

Cover Crops



What are cover crops?

Cover crops are typically planted in a field or garden when space is not being used for production. Cover crops help with weed suppression, recycle nutrients in the soil, build organic matter, reduce soil erosion, and are used as a green manure for next year's crop. Almost any type of plant can be considered a cover crop, but common plants used for cover crops in our area include a mix of: rye, oats, barley, radishes, turnips, beets, peas, clovers, and brassicas. Our soil is full of living organisms and by planting cover crops we provide food for those organisms much longer in the year.



Cover crop 1 month after planting in September



Cover crop seed mix

How to plant

Cover crops can be planted in a number of ways. The easiest way to plant cover crops is to broadcast them by hand or with a grass seeder. If space allows, rake them in gently to increase seed-to-soil contact to increase germination. Watering the seeds also increases seed to soil contact and will help with germination. If you have a large space to plant you plant cover crops with a drill, typically ½ inch deep.