



College of Food, Agricultural, and Environmental Sciences

GRAINS in the GARDEN



Have you considered using grains in your garden? Cool season grains consist of barley, rye, spelt, and wheat which need to be planted in the fall. Warm season grains consist of buckwheat, corn, millet, milo, oats, rice, and sorghum which need to be planted in the spring.

You can grow your own grain for beer, flour, oatmeal, seed, birdseed, living screen, serpentine vistas, cover crop, and more. All of these grains may be harvested and used for the specific use. If you grow for flour please check the variety for the specific type of flour you want.

Flowers may be planted within the grains. Make the crop selections for the type of flowers, perennial plants and locations you have.

Some Companion Plants for Above Grains

Cool Season

Assorted Greens such as Arugula, Chard
Cilantro, Lettuce, Kale, and Mustard
Bachelor's Buttons
Clover
Larkspur
Love-in-a-Mist
Poppies
Root Vegetables such as Beets, Carrots,
Parsnips, Potatoes, Radish, and Turnips

Warm Season

Amaranth
Buckwheat
Celosia
Millet
Peanuts
Quinoa
Sesame
Sunflowers
Zinnia

Additional information source: *Gardening with Grains* by Brie Arthur

[Gardening with Grains — Brie Grows](#)

Mother Earth News – Raise Grains in your Garden [You Can Raise Grains in Your Garden – Mother Earth News](#)



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