



Cover Crops

	<p>Common Buckwheat <i>Fagopyrum esculentum</i></p> <p>Difficulty: n/a</p>
	<p>Soil Builder: Peas and Oats <i>Pisum sativum/Avena sativa</i></p> <p>Difficulty: n/a</p>

What are cover crops?

Cover crops are plants that are used in garden vegetable rotations to add nutrients to and strengthen soil, suppress weeds, and control pests and diseases. They are easy to grow, and require only basic care to thrive.

If you decide to use cover crops, they are the only seeds we do **not** save, as part of the cover crop rotation includes killing the plants before they produce seeds.