

# Cover Crop Chart

Variety	When to Plant	Min Germ Temp	Seeding Depth	Seed Per 1000 sq ft	Pounds of Seed Per Acre	Hardiness Zone	Growth Rate	Nitrogen Fixer	Nutrient Scavenger	Chokes out Weeds	Pounds of Organic Matter Per Acre	Forage or Hay	Attracts Beneficial Insects	Erosion Control	Nematode Control	Soil Builder
Alfalfa	Early Spring to Late Summer	45° F	¼–½”	½ lb	15–20	5	Fast				2000–4000					
Hairy Vetch	Early Autumn, Spring & Summer	55° F	1½–2½”	1 lb	25–40	4	Slow				2300–5000					
Common Vetch	Early Autumn, Spring & Summer	55° F	1½–2½”	1 lb	25–40	8	Medium				2300–5000					
Austrian Field Peas	Autumn	40° F	1–3”	2–4 lbs	75–100	7	Medium				4000–5000					
Crimson Clover	Anytime	45° F	¼–½”	1–2 lbs	30–40	7	Medium				3500–5500					
Mammoth Red Clover	Spring, Autumn	40° F	¼–½”	½ lb	20	4	Medium				4000–6000					
New Zealand White Clover	Spring to Autumn	40° F	¼–½”	¼ lb	6–10	4	Slow				2000–6000					
Berseem Clover	Spring, Early Autumn	42° F	¼–½”	1 lb	15–20	8	Fast				6000–10,000					
Balansa Clover	Early Autumn	40° F	⅛–¼”	1–2 lbs	5–8	5	Medium				6000–10,000					
Yellow Blossom Sweet Clover	Spring, Autumn	41° F	¼–½”	¼ lb	8–20	4	Medium				3000–9000					
Microclover®	Spring to Autumn	40° F	¼–½”	1–2 lbs	8–10	4	Slow				2000–6000					
Fava Beans	Autumn	55° F	1–3”	5 lbs	200	7	Medium				3500–7000					
Sunn Hemp	Spring	50° F	¼–1”	1 lb	15–20	Not frost tolerant	Fast				< 5000					
Soybean	Spring, Summer	55° F	1–1½”	2–3 lbs	50	Not frost tolerant	Fast				3000–5000					
Mustard	Spring & Summer	40° F	¼–¾”	¼– ½ lb	15–20	7	Fast				5000–12,000					
Daikon Radish	Late Summer	45° F	¼–½”	½ lb	10–12	8	Fast				4000–7000					
Turnips	Spring to Late Summer	45° F	¼–½”	¼ lb	5–7	6	Fast				8000–12,000					
Annual Rye Grass	Early Autumn	40° F	½”	1 lb	20–30	5	Fast				2000–9000					
Buckwheat	After last frost	48° F	½–1½”	2–3 lbs	75–100	Not frost tolerant	Fast				2000–4000					
Sudangrass	Late Spring to Late Summer	60° F	½–1½”	1–2 lbs	30–50	Not frost tolerant	Fast				8000–10,000					
Winter Rye Grain	Autumn	34° F	½–2”	3–4 lbs	75–100	3	Fast				3000–10,000					
Winter Barley	Late Summer to Autumn	37° F	¾–2”	2–3 lbs	75–125	7	Fast				2000–10,000					
Triticale	Autumn	34° F	1½–2”	2–3 lbs	60–120	6	Fast				6000–8000					
Winter Wheat	Autumn	38° F	½–1½”	3–4 lbs	70–150	4	Fast				3000–8000					
Oats	Autumn	38° F	¾–2”	2–3 lbs	100–120	8	Fast				2000–10,000					
Lacy Phacelia	Spring, Autumn	37° F	⅛–¼”	3 oz	7	8	Medium				1500–2000					

Legumes

Brassicas

Cereal Grains & Grasses

Lacy Phacelia

= Excellent

= Very Good

= Good

= Fair

= Poor