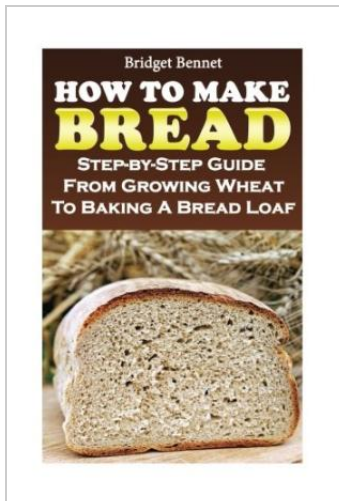




How to Make Bread: Step-By-Step Guide from Growing Wheat to Baking a Bread Loaf (Paperback)

By Bridget Bennet

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. How To Make Bread: Step-by-Step Guide From Growing Wheat To Baking A Bread Loaf Wheat was responsible for the emergence of large city states; because of how easily it was cultivated on a large scale and for how long it lasted in storage. Thanks to wheat we had the development of the Babylonian and Assyrian empires. You could say that wheat is a precursor to society. It is more easily cultivated than both maize and rice and it can be stored longer than these as well. It is better for growing and storing, but it also contains nearly an extremely large amount of protein compared to these as well. Even now, wheat is the world s leading source of veggie protein. I m sure you have either seen or purchased the whey protein powder, which is available at every grocery store on the planet. In times of crisis, the thing you want more than anything is going to be wheat. I would suggest for food storage, invest in buckets of wheat. You can easily get twenty-pound buckets that are only about...



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