**Cover Crops in the Learning Garden**

*A Guide for Planting Peas, Oats and Buckwheat*

Planting cover crops in your Learning Garden supports the long-term health of your soil, your plants, and the surrounding environment. Using cover crops can positively impact your garden in the following ways:

- Reduce soil erosion and compaction
- Reduce impact of greenhouse gas emissions by sequestering carbon from the atmosphere
- Improve water retention
- Increase Crop Yields
- Add organic matter
- Put essential nutrients back into the soil (ex: peas are nitrogen fixers)
- Reduce the need for fertilizers
- Reduce weed pressure

Here is a guide to planting and managing the three cover crops we recommend using in your Learning Garden — peas, oats and buckwheat.

<table>
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<th>Planting Date(s)</th>
<th>Planting Method</th>
<th>Days to Maturity (DTM)</th>
<th>Harvest</th>
<th>Special Traits</th>
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| **Peas**         | Broadcast seeds throughout the garden with 1-2” of space between seeds, at a depth of 0.5 in. If planting in summer, we recommend mixing with oats. | 50 days for flowers 75 days for pods | Harvest pea shoots or edible flowers and add to a salad — both have a mild pea flavor. You can also harvest dry peas from the pod and cook in soup. | - Legume  
- Nitrogen Fixers  
- Weed suppressor  
- Can be harvested for consumption |
| **Oats**         | Broadcast seeds throughout the garden with 1-2” of space between seeds, at a depth of 0.5 in. If planting in summer, we recommend mixing with peas | 100-120 days for grain | We do not recommend growing oats for consumption. Pull plants and use as mulch/ground before plants go to seed (approx. 2-3 months after planting). | - Grass  
- Quick growth  
- Prevent erosion  
- Do not regrow in the spring after winter frost |
| **Buckwheat**    | Broadcast seeds throughout the garden with 1-2” of space between seeds, at a depth of 0.5 inches. | 35-42 for flower blooms 70-84 for grain production | We do not recommend growing buckwheat for consumption. Pull plants and use as mulch/ground before plants go to seed (approx. 4-6 weeks after planting). | - Broadleaf grain  
- Very quick growth  
- Provides nectar for pollinators  
- Attracts beneficial insects  
- Loosens topsoil |