



Whole Wheat Chocolate Chip Cookies

- 3/4 cup** granulated sugar
- 3/4 cup** packed brown sugar
- 1 cup** butter or margarine, softened
- 1 teaspoon** vanilla
- 1** egg
- 2 cups** Gold Medal® whole wheat flour
- 1 teaspoon** baking soda
- 1/2 teaspoon** salt
- 1 package (12 ounces)** semisweet chocolate chips (2 cups)

- Heat oven to 375°F.

- Mix sugars, butter, vanilla and egg in large bowl. Stir in flour, baking soda and salt (dough will be stiff). Stir in chocolate chips. Drop dough by rounded tablespoonfuls about 2 inches apart onto ungreased cookie sheet.

- Bake 8 to 10 minutes or until light brown (centers will be soft). Cool slightly; remove from cookie sheet. Cool on wire rack.

About Us

The North Carolina Small Grain Growers Association was established to encourage, promote, and develop more efficient small grain marketing and production. Our goal is to participate in all matters relative to the interest of small grain producers in North Carolina.

We promote applied research in production, efficient management practices, and variety development. We also promote educational programs for the progress of small grains in North Carolina and work with individuals, organizations, and governmental agencies toward the achievement of increased profits from small grain production in North Carolina.



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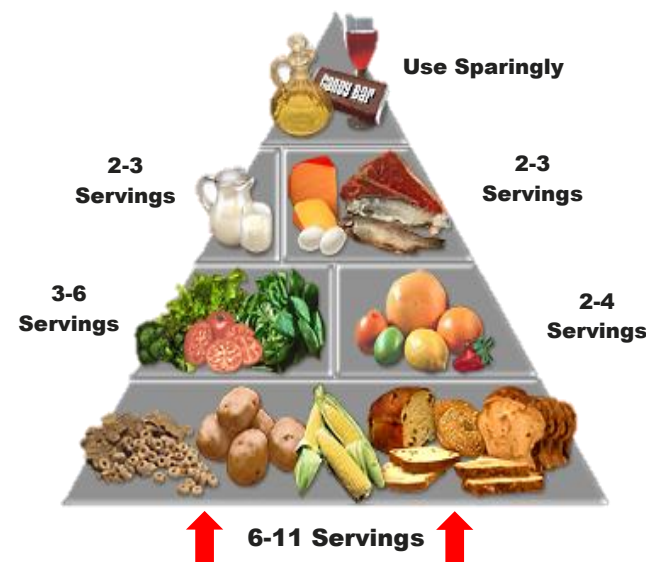
<http://www.smallgrains.ncsu.edu/>

NC Small Grain Growers ASSOCIATION

WHEAT: It's What You Eat!

Did you know that wheat is one of the most important crops grown across the world? The reason wheat is such an important crop is because our bodies require essential fuel from wheat based foods. In fact, wheat based foods are listed in the **largest** food group in the food pyramid (see chart below). The US Dietary Guidelines for Americans (DGA) recommends we consume 6-11 servings of grains each day for optimum health, that's 45% of our daily calories from carbohydrates! Of those six servings, at least half should come from whole grains.

While six servings doesn't sound like a lot most people, especially children, fail to meet the recommended amount for whole grains.





Wheat is Good for You!

The carbohydrates found in bread, cereal, pasta and other wheat-based foods provide essential fuel the body needs. That's why we should eat more grains than any other food group. Once it is consumed, wheat energizes the body, delivering essential nutrients to its cells keeping our body active. Wheat is divided into two main grain groups, Enriched Grain and Whole Grain, both are a good source of fiber and iron.

Enriched Grains

Enriched grain products are typically identified as "white" breads or pastas. The essential B vitamins contained in enriched grains help maintain a healthy nervous system and increase energy production, which may help lower cholesterol.















Whole Grains

Whole grains are naturally low in fat and are a good source of fiber. They also contain important nutrients like potassium and magnesium, which collectively may help boost immunity, lower blood pressure, reduce the risk of heart disease, cancer and diabetes.

Where Does Wheat Come From?

Now that you know how important wheat is for a healthy body it's also very important to understand where your wheat comes from. Today, US farmers grow about 50 million acres of wheat, providing food for hundreds of millions of people all over the world. There are six classes of wheat grown and harvested in the United States. Take a look at the diagram below to see the different wheat classes and the foods they make...you may be surprised to find out that some of the foods you consume everyday are wheat based.....

 <p>Hard Red Winter Known for excellent milling and baking characteristic's, used for general purpose flour and cereal.</p> 	 <p>Hard Red Spring Which is used to make "designer" wheat foods like rolls, croissants and bagels.</p> 	 <p>Soft Red Winter Produces a softer wheat, used to make cookies, crackers and pastries.</p> 	 <p>Soft White Is a white wheat used for cakes, pastries and Asian-style noodles.</p> 	 <p>Hard White The newest class of U.S. wheat, is used for whole wheat products including pan breads and flat breads.</p> 	 <p>Durum The hardest of all the wheats, is a rich amber color and used for pasta.</p> 
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Farmers take enormous risks each growing season to provide the rest of us with food, fuel, feed and fiber while we live our own lives. In a world of rapidly growing populations and ever-changing weather and market risks, wheat farmers know they must grow more grain with less land, water and other resources. Growing the investment in wheat research is critical to achieving the innovation that farmers need to sustainably support a rapidly growing world population. Wheat relies on public, private and grower funding for crop innovation. So we ask you, as a consumer, please support our farmers because without farmers there wouldn't be any wheat for us to eat.