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So just what do farmers do after the harvest?

Favorite Lunchbox Foods

5 Top School Lunch Trends of 2022-3

Silk, Satin, Chiffon, and Velvet

WFC Celebrates 50 Years

WHY ARE SO MANY CAKES NAMED FOR FABRICS?



MESSAGE FROM THE PRESIDENT

We always enjoy creating and sharing Kernels with you. It is a publication designed to go deeper into interesting subjects than social media allows, but, as an electronic document, is easy to distribute and share.

I invite you to dig into this issue to learn about what wheat farmers do in the off season, the top trends in school lunch, why cakes are named for fabrics (velvet, chiffon, silk, etc.), the Wheat Foods Council's 50th anniversary and a couple of enticing recipes.

That's quite a table of contents!
Feel free to use or share any
of this information.

Tim O'Connor
President

A photograph of a vast field of golden wheat in the foreground, with a bright blue sky and scattered white clouds in the background. The wheat stalks are tall and full, indicating a mature crop. The sky is a deep blue, and the clouds are bright white, creating a high-contrast scene.

**So just what are
wheat farmers doing
in the off season
anyway?**

What does the American wheat farmer and his family do once the wheat has been harvested and sent to market? Here's what we found out from some of our own past and present Wheat Foods Council members who farm our nation's wheat!

TIM DUEFAULT

FROM MINNESOTA



Wheat farmers around the country have different schedules for their seasons. I am in northwest Minnesota, and we raise spring wheat planted in the spring, while the winter wheat grown in much of the U.S. is planted in the fall.

After wheat is harvested and put in its grain bins, we get going on next year's crop. There are other crops that have to be harvested, in this area soybeans, corn, and sunflowers to name a few. After everything is harvested and the fall tillage and fertilizing are complete, the fields are ready to wait out the winter for spring.

Sometimes I think wintertime on the farm is as busy as the summer months. Year-end financials need to be prepared and then there's tax work. Grain marketing is a year-round job, but especially in the winter. We also must focus on crop planning for the next year considering questions, like what gets planted in which fields or what seed varieties to plant? Farm budgets have to be done in the winter to give to our lenders, so our finances are lined up before we hit the fields in spring.

Winter is meeting season on the farm. There are all kinds of workshops, trade shows and conferences to attend. Growers can keep up to date on new agronomic practices and equipment on the market or learn business tips on managing their farm more efficiently. We can also spend time in the farm shop working on machinery repairs and maintenance. All this work can be planned out for the winter, so it helps growers to plan some fun off the farm. Family vacations are a popular winter diversion.



RON SUPPES

FROM KANSAS

Our farm is a third generation, family-owned farm of 12,000 acres located in the middle of western Kansas. It supports five families and is 100 percent dryland. It is sustainable, and we have participated in three regenerative studies.

After the wheat harvest, we clean harvest equipment and get ready for sorghum harvest. Since we plant only registered or certified Hard White Wheat seed, we store as much as possible on the farm. We are able to identify preserve our production by the harvested field. We clean several thousand bushels of wheat to be sold to neighboring farmers. We also send numerous wheat samples to potential customers.

GREG SVENNINGSEN

FROM NORTH DAKOTA

I'm a past member of the WFC and the North Dakota Wheat Commission. My wife Marcy and I, along with our son Adam and his wife Tara, own and operate a diversified grain and livestock family farm an hour west of Fargo, North Dakota. Besides wheat, we also grow soybeans, oats, corn and alfalfa, and we have a commercial herd of Black Angus beef cattle.

The wheat harvest is not just a one and done when the thrashing is over. Marketing is an ongoing process throughout the year, not only for the crop that just got harvested, but also for the next year's crop as well.

Preparation for the next crop year starts soon after the harvest by soil sampling, and in our case, applying the recommended nutrients before the ground freezes around November 1. In winter, we must check the condition of the wheat in bins if we carry for the market, and usually we research any new high quality wheat varieties that may fit our farm. Spring starts the process all over again.



5 Top School Lunch Trends for 2022-3

SANDWICHES, PASTA AND OTHER WHEAT FOODS ON THE MENU

Wheat foods, like bread, tortillas, pizza and pasta continue to play a delicious and nutritious role in school lunches across America. Chartwells K12, a company that creates custom dining programs for 4,500 schools nationwide, revealed the top food trends for kids and their families in 2022. A survey of school chefs and dietitians compiled data and insights about kids' favorite flavors, ingredients, meals and menus.

