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| Baking & Flavor Properties | Ex. Grown in CA |
| Hard Red WheatThese wheats generally have stronger gluten properties making them ideal for bread, pizza dough, bagels, and laminated doughs. The bran has a reddish-brown coloring and strong-flavored phenolic compounds that give whole wheat flour its rich, ‘wheat-like’ flavor. | SummitJoaquinYecora RojoCal Rojo |
| Hard White WheatLike hard red, hard white wheats generally have stronger gluten properties making them ideal for bread, pizza dough, bagels, and laminated doughs. The bran, however, is lighter in color with milder flavor. | PatwinBlanca Grande |
| Soft White WheatTypically lower in gluten protein, but not in all cases, these varieties of wheat are wonderful for more delicate baking applications, such as cakes, muffins, and cookies. Lightly hued, mild flavor, with a soft crumb. | YamhillTwinAlpowa |
| Durum WheatNormally amber colored grain, with less color distinction between endosperm and bran. This wheat is traditionally used to make semolina (refined flour) for pasta, but makes a wonderful amber-hued addition to cakes and breads. | Desert KingOritaFortissimo |
| Heritage WheatThis distinction includes Old World landrace varieties in existence before 1900, and also the crosses between landrace varieties made after 1900. Tailored to specific microclimates. | Sonora (Soft White)Chiddam Blanc de Mars (Soft White)Red Fife (Hard Red)Durum Iraq (Durum)Blue Beard (Durum) |
| Ancient WheatWheat varieties that were domesticated at the dawn of agriculture, approximately 8,000 to 10,000 years ago. Ancient wheats have many nutritional benefits, versatility, and great flavor. | EinkornEmmerKhorasanSpelt |