

## **Fall Harvested Grains-a great alternative to summer harvested vegetables**

Plant these crops in May and come back to school with beautiful, unusual, edible crops to harvest for the children and the wildlife:

Broom Corn (Sorghum)-native grass of Africa. Beautiful seed heads that are great for crafts and wildlife, also edible and no-fail germination.

Indian Corn-great alternative to sweet corn, favorite of the children to harvest, then we grind it and cook it in a cornbread.

Mini-popcorn-comes in different colors, what more could children ask for, you can even microwave it on the cob in a paper bag

Strawberry popcorn-an heirloom variety great for popcorn, fall crafts and holiday decorations

Amaranth-many varieties, different colors, great for birds and an edible seed. Children love to pet the long flowers.

Purple majesty millet-purple foliage, stems and "flower stalks". Very pettable, children mistake it for Tule but love the edible seed. Great for wildlife.

## **Fall/Winter planted cover crops-improve your soil with "green manure"**

Fava beans-every child's favorite magic bean: no-fail germination, beautiful, edible flowers, nectar tubes, 3-4 feet tall and tasty beans! This is the bean teachers should be germinating in the paper cups every fall

Crimson clover-great for our insect friends and very beautiful

Garbanzo beans-in mild areas of California can be planted October-February. Fixes nitrogen and produces a protein rich, edible bean

Daikon-member of the mustard family, opens up soils and improves water penetration. Very attractive to beneficial insects.

Peas-grown snow and sugar snap, children can't get enough of these fun vegetables, we like to combine with mint leaves

## **Warm weather cover crops for when you really can't be there in the summer:**

Buckwheat-fast grower, accumulates phosphorus, attracts beneficial insects, harvest the seeds for crafts and is edible.

Cowpeas-fixes nitrogen, increases organic matter and smothers weeds. Good under corn crop.

Black-eye peas-aggressively chokes out summer weeds.