ALL DAY BREAKFAST

All day breakfast options continue to be a hit with kids. Wheat foods, such as bread, English muffins, biscuits and tortillas are perfectly designed to fill with eggs, meat, and cheese in favorites, like breakfast burritos, tacos, and egg sandwiches. Creative offerings from Chartwells K12's all-day breakfast concept, Rush Hour, include Spicy Chicken & Tater Tot Breakfast Biscuit Sandwiches or Ham, Mozzarella and Spinach Whole Grain Breakfast Popovers.

HEALTHIER OPTIONS

Choices that fuel and energize are popular with Gen Z, and certainly their parents. The focus is on staying fueled and hydrated by eating more nutritious meals that combine healthy carbohydrates and lean proteins, like Veggies & Flatbread served with protein-packed hummus dip. Granola made with whole wheat, nuts and dry fruits are enjoyed as a topping for smoothies and yogurt.



“OLD SCHOOL” LUNCH ITEMS

Old favorites like grilled cheese sandwiches, are still popular, but today’s kids are more open to trying new ingredients and flavors. They enjoy traditional favorites, but with a twist. For example, grilled cheese made as an eggplant, zucchini, tomato & provolone panini is more likely to resonate this year. Other sandwich options featured by Chartwells, including a Pulled Pork Ham and Swiss Cubano and Sonoran Chicken Torta, both appeared on Food Management magazine’s Best Sandwiches awards list.

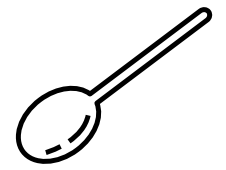
PASTA

Pasta still tops the list of menu choices for kids. Whole and enriched pasta is a nutritious base just right for adding any variety of lean meats, vegetables, and internationally-flavored sauces and cheeses. Interesting new favorites beyond plain noodles are elevated comfort foods, like Korean Bulgogi Chicken & Soba Noodle Bowl and Butternut Squash Mac N Cheese from Chartwells’ new Revolution Noodle and Mac & Cheesyology concepts.

It’s no surprise that “Build Your Own” was found to be trending with kids. Allowing children to be a part of meal planning can encourage them to try new and healthier options. Customizable foods, like sandwiches, tacos, pizzas and more encourage creativity and experimentation with new ingredients and flavors on old favorites.

Discovery of these trends continue to propel school lunches in the right direction for kids resulting in new, flavorful dishes that are healthy and enjoyed by kids. In fact, a recent study from the Journal of the American Medical Association found that “schools are now the single healthiest place Americans are eating.” Not only that, school cafeterias across the U.S. create a space for kids to be able to get together and make in person social connections again while enjoying tasty, nutritious foods they love!



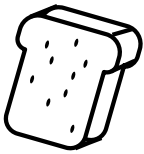


Favorite Lunchbox Foods

Sandwiches Top the List

What does the average American kid want to find in their lunch box? The Daily Meal, a resource for food and beverage news and trends, conducted a poll of 50 kids ages 4 to 15 from across the United States.

They were asked about their favorite and least favorite packed lunches, and here's what they had to say:



SANDWICHES

Of all the lunch options made available, the majority of kids polled (37%) chose sandwiches as their top pick. Of sandwich choices: 53% preferred PB&J, 25% chose ham, and only 12% liked turkey.

PEANUT BUTTER & JELLY

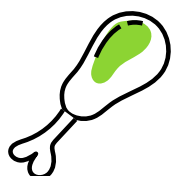
A strong favorite, fiber-rich peanut butter is a great source of protein. Boost nutrition using whole wheat bread and jams that contain real fruit and no added sugar. Grape and strawberry jelly were top choices.

PASTA

Mac & Cheese and pasta with meat sauce are popular with kids. Keep pasta warm by packing in insulated thermos.

CHUNKS OF FOOD

Foods cut into small bites are easier for kids to eat. Suggestions include cut up meat and cheese served with crackers, sandwiches cut into fun shapes, baby carrots, and grapes, among others.





CHEESE

Kids love cheese on pretty much anything, especially foods like grilled cheese, pizza, & pasta.

