

Black Wheat Farming

Dr. Monika Garg

Scientist at National Agri-Food Biotechnology Institute (NABI) in Mohali

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Dr Monika Garg, a scientist at National Agri-Food Biotechnology Institute (NABI) in Mohali, Punjab, has developed three new varieties of wheat – black, blue, and purple – which can reduce blood sugar levels, cholesterol levels and body fat levels.

Black Wheat Flour is a Non-GMO product and gluten free.

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- **Black wheat** has many health benefits and has many important nutrients and eating it also increases the body's immunity. Black wheat contains antioxidants, B vitamins, folic acid, selenium, magnesium, manganese, zinc, calcium, iron, copper, potassium, fibre and amino acids, which make this wheat rich in nutrients.
- Dietary black-grained wheat intake improves glycemic control and inflammatory profile in patients with type 2 diabetes: a randomized controlled trial
- Normal wheat has a 5ppm concentration of anthocyanin. Black wheat is known to have 100-200ppm anthocyanin, a rich antioxidant that gives it the black colour. ... It has more zinc than normal wheat and is sugar-free.
- Black wheat is said to have 60 per cent more iron concentration compared to regular wheat. For this farmer from Madhya Pradesh, a fantastic idea meant a shot at the good life.
- The price of Black Wheat is 50/ kg.

Right Time for Cultivation:

For Cultivation of Black Wheat according to experts, the month of November is very good for the cultivation of black wheat. This is the time when there will be moisture in the fields. This is very important for black wheat. If black wheat is sown after November, then there may be a decline in the yield of the crop. Therefore the cultivation of this wheat should be started as soon as possible. Black wheat seeds can be bought from the market or fertilizer centre.

Yield from Crop:

Black wheat is also better than that of normal wheat. 1000 to 1200 kg of black wheat can be produced in one Bigha. The help of seed drill should be taken for sowing of black wheat. This will save fertilizer and seeds.

Black wheat is sold four times more expensive than ordinary wheat. A little more money has to be spent in planting it, but its production gives good profit. Black wheat is sold for Rs 7 to 8 thousand per quintal, whereas the price of ordinary wheat is Rs 2,000 per quintal. In such a situation, there is four times more profit in black wheat than in normal.

