

ANOTHER
HERB HERBERT FAVOURITE HERBS
FACT SHEET

Wheat Grass

Triticum aestivum



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Annual. Young leaves of the common wheat plant. Used as a diet supplement. Claims about the health benefits of wheatgrass range from providing supplemental nutrition to having unique curative properties. The consumption of wheatgrass in the Western world began in the 1930s as a result of experiments conducted by Charles F. Schnabel in his attempts to popularize the plant. Schnabel, an agricultural chemist, conducted his first experiments with young grasses in 1930, when he used fresh cut grass in an attempt to nurse dying hens back to health. The hens not only recovered, but they produced eggs at a higher rate than healthy hens. Encouraged by his results, he began drying and powdering grass for his family and neighbors to supplement their diets. The following year, Schnabel reproduced his experiment and achieved the same results. Hens consuming rations supplemented with grass doubled their egg production. Schnabel started promoting his discovery to gristmills, chemists and the food industry.

DESCRIPTION

Triticum aestivum Wheat plant, is a dense clumping perennial grass. The finely pointed, arching leaves arise out of tufts of stiff stems. Panicles of densely clustered spikelets appear in summer.

PARTS USED

Leaves

PROPERTIES

Extensive documentation has been recorded on the topic. It provides chlorophyll, amino acids, minerals, vitamins, and enzymes. Wheatgrass contains no wheat gluten. Wheatgrass proponent Schnabel claimed in the 1940s that "fifteen pounds of wheatgrass is equal in overall nutritional value to 350 pounds of ordinary garden vegetables", a ratio of 1:23. Wheatgrass is also thought to be superior to other vegetables in its content of Vitamin B12, a vital nutrient. Contrary to popular belief, B12 is not contained within wheat grass or any vegetable, rather it is a byproduct of the Microorganisms living on plants.

In a pilot, breast cancer patients who drank wheatgrass juice daily showed a decreased need for blood- and bone marrow-building medications during chemotherapy, without diminishing the effects of the therapy.

More weblinks and information can we sought at <http://en.wikipedia.org/wiki/Wheatgrass> and many other websites.

USES

Some consumers grow and juice wheatgrass in their homes. It is often available in juice bars, alone or in mixed fruit or vegetable drinks. It is also available in many health food stores as fresh produce, tablets, frozen juice and powder.

CULTIVATION

Prefers full sun and moist, well-drained soil. For indoor pets, Wheatgrass can be grown in pots and brought inside for a short period at a time, or kept in a sunny window. Be sure that it doesn't dry out. Can be cut back hard to rejuvenate growth. Wheatgrass can be grown all year round.

HARVEST

Grown indoors can be harvested after 10 to 14 days. Do not over water. Full sun and well drained soil.

