

Buckwheat

Fagopyrum esculentum



CLEARVIEW
Farm

DEVELOPED BY THE ATKINS GROUP

About Buckwheat

- Buckwheat is a food crop similar to a cereal grain (like wheat and oats) that grows 2-4 feet tall and has abundant white flowers.
- Buckwheat reaches maturity in only 9-12 weeks, depending on planting dates.
- Because buckwheat grows quickly, it can often be planted after another crop such as wheat, oats, or flax (depending on the region).

Uses

- Human Consumption: buckwheat flour, soba noodles, breakfast cereals, and multi-grain products
- Animal Feeds
- Wildlife forage, pollinator plots, cover cropping

Fast Facts

- Buckwheat and rhubarb belong to the same family.
- Thomas Jefferson and George Washington were some of the first to grow buckwheat in the United States.

Buckwheat at Clearview Farm

...more information coming soon!

www.clearview-farm.com

