

Producers are the lifeblood to our industry and food supply.

They are the 'Original Stewards' of the land, continuing to implement new and innovative processes and practices to use fewer inputs while producing even higher quality product and ensuring the long-term health of the land. It is, after all, our legacy.

#OriginalStewards



Oregon's soft white wheat is ideal for use in making cakes, pastries, steam breads, flat breads, snack products, cookies, pancakes, muffins and certain types of Asian noodles. Eat more wheat!



*Contact Us!*

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**OREGON  
WHEAT**  
GROWERS LEAGUE

**FARMERS  
FEED THE  
WORLD**



**#OREGONWHEAT**

Farmers miss meals at their dinner table,



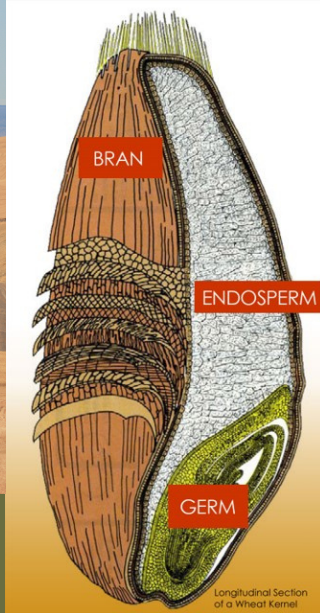
so we can have dinner at  
**OURS.**



# About Us

The Oregon Wheat Growers League (OWGL) is the oldest not-for-profit grower trade association in the U.S. wheat industry. Formed in 1926, the primary mission of the OWGL is to represent and advocate on behalf of Oregon wheat producers at both state and federal levels. OWGL also represents barley growers, and has been actively involved in projects for other crops that are grown in rotation with wheat.

Approximately 90% of Oregon's wheat crop is grown for the export marketplace and is shipped through commercial export facilities. Wheat is the #1 export of the Port of Portland. A large barge on the Columbia River can carry up to 125,000 bushels of wheat. A grain barge holds enough wheat to make 2.5 million loaves of bread. Barging is by far, the most environmentally friendly mode of transportation of goods available.



## Germ

About 3% of the kernel weight. The germ is the embryo, or sprouting section, of the seed, & is usually separated because it contains fat that limits the keeping quality of flour. Of the nutrients in whole wheat, the germ contains minimal quantities of protein, but a greater share of the B-complex vitamins & trace minerals.

## Endosperm

About 80% of the kernel weight. It is the source of white flour. Endosperm contains the greatest share of the protein, carbohydrates, & iron in the whole kernel as well as many B-complex vitamins.

## Bran

About 15% of the kernel weight. Bran is included in whole wheat flour & is also available separately. Of the nutrients in whole wheat, the bran contains a small amount of protein, large quantities of the B-complex vitamins listed above, trace minerals, & indigestible cellulose material.

# Wheat Facts

- It takes 2.3 bushels of wheat (138 lbs.) to produce 100 pounds of white flour.
- A bushel of wheat is approximately 60 pounds.
- One bushel of wheat contains 1 million individual kernels.
- A bushel of wheat makes about 45 boxes of wheat flake cereal!
- A bushel of wheat makes about 42 pounds of pasta or 210 servings of spaghetti.
- A bushel of wheat yields 42 one-and-a-half pound commercial loaves of white bread OR about 90 one-pound loaves of whole wheat bread.
- In 1880, it took 373 hours of labor to produce 100 acres of wheat. Today, it takes less than eight hours!
- Wheat is grown on average in 30 of the 36 counties in Oregon.



Low moisture wheat with excellent milling results, Soft White Wheat provides a whiter & brighter product for Asian-style noodles & is ideal for exquisite cakes, pastries & other confectionery products!