PRETZELS

More than 75% of the kids polled said they liked pretzels, which are typically low in fat and can be made with whole wheat. Protein-packed dips, like hummus and nut butters add nutritional value.



FRUITS & VEGGIES

In this poll, grapes and carrots were top favorites, but apples, oranges and strawberries were also on the list. Surprisingly, cucumbers made the cut as well.

LEAST FAVORITE LUNCH BOX FOODS

Tuna fish, leftovers, unflavored yogurts, avocado, broccoli and veggies were among the least favorite foods. Another surprise, kids were not fans of turkey in their sandwiches.

Silk, Satin, Chiffon and Velvet

WHY ARE SO MANY CAKES NAMED FOR FABRICS?

Did you ever stop to wonder why so many cakes and dessert treats are named after types of fabric? Think red and white velvet, lemon chiffon, tweed cakes, as well as French silk pie and lace cookies.

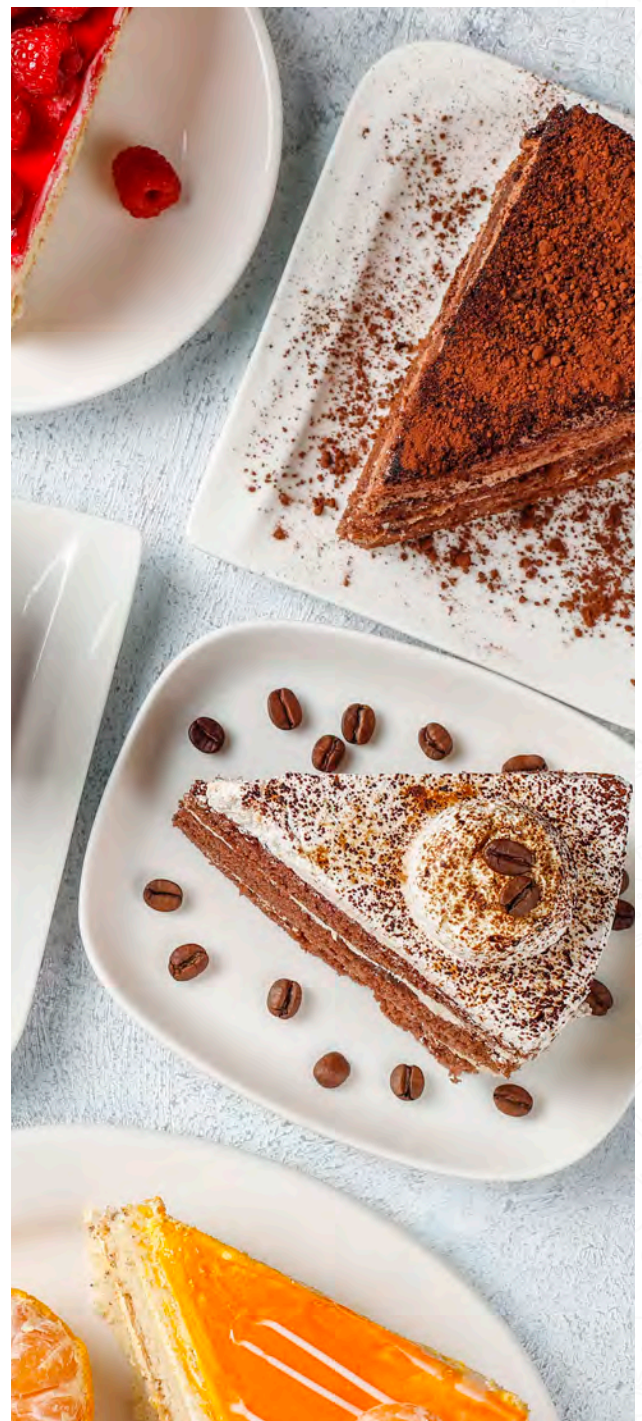
In a June article published in *Epicurious* magazine, food historian and writer K.C. Hysmith was quoted saying that “it was simple to explain why cakes are often named after fabrics; because they’re both women’s material culture, and they are both historically part of women’s worlds.” Hysmith further explained that women of past generations relied on their innate senses to learn how to cook and sew.

