

# Winter tares (Vetch)

Suggested species: *Vicia sativa* (botanical name)

PLANT



Sow seed at 16g/m<sup>2</sup> by scattering on soil surface; rake and tamp down. Grow in same area (rotation) as other legume plants (eg beans). Avoid acid and dry soils

GROW



Establishes quickly. Suppresses weeds. Rapidly fixes nitrogen (plant nutrient) in roots, feeding the next crop after digging in. Grow with Hungarian grazing rye for best winter soil care

DIG



Cut down or hoe off leaves before digging in whole plants four weeks before soil needed and/or before flowering. Can inhibit germination of next crop up to six weeks after digging in

Growing guide

Easy!

Average growing period

8-12 weeks or overwinter

Equipment needed

None

Germination time

7-14 days

Average plant size

50cm tall, 20cm wide

Family group

Legumes: beans, peas

Seed saving group

1 - Annual, self-pollinating

Key nutritional content

Not eaten

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors
  Sow outdoors
  Plant out/transplant
  Cut down/dig in

2.5cm = 1 inch 30 cm = 1 foot

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Green Manures

