

# Cover Crops and Beneficial Insects: Informational Pamphlet



## Summary

This informational pamphlet shows the types of cover crops that attract beneficial insects you want for your farm to aide pest management and biodiversity.

## Learning Objective

- Learn and identify cover crop plants.
- Learn which insects are beneficial to your farm.
- Learn why cover crops and beneficial insects add biodiversity to your farm for healthier plants!
- **Learn** why pollinators are important and which plants they benefit.

### Vocabulary:

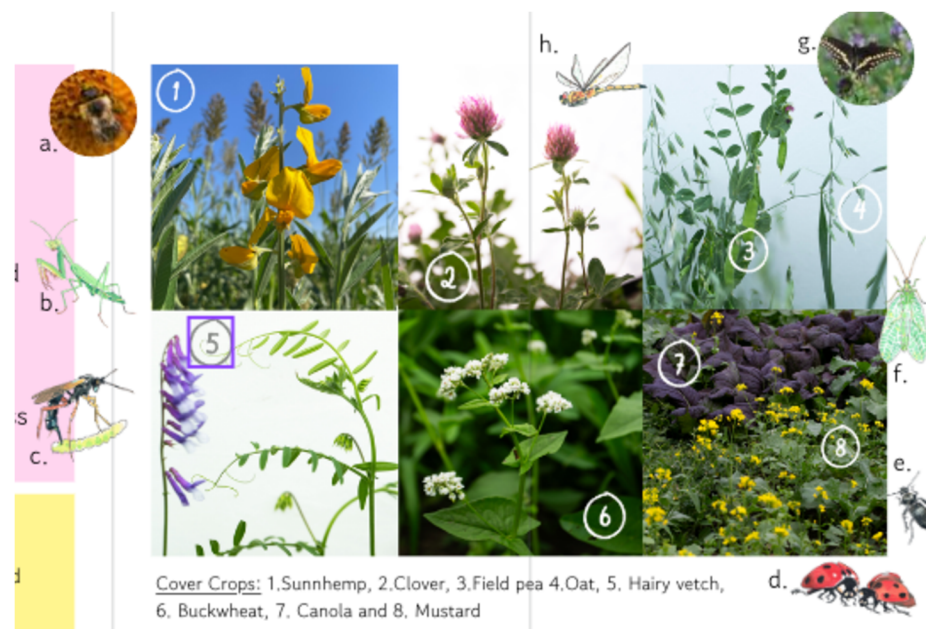
#### Cover Crop

- Sunnhemp
- Clover
- Field pea
- Oat
- Hairy vetch
- Buckwheat
- Canola
- Mustard

#### Beneficial insect

- Bumble Bee
- Praying Mantis
- Parasitic Wasp
- Ladybird
- Beetle
- Lacewing
- Butterfly
- Dragonfly

Pro Tip: For in-field tool companionship, point out areas on the farm where any of the vocabulary words are visible and present



### Print Instructions:

Pamphlet: 8.5 x 11-inch size; select landscape, double sided, bind on short-end.

Developed via  
**LSI Global Greens**

**Zone 5a/b, mid-western USA**

## Gratitude

- **Developed by** Karl.a Conrad
- **Photography by** Karl.a Conrad, Kathryn Gamble
- **Illustrations by** Taylor Fourt and Sandelis S.

### **Thanks to**

**Firmin** Jennie Erwin, Katie Painter, Taylor Fourt, Tika Bhandari and Zachary Couture for feedback and review.

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## Benefits



Butterfly  
Beneficial Pollinator



## Cover Crops and Beneficial Insects

### Cover Crops improve your farm!



Attract beneficial insects



Add nutrients to the soil



Reduce soil erosion  
and compaction



Add biodiversity!



Keep water in the soil



Bumble Bee Image by:  
Kathryn Gamble



Content Development + Design:  
Karl.a Conrad

Cover image: Karl.a Conrad

Pamphlet Images: Karl.a Conrad

Illustrations: San Miller + Taylor Fourt with ISED

Special thanks to research partners:

Iowa State University Extension

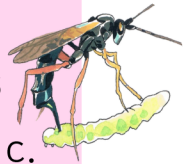
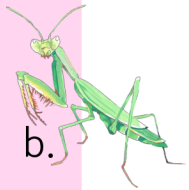






# Cover Crops Attract Beneficial Insects

- Cover crops attract beneficial insects like bees and ladybirds.
- Cover crops provide food and shelter, helping pollinators and pest-eating insects thrive.
- You'll have healthier cash crops and use less pesticides!



Cover Crops: 1.Sunnhemp, 2.Clover, 3.Field pea 4.Oat, 5. Hairy vetch, 6. Buckwheat, 7. Mustard and 8. Canola

Insects: a. Bumble bee, b. Praying mantis, c. Parasitic wasp, d. Ladybird, e. Beetle, f.Lacewing, g. Butterfly, h. Dragonfly



Squash, cucumber, pumpkin, eggplant, okra, and watermelon must be pollinated by insects to make fruit.



Pro tip:  
1. Summer Mix



Sunflower in a cover crop mix helps with soil compaction and weed management.