Preparedness Hints

Wheat





Property stored, wheat will store for many years. Wheat was discovered in the pyramids after centuries of storage. Wheat won't remain edible forever and because of this you need to use and rotate your wheat.

Wheat should be kept between 45 and 65 degrees, dry to promote good storage life and sealed to prevent infestation and contamination. Wheat draws moisture, so it is important to protect wheat from high humidity and high temperature. Use boards (or wooden pallets) to prevent bottoms of containers from touching concrete, earth, or any moisture-conducting surface.

Fumigating Wheat for Storage

There as several ways to fumigate wheat: dry-ice, freezing, heating, and organic means are all available. We will only cover the dry-ice method.

Place your dry ice on the bottom of your container then fill with wheat.



If you wish you can place a non-conductive material such as wax paper on top of the dry ice to prevent the wheat from coming in contact with it. Press lid down gently so some air can escape but don't make it an airtight seal just yet. After 20-30 minutes, check to see if dry ice has completely subliminated by feeling the bottom of the container. If it's still icy cold, wait another 5 minutes, then check again. When the dry ice is completely gone, seal container.

Other things to keep in mind when storing wheat:

1. Don't store wheat in containers that hold more than 100 lbs. Large containers are difficult to move and any infestation or spoilage will ruin the entire container.

2. Do not store wheat near hot or cold water pipes, heating ducts, washer or dryer (vented or not) or where laundry is hung to dry.

3. Do not store wheat in an unheated garage or non insulated space or in a basement or underground space not completely dry.

4. Do not put salt in your wheat.

5. Do not use garbage cans for wheat storage since an airtight seal is almost impossible to achieve.

When using whole wheat flour, grind only enough to use within one week. Natural whole-wheat flour has practically no food value remaining after 30 days at room temperature. Refrigeration will extend the life to 6 months.

The following roll recipe is delicious...



Quick Rolls

2 C. warm water
1/2 C. cooking oil
1/3 C. honey
3 T. yeast
1 tsp. salt
2 eggs
6-7 C whole wheat flour

(Use oil on hands and kneading surfaces for easier handling.) Mix water, oil, honey and yeast. Set aside 15 minutes. Add rest of ingredients and mix well (5 minutes or so on your mixer.) Form into desired shapes and let rise 20-30 minutes or until double. Bake 15 minutes at 400. Makes 2 dozen.