

Grow a Loaf: Harvest help sheet

Harvest: To pick, collect, or gather crops from the fields
It will soon be time to harvest your wheat crop.



1. Your wheat is ready to harvest when the stalks and ears have turned from green to golden/pale brown.
2. Cut stalks close to ground (shears or normal scissors ok)
3. Gather into small bundles/sheaf with ears together
4. Remove the stalks, with scissors, from the stalks, these can be used for animal bedding, corn dollies or composting.

Threshing: To free the grain from the husk or chaff



Wheat grains



Chaff

Different threshing techniques:

- Lay sheet/tarpaulin down
- Place ears of wheat on sheet
- Bash ears with hard objects!
- Blow or flap cardboard to fan chaff away

Or

- Place ears in bag (hessian bag or pillowcase) and bash against a hard surface. This video demonstrates this method: [Wheat Threshing and Winnowing by Hand](#)

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Sieving: To separate any grains from unwanted items



1. Using sieves (EYFS sand sieves would be ideal – washed thoroughly!)
2. Remove any creepy crawlies or black pellets (possibly rodent poo)**
3. ** if you find any grains with a powdery coating, elongated grains that are purple or black (signs of a toxic fungus called ergot) or small round black balls (a fungal infection) all the grain will need to be thrown away**

Milling: Grinding grains into flour



Grain can be milled in coffee grinders, manual or electric.

Flour can be stored in paper bags until ready to be used.

Hannah, B&HCC Farm Coordinator has two manual grinders that can be borrowed.

Baking: Use your homegrown flour to make some bread!

Wheatsheaf loaves are traditional breads shared at harvest festivals.

