

# Interested in Trying Cover Crop Interseeding?

The University of Vermont Northwest Crop and Soils Team recently received a grant to work with farmers to adopt cover crop interseeding. Our team is seeking out interested farmers in the *Champlain Valley and North-east Kingdom* to try interseeding this season. Please see page 2 for an Enrollment Form.

## What is interseeding?

Interseeding is a method of planting seeds in between rows of an established cash crop, such as planting cover crops into a corn silage system. With interseeding, cover crops can be planted as early as the 4th and 6th leaf stages of the corn. Interseeding can also occur later in the season after the corn has tasseled.

## How do you interseed cover crops?

Cover crops can be interseeded into growing corn with a variety of equipment options. Specialized equipment includes Interseeder Grain Drills and Highboy Seeders, both options available through the UVM Interseeding Grant. In addition, broadcast spreaders, fertilizer spreaders, and helicopters can be used for interseeding cover crops.

## What is the benefit of interseeding?

Interseeding allows farmers to get cover crops in the ground earlier so they don't have to worry about getting them planted and established in the fall! Interseeding also allows farmers the opportunity to plant a more diverse array of cover crops that might include tillage radish and clover. Farmers all across Vermont have been rapidly adopting cover cropping to improve soil health, reduce erosion, and reap benefits associated with this practice.

## Looking for more information on interseeding?

For a more detailed look at interseeding, please refer to the UVM Extension Northwest Crop and Soils Program Publications *Under Cover: Integrating Cover Crops into Silage Corn Systems*, *Tips for Interseeding Cover Crops*, and/or *Interseeding Cover Crops—Innovative Technologies*, which can be found on our cover crops webpage [www.uvm.edu/extension/cropsoil/covercrops](http://www.uvm.edu/extension/cropsoil/covercrops).

## Interested in trying interseeding?

If you are interested in trying interseeding, please contact Heather Darby ([heather.darby@uvm.edu](mailto:heather.darby@uvm.edu)) or Jeff Sanders ([jeffrey.sanders@uvm.edu](mailto:jeffrey.sanders@uvm.edu)) at UVM Extension Northwest Crop and Soil Team 802-524-6501. The team has both equipment and technical expertise available.



InterSeeder—drills the cover crop seed in



Highboy —sprays cover crop seed into standing corn

# Interseeding Cover Crops into Corn Silage Systems

## 2018 Enrollment Form

Name of Contact: \_\_\_\_\_

Farm/ Company Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City, State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Field Location: \_\_\_\_\_

Field Size (acres): \_\_\_\_\_

When was your corn planted? \_\_\_\_\_

When would you prefer to interseed corn? (circle one):

between 4th and 6th leaf stage                      or                      after tassling

What herbicides did you apply? \_\_\_\_\_ when: \_\_\_\_\_

Email a completed form to Heather Darby (heather.darby@uvm.edu) or Jeff Sanders (jeff.sanders@uvm.edu), or mail a hard copy to:

UVM NW Crops and Soils Program  
278 South Main Street, Suite 2  
St. Albans, VT 05478-1866



This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, through the Northeast Sustainable Agriculture Research and Education program under subaward number LNE18-361.

---

June 2018

Published by the University of Vermont Extension Northwest Crops and Soils Program. Learn more about the program at: [www.uvm.edu/extension/cropsoil](http://www.uvm.edu/extension/cropsoil).

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. University of Vermont Extension, Burlington, Vermont. University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status. Any reference to commercial products, trade names, or brand names is for information only, and no endorsement or approval is intended.