

Crop: Wheat (Varieties Recommended by NARC for Commercial Cultivation)

SN	Variety name	Maturity days	Yield (ton/ha)	Recommended domain	Released year	Special features	Contact for package of practices (PoP)
1	Aditya	118	4.79	Terai (up to 700 masl)	2010	Popular variety	National Wheat Research Program, Bhairahawa, Rupendehi; Phone: +977-71-421024, 421007; E-mail: nwrp.bhairahawa@gmail.com
2	Vijay	111-123	4.45	Terai (up to 500 masl)	2011	Popular variety	
3	Gautam	119	3.4	Terai (up to 500 masl)	2004	Popular variety	
4	Borlaug 2020	120	5	Terai (up to 800 masl)	2021		
5	Nepal 971	122	4.53	Terai (up to 700 masl)	2021	Popular variety	
6	Zinc Gahun 1	121	5.01	Terai (up to 800 masl)	2021	High zinc content, high yielding	
7	Zinc Gahun 2	119	5.75	Terai (up to 800 masl)	2007	High zinc content, high yielding	
8	WK1204	179	3.4	Mid hills (700-1500 m)	2021	popular variety in mid hill	National Plant Breeding and Genetics Research Centre, Khumaltar, Lalitpur; Ph: Tel: (+977-1) 5- 521 614/15; Email: abdnarc@gmail.com, npbgrc.narc@gmail.com
9	Tila	191	3.43	High hills (1700-2200 m)	2021	Cold stress tolerant	
10	Bheriganga	181	4.51	Mid and high hills (1000-2200 m)	2021	High zinc content	
11	Himganga	181	4.51	High hills (1700-2200 m)	2021	High zinc content, cold stress tolerant	
12	Khumal Shakti	165	5.09	Mid hills (700-1500 m)	2018	High zinc content	
13	Khajura Durum-1	126	4.8	Western Terai	2018	Suitable for suji, pasta	
14	khajura Durum-2	129	5.2	Western Terai	2018	Suitable for suji, pasta	