

Cover Crop Reference Guide

COVER CROP		Nitrogen Fixation	Hay Production	Grazing	Minimize Soil Compaction	Seed Size	Full Seeding Rate lbs/area	Seeding Depth, inches	Salinity Tolerance	C:N Ratio	Nutrient Scavenging
COOL SEASON BROADLEAF	Canola	No	Poor	Fair	Good	Small	5	0.25 - 0.75	Good	Low	Good
	Chickling Vetch	Yes	Fair	Fair	Fair	Large	50	0.5 - 1.5	Poor	Low	Good
	Common Vetch	Yes	Fair	Fair	Fair	Medium	20	0.5 - 1.5	Poor	Low	Fair
	Crimson Clover	Yes	Good	Good	Fair	Small	15	.25-.75	Poor	Low	Good
	Ethiopian Cabbage	No	Poor	Fair	Good	Small	5	0.25 - 0.75	Good	Low	Good
	Fava Bean	Yes	Poor	Good	Fair	Large	80	.5-1	Fair	Medium	Good
	Flax	No	Poor	Poor	Poor	Medium	20	.25-.75	Fair	High	Fair
	Graza Radish	No	Poor	Good	Good	Small	8	0.25 - 0.5	Poor	Low	Good
	Hairy Vetch	Yes	Fair	Fair	Fair	Medium	25	0.5 - 1.5	Poor	Low	Fair
	Hunter	No	Poor	Good	Good	Small	5	0.25 - 0.75	Fair	Low	Good
	Lentil	Yes	Fair	Fair	Poor	Medium	30	1-1.5	Poor	Low	Fair
	Pea	Yes	Good	Good	Poor	Large	70	1.5 - 3	Poor	Low	Poor
	Radish	No	Poor	Fair	Good	Small	8	0.25 - 0.5	Poor	Low	Good
	Rapeseed	No	Poor	Good	Good	Small	5	0.25 - 0.75	Good	Low	Good
	Red Clover	Yes	Fair	Fair	Poor	Small	5	0.25 - 0.75	Poor	Low	Good
	Sugar Beet	No	Poor	Good	Good	Small	4	0.25 - 0.5	Good	Low	Good
	Sweet Clover	Yes	Poor	Fair	Fair	Small	4	0.25 - 1	Fair	Low	Fair
	Turnip	No	Poor	Good	Good	Small	5	.25-.5	Poor	Low	Good
	Winfred	No	Poor	Good	Good	Small	5	0.25 - 0.75	Fair	Low	Fair
	Winter Camelina	No	Poor	Poor	Good	Small	3	.25-.5	Poor	Low	Good
Winter Pea	Yes	Good	Good	Poor	Large	70	1.5 - 3	Poor	Low	Poor	
COOL SEASON GRASS	Annual Ryegrass	No	Good	Good	Poor	Medium	25	.5-1.5	Fair	Medium	Good
	Barley	No	Fair	Fair	Fair	Large	100	0.75 - 2	Good	Medium	Fair
	Oat	No	Good	Good	Fair	Large	80	0.5 - 1.5	Fair	Medium	Fair
	Rye	No	Fair	Fair	Fair	Large	100	0.75 - 2	Good	High	Good
	Triticale	No	Fair	Fair	Fair	Large	100	.5-1.5	Good	High	Good
WARM SEASON BROADLEAF	Buckwheat	No	Poor	Fair	Poor	Medium	50	0.5 - 1.5	Poor	Medium	Good
	Cowpea	Yes	Fair	Good	Fair	Large	30	1 - 1.5	Poor	Low	Fair
	Peridovik Sunflower	No	Poor	Good	Fair	Large	7	.5-1	Fair	Medium	Good
	Safflower	No	Poor	Poor	Fair	Large	30	.5-1	Fair	Medium	Good
	Soybean	Yes	Fair	Fair	Poor	Large	50	1-1.5	Poor	Medium	Fair
	Sunn Hemp	Yes	Poor	Poor	Fair	Medium	30	.5-1	Fair	Medium	Good
WARM SEASON GRASS	Forage Sorghum	No	Fair	Good	Fair	Medium	10	0.5 - 1.5	Fair	High	Good
	German Millet	No	Good	Good	Fair	Small	25	.25-.75	Poor	Medium	Fair
	Japanese Millet	No	Good	Good	Fair	Small	25	.5 - 1.5	Poor	Medium	Fair
	Pearl Millet	No	Good	Fair	Good	Small	25	.25-.75	Poor	High	Fair
	Sorghum Sudangrass	No	Good	Fair	Good	Medium	15	0.5 - 1.5	Fair	High	Good
	Teff Grass	No	Good	Good	Good	Small	10	.15-.25	Good	High	Fair