

# Cover Crop Essentials

Product	Benefits	Plant Cycle	Planting Rate	Planting Depth	Planting Dates	Nitrogen Value
<b>Legumes:</b>						
Alfalfa <i>*Org</i>	N	Annual/Perennial	15-20 lbs/Acre	¼"	Feb-April, Aug-Sep	N-producer
Alsike Clover <i>*Org</i>	N	Biennial/Perennial	6-8 lbs/Acre	¼"	Feb-April, Aug-Sep	N-producer
Balansa Clover	E,N,S,W	Annual	5-8 lbs/Acre	1/8"-1/4"	April-June	N-producer
Berseem Clover	N	Annual	12-20 lbs/Acre	¼"	Mar-June, Aug-Sep	N-producer
Crimson Clover	N	Annual	20-30 lbs/Acre	¼"	Mar-June, Aug-Sep	N-producer
Hairy Vetch <i>*Org</i>	E,N,W	Winter Annual	20-25 lbs/Acre	1 ½"-2"	August-September	N-producer
Mammoth Red Clover <i>*Org</i>	N	Perennial	10-14 lbs/Acre	¼"	Feb-April, Aug-Sep	N-producer
Red Clover <i>*Org</i>	N	Biennial/Perennial	10-14 lbs/Acre	¼"	Feb-April, Aug-Sep	N-producer
Sainfoin	N	Perennial	20-30 lbs/Acre	¼"	March-June	N-producer
Spring Peas <i>*Org</i>	E,N	Annual	40-80 lbs/Acre	1-3"	Mar-April, Aug-Sep	N-producer
Sweet Clover <i>*Org</i>	N	Biennial/Perennial	12-15 lbs/Acre	¼"	Feb-April, Aug-Sep	N-producer
White Clover <i>*Org</i>	N	Perennial	2-4 lbs/Acre	¼"	Feb-April, Aug-Sep	N-producer
White Dutch Clover	N	Biennial/Perennial	2-4 lbs/Acre	¼"	Feb-April, Aug-Sep	N-producer
Winter Peas <i>*Org</i>	N	Winter Annual	30-40 lbs/Acre	1-3"	Mar-April, Aug-Sep	N-producer
<b>Non-Legumes:</b>						
Annual Ryegrass <i>*Org</i>	C,E,N,S	Annual	25-40 lbs/Acre	¼"	Feb-April, Aug-Sep	N-scavenger
Buckwheat <i>*Org</i>	E,N,W	Summer Annual	50 lbs/Acre	½"	June-July	N-scavenger
Rape Seed	C,N	Annual	5-8 lbs/Acre	¼"	Feb-April, Aug-Sep	N-scavenger
Radishes <i>*Org</i>	C,N,W	Annual	10-12 lbs/Acre	¼"	Feb-April, Aug-Sep	N-scavenger
Millet Seed	W	Summer Annual	25-30 lbs/Acre	1-1 ½"	June-July	
Spring Oats <i>*Org</i>	E,N,S	Annual	1-2 bu/Acre	¾"-1 ½"	Mar-April, Aug-Sep	N-scavenger
Sorghum	N,S	Summer Annual	15-25 lbs/Acre	1-1 ½"	June-early Aug	N-scavenger
Sorghum-Sudan	N,S	Summer Annual	25-35 lbs/Acre	1-2"	June-early Aug	N-scavenger
Sudangrass	C,N,S	Summer Annual	25-35 lbs/Acre	1"	June-early Aug	N-Scavenger
Teff Grass	N	Summer Annual	8-12 lbs/Acre	1/8"-1¼"	mid-April-early Aug	N-scavenger
Turnips	C,N	Annual	1-4 lbs/Acre	¼"	Feb-April, Aug-Sep	N-scavenger
Winter Barley <i>*Org</i>	N,S	Winter Annual	1-3 bu/Acre	¾"-1 ½"	Sept-Oct.	N-scavenger
Winter Triticale <i>*Org</i>	N,S	Winter Annual	1-2 bu/Acre	¾"-1 ½"	Aug-Sep	N-scavenger
Winter Rye Grain <i>*Org</i>	E,N,S,W	Winter Annual	1-1 ½ bu/Acre	¾"-1 ½"	Aug-late Oct	N-scavenger
Winter Wheat <i>*Org</i>	N,S	Winter Annual	1-2 bu/Acre	¾"-1 ½"	Aug-mid Oct	N-scavenger

*\*Org=Available in Organic*

E=Erosion Controller C=Compaction Reducer N=Nitrogen Builder S=Soil Builder W=Weed Suppression

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