

# Grains in the Garden

Licking County Master Gardener Volunteers  
Learning Center for Gardening



Have you considered using grains in your garden? You can grow and harvest your own grain for beer, flour, oatmeal, seed or birdseed, or leave the grain standing to provide a living screen, serpentine vistas, cover crop, and more. If grains are grown for flour, check the variety for the specific type of flour you want. Grains not only provide food, they also improve the soil structure, suppress weeds and prevent erosion.

## WHAT GROWS HERE

Our garden features warm season grains, which are planted in the spring and tolerate summer heat. They include wheat, buckwheat, corn, oats and milo, also known as grain sorghum.

## HOW WE GROW IT

Once we harvest our warm season grains, we could plant cool season grains, which are planted in the fall and add visual interest to the winter landscape. Cool season grains include barley, rye, spelt, and wheat.

Flowers and vegetables may be planted amongst the grains for a beautiful and unusual effect. Make the crop selections for the type of flowers, perennial plants and locations you have.

Some companion plants for cool season grains include:

Greens such as Arugula, Chard Cilantro, Lettuce, Kale, and Mustard

Flowers such as Bachelor's Buttons, Clover, Larkspur, Peanuts, Love-in-a-Mist and Poppies

Root Vegetables such as Beets, Carrots, Parsnips, Potatoes, Radish, and Turnips

Some companion plants for warm season grains include:

Amaranth, Celosia, Peanuts, Quinoa, Sesame, Sunflowers, Zinnia

## Resources

"Gardening with Grains" by Brie Arthur

<https://ngb.org/grow-your-own-grains-garden-how-to/>

Mother Earth News - Raise Grains in Your Garden:

<https://www.motherearthnews.com/organic-gardening/raise-grains-in-your-garden-zmaz78jfgoe/>



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