


# WHEAT 101

## CLASSES OF WHEAT


Wheat is classified primarily by growing season. **Winter wheat** is planted in the fall and harvested in the spring. 70% of wheat grown in the U.S. is winter wheat. **Spring wheat** is planted in northern climates in the spring and harvested in late summer/early fall. Beyond the growing season, wheat is further categorized **according to color** (white/red), **hardness** (soft/hard), and **shape** of its kernel. The result is six classes of wheat.

## Classes of Wheat


### HARD RED WINTER

 Versatile, with excellent milling and baking characteristics for pan bread, Hard Red Winter is also a choice wheat for Asian noodles, hard rolls, flatbreads, general-purpose flour, and cereal.


### SOFT WHITE

 A low-moisture wheat with high extraction rates, providing a whiter product for exquisite cakes, pastries, and Asian-style noodles, Soft White is also ideally suited to Middle Eastern flatbreads.


### HARD RED SPRING

 The aristocrat of wheat when it comes to “designer” wheat foods like hearth breads, rolls, croissants, bagels, and pizza crust, Hard Red Spring is also a valued improver in flour blends.


### HARD WHITE

 The newest class of U.S. wheat, Hard White receives enthusiastic reviews when used for Asian noodles, whole wheat or high-extraction applications, pan breads, and flatbreads.

### SOFT RED WINTER

 A versatile weak-gluten wheat with excellent milling and baking characteristics, Soft Red Winter is suited for cookies, crackers, pretzels, pastries, and flatbreads.

### DURUM

 The hardest wheat, Durum has a rich amber color and high gluten content, ideal for pasta, couscous, and Mediterranean breads.

Keep in mind that the harder the wheat, the higher the protein content in the flour. Soft, low-protein wheats are used for cakes, pastries, cookies, crackers, and muffins, while hard, high-protein wheats make excellent goods requiring size, like breads and rolls.

