

# Betterbee<sup>®</sup>

Beekeepers Serving Beekeepers

## PLANTING INSTRUCTIONS Buckwheat

Buckwheat is an excellent crop for weed control, as well as a great green manure crop and nectar source. But not all buckwheat seed is equal. We've sourced Japanese Buckwheat which contains much more nectar than other varieties.

Buckwheat is one of the best sources of high quality protein in the plant kingdom. It prospers on soils too poor for other crops (can tolerate a pH of down to 5) and it is not susceptible to any major diseases or pest problems.

Broadcast the seed by hand at a rate of between two and four pounds per thousand square feet, and cover it by lightly raking the sown area. It can reach a height of 2 to 4 feet.

When about three-quarters of the seeds have become dark brown, you can cut the stems and thresh for buckwheat groats to eat!