

AVAILABLE/IN-SEASON
JULY - SEPTEMBER

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Michigan Wheat

Michigan wheat: Harvested with care for high-quality grains.

Michigan Wheat Facts:

- Michigan is home to 500,000 acres of wheat in 75 of Michigan's counties
- The economic impact of wheat in Michigan is \$180 million
- Michigan farmers produce 35.7 million bushels of wheat annually
- Michigan harvests both red and white varieties of wheat

Nutrition

- The complex carbohydrates in bread and other grain-based foods provide essential fuel the body needs
- Enriched grains, like "white" breads or pastas, are enriched with niacin and iron and fortified with folic acid, thiamin and riboflavin in twice the amount found in whole grains
- Essential B vitamins found in enriched grains help maintain a healthy nervous system and increase energy production
- Enriched grains are made using flour milled from the grain's endosperm rather than the whole grain
- Whole grain foods contain flour milled from the whole kernel grain
- Whole grains are naturally low in fat and are a good source of fiber
- Whole grains contain selenium, potassium and magnesium which can collectively help boost immunity, lower blood pressure and prevent heart disease and some forms of cancer.

Michigan's wheat farmers take great care to produce that hearty slice of whole grain bread, the flour that finds itself in your favorite baked goods and many other delicious breads, crackers, and cookies.

