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| Baking & Flavor Properties | Ex. Grown in CA |
| Hard Red Wheat  These 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. | Summit  Joaquin  Yecora Rojo  Cal Rojo |
| Hard White Wheat  Like 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. | Patwin  Blanca Grande |
| Soft White Wheat  Typically 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. | Yamhill  Twin  Alpowa |
| Durum Wheat  Normally 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 King  Orita  Fortissimo |
| Heritage Wheat  This 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 Wheat  Wheat 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. | Einkorn  Emmer  Khorasan  Spelt |