in a field to break disease and pest cycles and preserve soil health. In some drier regions, growers plant crops in a field for two years, then the land is left fallow for a year to build moisture for the next crop year. Wheat is one of the most sustainable crops; it's water efficient and nitrogen efficient with a low carbon footprint compared to other crops.

Wheat is one of the most versatile plants on planet Earth, and it's a versatile ingredient in the kitchen too. Wheat foods can be savory or sweet, simple or complicated.

