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**Annotation.** *The article provides experimental data from studies on the influence of the timing, norms and methods of sowing on the gross harvest and technological indicators of winter soft wheat in the agricultural landscapes of Kabardino-Balkaria. The experiments were carried out in 2012-2015. on varieties Yuzhanka, Laureate, Cheget, Moskvich, Adel and Yuka in the steppe, foothill and mountain zones. In experiments on the timing of sowing, 4 options were considered for each of their zones. In the steppe zone from 25.09 to 25.10, in the foothill zone from 20.09 to 20.10 and in the mountain zone from 15.09 to 15.10, with an interval of 10 days in all periods. In experiments on sowing rates, 4.5; 5.0; 5.5; 6.0 million germinating seeds / ha were studied. In studies on sowing methods, 4 types were studied: narrow-row - 7.5 cm, ordinary - 15 cm, cross - 15x15 cm and ribbon - 15x15x15x45 cm. Based on the results of the work carried out, the best sowing dates were determined, taking into account the transformation of the climate and the seeding rate, which form the high potential of the varieties. Efficient sowing methods that provide a good seed yield have been identified. Experiments have established that a higher quality wheat grain was obtained with the optimal sowing time and the lowest seeding rates (4.5 and 5.0 million seedlings per hectare). The optimal sowing methods for winter wheat are narrow-row and cross-row, which ensured the maximum yield. The optimal, admissible and late sowing dates in all zones have been determined.*

**Keywords:** *sowing dates, seeding rates, sowing methods, yield, protein, gluten, wheat, variety*

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