Preparedness Hints

More About Wheat





Some of you may not be "converted" to wheat and exclusively use white flour. So, this issue will talk specifically about the benefits of whole wheat flour versus white flour.

First of all, whole wheat flour can be made at home from properly stored wheat which can be stored for a long time. White flour must be purchased as such and doesn't store nearly as well as whole wheat.

Second, white flour is highly processed from the whole grain. The specific end in mind is to create a commercial product that won't turn rancid or spoil, something that nutritious whole grain flour will do.

I am taking the following information from "Making the Best of Basics" by James Talmage Stevens. There was a study conducted that compared equal-sized slices of white bakery bread and homemade wheat bread. It identified all the vitamins, minerals, amino acids, and calories. Computer calculations showed that it would take 130 slices of white bread to equal the nutrition of 1 slice of homemade whole-wheat bread.

Finally, I will quote a story told in the same book.



"Have you ever seen a trail of ants? The next time you see such a trail, gather some children or curious adults and do this scientific experiment. Merely take a quarter cup of white bleached flour from the sack in your kitchen and make or lay a strip barrier across the ant's trail. As the ants march along their trail, you'll notice they move with great speed. However, when they reach the flour barrier, they'll begin to make crazy little circles in a seeming fit of confusion. Ultimately, an ant scout will find the outer edge of the flour barrier and all the ants will follow the scout back to the other side of the flour strip. They resume their orderly trail speed and continue on their path.

"To finish the experiment, use the same amount of fresh-ground whole-wheat flour and make a similar barrier strip 3-4 feet away from the white flour strip. With a magnifying glass, you should be able to see the ants within 12 to 18 inches turn their heads toward the whole wheat. They'll literally stop in their tracks, turn around and go back to the whole-wheat flour and devour it!"

The son, of the author of this story lives in Texas where garden pests are a problem. He relates how proud he is of his organic garden because it had no insect problems. He said they only buy white bleached flour to put in his dust gun to dust his vegetables and its the most effective treatment he's found for keeping the pests at bay!"

The point of all this is to hopefully convince you to store and use whole wheat as part of your home storage program. It is inexpensive, easy to use, and very nutritious.

