

DAILY BREAD

“Grain of Hope : Slice of Heaven”

FIRST FRUITS

How to Harvest your Wheat

The start of the Wheat Harvest (**Festival of First Fruits**) was traditionally the 1st August on the **Feast of Lammas**; Anglo Saxon for Loaf-Mass (*hlaf-maesse*). It was harvested at dawn, milled and baked into bread the same day and taken into Church to be blessed.

OUR WHEAT

Since we have sown our wheat on different dates and in various locations, we think there will be multiple harvest days. Jane P's wheat in north London has already been harvested and the St James's Wheat in Piccadilly will be harvested on 26th July to save it from further pigeon attack, but you may be harvesting yours at a later day.

HOW DO I KNOW WHEN MY WHEAT IS READY TO HARVEST?

It should all be a lovely golden/grey colour - just like a wheat field! With little or no green in the stalks, leaves or heads.

Try the Thumbnail Test: Extract a grain, if you can make a mark with your nail, then it's not ready.

Cut it when really dry (ie not after rain).

Cut it down to near ground-level with a pair of garden shears, secateurs or scissors. If you want to make a *sheaf*: dry the stalks and ears together in a sunny, dry, well-ventilated space and bind them together with twine or twisted straw when **very dry**.

Or Snip off the wheat ears with a pair of secateurs and keep dry on some baking racks, so the air can circulate round it.

Retain the straw (stalks) for our Christmas Crib and dry it well in the sun and turn it over until really dry and golden coloured.

LATER

We will be asking you to bring or send your dried harvest later in September and we will be hopefully milling it at Brixton Windmill if possible. Then we will be baking it into a delicious loaf for our Harvest Festival.



Deborah's wheat on Harvest Day in East London



St James's Church
197 Piccadilly
London
W1J 9LL

