

Fall Season Cover Crop Guide

Annual Cover Crops	Height (inches)	Seed Volume per 1,000-Sq. Ft.*	Functions
Buckwheat <i>Fagopyrum esculentum</i>	8" - 36"	3lb	<ul style="list-style-type: none"> • Accumulates phosphorus. • Attracts beneficial insects. • Trap plant for thrips.
Crimson Clover <i>Trifolium incarnatum</i> Red Clover <i>Trifolium pratense</i>	12" - 18"	0.5-2lb	<ul style="list-style-type: none"> • Fixes nitrogen. • Attracts beneficial insects (beneficial wasps, and tachnid and syrphid flies). • Good for weed competition.
Fava Bean <i>Vicia faba</i>	up to 72"	2-5lb	<ul style="list-style-type: none"> • Fixes nitrogen. • Adds significant organic matter. • Good for weed competition.
Mustard <i>Brassica sp.</i>	36" - 48"	0.5lb	<ul style="list-style-type: none"> • Deep roots increase water infiltration. • Contains nematocidal compounds. • Attracts beneficial insects.

*amount of seed required to be sown per 1,000-square feet of area for maximum coverage.

Cover Crop Tips

- Plant fall cover crops while the soil is still warm and moist. The best time is during the harvest of production crops.
- Avoid choosing cover crops that tolerate mowing or grazing (oats, grasses and vetch) in production areas because they will be difficult to get rid of and will return during the growing season.
- Nitrogen fixing cover crops have a symbiotic relationship with a rhizobium bacteria in order to pull atmospheric nitrogen from the air and make it available in a solid form in the soil. Purchase seed that is already coated with a rhizobium inoculant. If you purchase raw seed you will have to purchase the inoculant separately and coat it yourself.
- At least three weeks before planting the production crop, chop, till and cover with a layer of organic mulch (straw or alfalfa).
- Replant low-lying cover crop species (Crimson or Red Clover) in the spring with the production crop.
- Plant perennial cover crops in the alleys between rows or as borders to provide continual benefits throughout the year.