

# **Wheat Life Cycle 101, How to Grow What Make Best Health Food Nutrition, 5-10 min Nature Crop Plant**

The first growth stage of wheat is germination/emergence which is the process by which the seed sprouts and begins to grow. After emergence, the plant begins to produce tillers and the plant reaches its maximum height which can vary depending on the variety of the wheat. At the booting stage, the stem starts to produce the spikes/heads which is the part of the plant that contains the grain. After the booting stage is the heading/flowering stage which is when the wheat heads begin to produce flowers, which are responsible for producing the grain. The grain fill stage is when the plant starts to put on some weight and the grains start to mature. During the last growth stage of ripening, the grains continue to reach maturity.

## **Wheat life cycle stages**

Planting is the beginning of the wheat's life and it takes place in the fall/spring. The first growth stage of wheat is germination/emergence which is the process by which the seed sprouts and begins to grow. After emergence, the plant begins to produce tillers which eventually produce additional heads of wheat, making this stage very important for the yield. Next is the booting stage where the stem starts to produce the spikes/heads which is the part of the plant that contains the grain. After the booting stage is the heading/flowering stage which is when the wheat heads begin to produce flowers, the reproductive part of the plant responsible for producing the grain. Once the flowers have been pollinated, the plant enters the grain-filling stage where the grains start to mature. During the last growth stage of ripening, the grains continue to reach maturity and their color changes from green to yellow and they become hard and dense.

## **Wheat harvesting**

Wheat harvesting takes place in the summer when the grain is removed from the plant and the kernels are separated from the straw. The life of wheat takes about 4-6 months from planting to harvesting. The time for each stage of wheat's life may vary depending on environmental conditions such as temperature, moisture, and sunlight. It may also depend on the variety of wheat being grown, the region, and farming practices. Once the wheat is harvested, the kernel can then be further processed to flour for foods such as bread, pasta, pizza crusts, cereals, cakes, etc. Wheat is a great source of carbohydrates, dietary fiber, essential vitamins and minerals, proteins, and healthy fats.