



## 6. Overwintering Cover Crops

Adapted from NRCS Appendix A - Seeding Tables. 11-19-19 – See Appendix A for additional guidance on establishment, maintenance, termination

Species	Overwintering <sup>1</sup>	Seeding Rates in Pounds PLS (Percentage of Mix)					Seeding depth (in)	North
		100%	75%	50%	33%	25%		
Winter Rye	Yes	50	38	25	17	13	1	8-1 to 10-15*
Winter Barley	Yes	59	44	29	19	15	1	8-15 to 10-10
Winter Wheat	Yes	64	48	32	21	16	1	9-22 to 10-15*
Winter Triticale	Yes	60	45	30	20	15	1	8-1 to 10-15*
Spelt	Yes	64	48	32	21	16	1	9-22 to 10-15*
Annual Ryegrass	Yes	18	13	9	6	4	0.5	8-1 to 9-20
Oats	No	40	30	20	14	10	1	8-1 to 9-20
Oilseed Radish	No	NR	NR	NR	2	1.5	0.5	8-1 to 9-15
Rapeseed/Canola/Kale <sup>3</sup>	Yes	4	3	2	1.5	1	0.5	8-1 to 9-15
Mustards	No	4	3	2	1.5	1	0.5	8-1 to 9-15
Turnip	No	2.5	2	1	0.75	0.5	0.25	7-20 to 9-15
Alfalfa <sup>4</sup>	Yes	16	12	8	6	4	0.25	8-1 to 8-15
Red Clover	Yes	9	7	5	3	2	0.25	7-20 to 8-30
Yellow Sweet Clover	Yes	8	6	4	3	2	0.25	7-20 to 8-30
Crimson Clover	Yes	12	9	6	4	3	0.25	6-15 to 9-15
Winter Pea	No	40	30	20	14	10	1.25	8-1 to 9-15
Hairy Vetch	Yes	16	12	8	5	4	1	8-1 to 9-20
Sorghum-Sudangrass	No	24	18	12	8	6	1	5-15 to 7-5
Sudangrass	No	20	15	10	7	5	1	5-15 to 7-20
Pearl Millet	No	12	9	6	4	3	0.75	5-15 to 7-20
Japanese Millet	No	14	11	7	5	4	0.75	5-15 to 7-20
Buckwheat	No	NR	NR	12	8	6	1	6-15 to 8-15
Sunflower	No	NR	NR	NR	4	3	2	5-15 to 7-20
Cowpea	No	60	45	30	20	15	0.75	6-15 to 8-1
Sunn Hemp	No	12	9	6	4	3	1	6-15 to 8-1
Berseem Clover	No	11	8	5	3	2	0.25	5-15 to 8-15
Soybean	No	54	40	27	18	13	1.5	6-15 to 8-15

\* Dates adapted to meet program seeding requirements

1. Overwintering only when planted during the fall dates and establishment. Winter kill may occur
2. Do not plant until after the Hessian fly free date; dates varies from Sept 22 in northern Ohio to Oct 5 in southern Ohio. Wheat and spelt cover crops can be planted up to 20 days past the fly free date. See the Ohio Agronomy Guide for specific county dates.
3. Fall planted varieties planted in the fall are "non-winter killed"; spring planted varieties planted in the fall or spring are winter killed.
4. In order to meet the intent and definition of cover crops (seasonal vegetative cover) alfalfa must be terminated and managed as an annual. Alfalfa planted to provide forage for Conservation Crop Rotation – Forages must be maintained for a minimum of 2 years and meet guidelines for that program.

Revised: 2020-08-06

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