Until the 1890’s, there were no standard measuring cups and spoons and precision equipment for baking or cooking. In fact, scales were used to measure ingredients in recipes, which were often confusing. Also, many women were not taught how to bake in their homes or by professional bakers, nor did they have colorful cookbooks with photographs or the how-to videos from the Internet that we have today. Despite these challenges, most women did know and understand the elements of fabric and followed high society fashion, so they could compare their cake batters with the texture of a soft velvet or airy chiffon.

In the article, Rose Levy Beranbaum, author of *The Cake Bible*, observed that “The crossover language between fashion and cake can account for texture, but also presence and persona.” Ms. Beranbaum, who studied at the Fashion Institute of Technology, told *Epicurious* that “it was kind of a logical thing to use fabric, because fabric is so visual and textural, as are a lot of cakes, cookies, pies and tarts.”

Even types of decorative textures and designs made using frosting on cakes are named for fabrics and embellishments on clothing, like ruffles, quilting, swags, polka dots, and lace. Ermine frosting, used on velvet cakes among

others, derives its name, because it embodies the pure white color and fine texture of the winter white ermine pelts used in royal and aristocratic fashion designs and later in high fashion.





RED VELVET CAKE

While no official history of origin, velvet cakes date back to the Victorian era when cocoa powder was first used in cakes to produce a fine, crumbed or “velvet” texture, much softer than the traditional yellow or white varieties. Bakers found if you combined acidic ingredients, like vinegar with non-Dutch processed cocoa powder, a cake would develop a light red color. The use of natural beet juice and later red food coloring produced the vibrant red velvet cakes of today.



LEMON CHIFFON CAKE

In 1927, Henry Baker experimented with ingredients to create the fluffy, light, and airy texture for which the cake got its name. The chiffon-like texture is achieved by using stiffened egg whites folded into the batter and replacing butter with vegetable oil. Mr. Baker kept the recipe a secret baking it only for patrons of the Brown Derby Restaurant in Los Angeles until 1947, when he sold the recipe to Betty Crocker.





TWEED CAKE

Tweed cakes are based upon a popular cookie bar recipe from Newfoundland called Tweedies (a.k.a. Tweed Squares). Baked during often during the holiday, they have a vanilla cake bottom flecked with grated chocolate. The chocolate gets folded into the cake batter producing a cake crumb that resembles tweed fabric.



FRENCH SILK PIE

French Silk Pie originated in America as a contest entry in the 3rd annual Pillsbury Bake Off! French silk embodies the texture of the pie filling, which uses a mousse versus a pudding typically made with raw eggs whipped into butter, sugar, and melted chocolate.



WHITE VELVET CAKE

White velvet cake is basically red velvet without the red coloring, but it still has a very soft, fluffy, moist cake, because it's made with a buttermilk base. Ermine vs cream cheese frosting is typically used since it is creamy and not too sweet. It's made by boiling sugar with a pinch of flour and then beating it into melted butter until it is light and fluffy.



WFC Celebrates 50 Years

BY HOSTING AN EVENT AT THE 2022 IBIE IN LAS VEGAS

YOUTUBE CHEF GEMMA STAFFORD, BIGGER, BOLDER, BAKING WAS THE FEATURED GUEST

The Wheat Foods Council (WFC) celebrated its 50-year milestone at the 2022 International Baking Industry Exposition (IBIE) in Las Vegas. The group hosted a reception where attendees from all areas of the baking industry could meet with WFC leadership, including representatives from Ardent Mills, Corbion, Grupo Bimbo, Kansas Wheat, North Dakota Wheat, Texas Wheat, and WFC President, Tim O'Connor.

“THE WFC IS A UNIQUE ORGANIZATION WHOSE MEMBERSHIP ENCOMPASSES THE ENTIRE WHEAT FOODS VALUE CHAIN, INCLUDING STATE WHEAT COMMISSIONS AND ASSOCIATIONS, MILLERS, BAKERS, INGREDIENT AND LIFE SCIENCE COMPANIES AND OTHERS,” MR. O’CONNOR SAID. “IBIE IS THE ONE PLACE TO NETWORK WITH THE ENTIRE WHEAT FOODS INDUSTRY, AND WE VALUE THE OPPORTUNITY IT PRESENTS TO ENGAGE IN IMPORTANT CONVERSATIONS.



