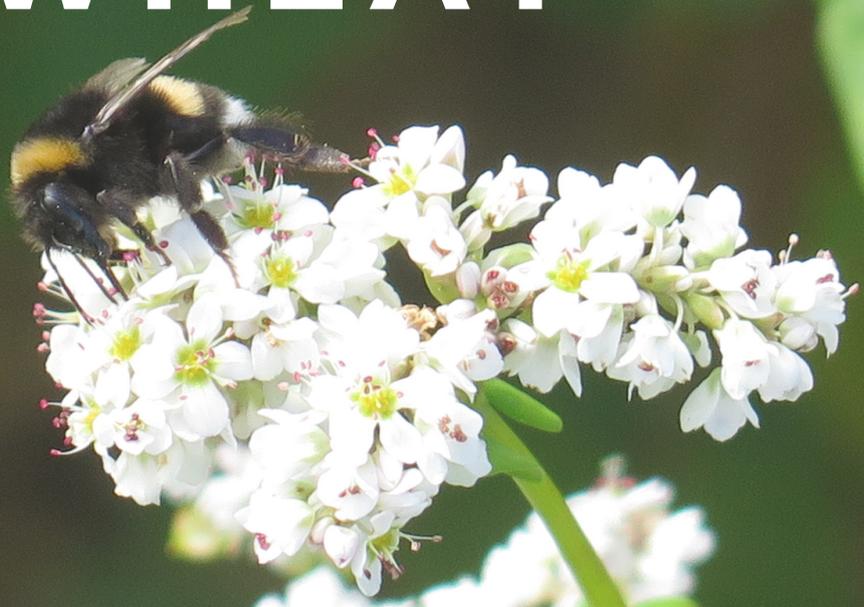




# SPEC BUCKWHEAT



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## Description

Buckwheat (*Fagopyrum esculentum*) is a 30-60 cm dicotyledonous species belonging to the Polygonaceae family. It is named from the shape of the seeds, which appears like the fruits of the beech, and it is grown like wheat – hence buckwheat. Buckwheat probably originates in China, and found wild in Siberia. Buckwheat is a little demanding plant that can grow on dry and nutrient-poor soils.

Buckwheat has previously been grown in Denmark and other Nordic countries, where it is mainly associated with porridge. It has a relatively short growth period of only 10-12 weeks, after which the dark brown, triangular seeds mature. It has a high content of the amino acid lysine, and contains highly organically bound calcium, iron, potassium, magnesium, silicon and flour.

## Benefits

Buckwheat protein does not contain gluten, and due to the high biological value of the protein and the content of easily digestible starch, buckwheat is suitable for children's food and for people with celiac disease. Some people are allergic to the dye fagopyrin, which is found in the outer shell of the seed, which is usually removed. Any residues are removed by rinsing the buckwheat in boiled water.



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## Cultivation instruction

Climate zone	Europe (n to s), Asia, Africa, South America
Soil type	Lighter soils
Establishment	Clean seedbed
Seed bed	Clean and loose soil
Sowing depth	2-3 cm
Sowing date	Late May
Row spacing	25-50 cm
Sowing rate	80 kg/ha
Weed control	Mechanical
Fertilizer	45 kg N, P and K dependent on soil
Diseases and pests	Mildew can occur
Harvest	Direct combining or cut by a swather and harvested with a combine harvester
Yield	1 t/ha
Post harvest	Dry immediately after harvest, clean

## Crop rotation

Buckwheat performs well on all types of soil. Especially light soils as they often achieve a higher soil temperature earlier in the season. Buckwheat should preferably not be included in the crop rotation after canola, due to surviving canola seeds. After buckwheat, a cereal crop is recommended. Buckwheat can also easily be grown in the same field several years with no adverse effects.



# USES

Buckwheat has many uses besides porridge, and can be purchased as both flour, flakes, broken and whole grains.



Jacobsen, S-E. 2021.  
Buckwheat spec. From  
[www.quinoaquality.com](http://www.quinoaquality.com), 4 p.

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