

## Cover Crop Reference Chart

	Seeding rate	Growth Habit	Usage
<p><b>Basic Annual Mix (BAM)</b></p> <p>Oats, Barley, Triticale, Peas</p>	<p>Spring and Summer: ½-¾C/4x8 ft garden bed</p> <p>After Sept 1st: 1-1.5C/4x8ft garden bed</p> <p>If seeding crimson clover, reduce seeding rate to ⅓-½C/bed</p>	<p>Fast growing and will compete well with weeds. Will grow 2-3 ft tall within 8-10 weeks, producing significant biomass and releasing nitrogen for subsequent garden crops.</p> <p>Will not over-winter. Relatively easy to mix into the soil with a spade in the spring.</p> <p>Make sure to mow when the seeds reach the 'milky stage' to prevent them from setting viable seed that will reseed themselves in your garden. (ie. they release a white milk when crushed with your fingers).</p>	<p>A) Plant in the spring in beds that you are not planning on using until July. Mow it with a weed wacker and cover with a tarp 3-4 weeks before you plan on planting the bed. For a full season cover crop, add crimson clover when the BAM is 3 inches tall. Mow the BAM when seed heads appear and crimson clover will regrow.</p> <p>B) Plant in your beds after you are done harvesting for the season. When planted in late august and early september, the BAM will grow to 12-24 inches tall and provide a nice little mulch to protect your soil over the winter.</p>
<p><b>Winter Rye</b></p>	<p>Fall planting for overwintering : ½C/4x8ft bed</p> <p>Summer planting for living mulch: ½ to 1C/4x8ft bed</p>	<p>A) When planted in the fall (Aug 15 to Nov 1), winter rye will rapidly create a dense ground cover, and easily survive the winter. In the spring, it will start growing as soon as the snow melts. If not killed when small (tilled and/or tarped), the rye will grow rapidly, reaching 6 ft tall by mid June.</p> <p>B) When planted in the heat of summer (May-July), the rye will grow rapidly to 6 inches tall and then stall there at 6 inches tall (it's waiting for spring to get tall).</p>	<p>A) Plant in the fall after harvest for an overwintering cover crop. Then either:</p> <ol style="list-style-type: none"> <li>a) Till/spade and tarp ASAP in spring to kill it in time to plant summer veggies.</li> <li>b) Grow your own mulch by allowing it to grow tall. Once the seed heads emerge in June, roll it with a barrel, mow it, trample it, or whack it down with a 2x4, and plant your June planted veggies into the mulch.</li> </ol> <p>B) Seed Rye into established veggies when 12 inches tall to create a living mulch that will out-compete weeds. Summer planted rye usually dies by fall. You can tarp it in the fall to be sure.</p>

<b>Crimson Clover</b>	15-30 g (1-2T)/4x8 ft bed	<p>Beautiful crimson flowered clover. Great for pollinator insects. If spring planted (with BAM) will produce a luscious cover crop and will die back if mowed when flowering.</p> <p>When planted between Aug 1st and Aug 15th, crimson clover has a 75% chance of surviving the winter and producing a beautiful cover crop in the spring. Much easier to kill in the spring than rye!</p> <p>Crimson clover is not a perennial. It is an annual or a biannual depending on climate and seeding date.</p>	<p>A) Interseed into your veggies when they are 6 inches tall. Much less competitive than Rye as a living mulch. Protects the soil, competes with the weeds, and will provide a nice green manure in the fall after you harvest the veggies.</p> <p>B) Seed into BAM when it's 3 inches tall. After you mow off the BAM in mid summer the crimson clover will regrow for a late summer cover crop. Usually doesn't survive winter in this scenario.</p> <p>C) Seed with BAM between Aug 1 and Aug 15 for a nice fall cover crop and (most likely) a nice cover crop regrowth in the spring. Till and tarp it 2-3 weeks before the target planting date.</p>
<b>Grass &amp; Clover Mix</b>	15-30 g (1-2T)/4x8 ft bed	A mix of 3 long-lived, non-creeping perennial grasses plus white clover (that does creep). Specifically selected mix for shade tolerance and not getting too tall even if not regularly mowed.	<p>Seed in areas when you are not planning on gardening. Ok for use in pathways, though you will have a little white clover creeping into your beds.</p> <p>Best to seed it with BAM and mow the BAM when it starts producing seed heads, grass and clover will then regrow.</p>

**General Notes:**

- Seed BAM and rye 1 inch deep. Sprinkle the seeds on top of the soil and till or rake, taking care to leave the seeds evenly distributed.
- Seed crimson clover and grass mix 0-¼ inch deep. These are best over-seeded into BAM when it is 3 inches tall and watered regularly until they germinate. The BAM will act as a 'nurse crop' by growing fast to out compete the weeds while the slow growing grass and clover gets established. After you mow the BAM the grass and clover will regrow and thrive.