The WFC reception featured YouTube chef sensation, Gemma Stafford of Bigger, Bolder, Baking fame. With over 8 million followers and counting, Gemma shared her tips for how to grow your social media presence with attendees. She also treated guests to a sneak peak of her new cookbook, which will be available soon, including a taste of two new desserts featured in the cookbook.

For over 50 years, the WFC has developed sound educational and nutritional programs to increase the demand for wheat foods, correct misinformation and debunk fad diets. Its programs target key consumer influencers including health, nutrition and fitness professionals, menu development chefs and the media.

Mr. O'Connor commented that the WFC is working every day to educate key influencers about the positive nutrition in wheat foods and the fallacy of fad diets. As these influencers become better informed, the advice they provide supports wheat foods consumption reaching millions of consumers every day.

Open-Faced Poached Eggs and Prosciutto Breakfast Sandwiches



This picture-perfect breakfast is a great day-starter. Takes 30 Minutes.
Makes 6 servings with 2 eggs a piece.

INGREDIENTS

- ▶ 1 dozen large eggs
- ▶ Kosher salt
- ▶ Pepper
- ▶ 6 slices of Prosciutto di Parma (Or substitute thin-sliced Deli Ham)
- ▶ 1 cup mixed chopped herbs, such as parsley, tarragon and chives
- ▶ 1 tablespoon fresh lemon juice
- ▶ 6 slider buns, split and lightly toasted

DIRECTIONS

1. Preheat the oven to 350°. Pour 1 scant tablespoon of water into each cup of a 12-cup muffin tin. Crack an egg into each cup and season with salt and pepper. Bake the eggs for 13 to 15 minutes, until the whites are just firm, and the yolks are still runny. Using a slotted spoon, immediately transfer the eggs to a plate.
2. Meanwhile, in a medium skillet, cook the ham over moderate heat, turning, until hot, about 2 minutes. In a small bowl, toss the herbs with the lemon
3. Arrange the split buns cut side up on a platter. Top with the ham, eggs and herbs. Serve open-faced.

Servings: 6

Amount per serving

Calories 371

% Daily Value*

Total Fat 16.4g 21%, Saturated Fat 6.9g 35%, Cholesterol 468mg 156%, Sodium 442mg 19%, Total Carbohydrate 38.1g 14%, Dietary Fiber 2g 7%, Total Sugars 14.1g, Protein 21g, Vitamin D 0mcg 0%, Calcium 60mg 5%, Iron 3mg 16%, Potassium 3mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.



Brie, Apple and Smoked Turkey Croissant Panini



INGREDIENTS

- ▶ 2 medium croissants, regular or whole wheat, sliced in half crosswise
- ▶ 2 tablespoons cranberry mustard or honey mustard
- ▶ 4 ounces thinly sliced smoked turkey breast
- ▶ 2 sweet or dill gherkins, thinly sliced lengthwise
- ▶ 2 slices brie, about 1 ounce each
- ▶ ½ medium Granny Smith apple, unpeeled, thinly sliced

DIRECTIONS

1. Spread mustard on the cut sides of the croissants.
2. On one side of each croissant lay half the turkey, gherkins, brie and apple.
3. Top each sandwich with the other half of the croissant.
4. If you are using a panini press, place the sandwiches in the press, close it and cook over low heat for about 4 minutes, until the cheese has melted and the bread is crisp.
5. If you do not have a panini press, put the sandwiches in a non-stick skillet, or a regular skillet that has been lightly coated with cooking spray, and set another skillet (large enough to cover the sandwiches, but small enough to sit down inside the first skillet) on top of the sandwiches.
6. Weigh the top skillet down with a small, heavy saucepan, a teakettle filled with water, or other heatproof weight (a clean brick will work, for example). Cook over low heat for 2 minutes.
7. Remove the top skillet, flip the sandwich, replace the top skillet (and weight) and cook for about 2 more minutes, until the cheese has melted and the bread is crisp.
8. Cut each sandwich in half and serve hot.

Yield: 2 panini

Approximate nutritional value per serving:

440 calories; 21 g total fat; 12 g saturated fat; 90 mg cholesterol; 1290 mg sodium; 41 g carbohydrate; 3 g dietary fiber; 22 g protein; 74 mcg DFE (folate).



