

# Contact Us

WFAN  
515-460-2477  
info@wfan.org

*Women, Food, and Agriculture Network connects women landowners to resources and information needed for cover crops and other conservation issues.*

Iowa NRCS  
515-284-4370  
Marty.adkins@ia.usda.gov

*The National Resources Conservation Service helps you enroll your land into cover crop programs and offers additional services and information about conversation and soil health practices.*

Practical Farms of Iowa  
515-232-5661  
info@practicalfarmers.org

*Practical Farmers of Iowa has an array of research and cover crop information and connects you to further resources – like pilots and co-ops when necessary.*

SARE  
612-626-3113  
ncrsare@umn.edu

*The Sustainable Agriculture Research and Education offices help you find additional information about cover crops and other conservation practices.*

## Talk to your Tenant



**Protect your land. Protect your profits. One simple conversation can do both.**

## Cover crops protect your land and your profits.

As a woman landowner, you want to leave your land in good condition for your heirs but also want to help your tenant. Sow a cover crop into your existing cash crop and leave it standing after harvest. This protects your land during the harsh winter and holds nitrogen in the soil.

# Cover Crop Pledge

Detach and mail and we'll send you more information on cover crops and a free gift!

- I will talk to my tenant about the protective and financial benefits of cover crops.
- I will test the benefits of cover crops on a few acres of my land.
- I will protect all of my crop land by using cover crops.

Name \_\_\_\_\_

Return Address

Street \_\_\_\_\_

City/State \_\_\_\_\_

Zipcode \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_





Plant cover crop before harvest

Harvest cash crop

Cover crop grows during winter

Kill cover crop in spring

Plant cash crop

# Neighbor Stories




Lorraine Madsen wants to keep the farm in the family for kids and grand-kids to come back to. She is interested in the Cover Crop Pledge primarily for protecting the quality of her soil. "This is the one commodity I have, which is why I have to maintain it the best way that I know how." She is committed to learning more about cover crops and urges other women landowners to do the same. "You're not alone. There's others of us out there."

Rick Lee is happy his landlady talked to him about trying cover crops because of the benefits he is seeing after only one year. He admits he was hesitant at first, but the two pledged to try cover crops. The landlady helped pay for half of the extra expenses and kept half of any additional profit. Rick says landowners should not be nervous about talking to their tenants about the Cover Crop Pledge. "If you've got a good tenant, he's willing to listen."

*You and your tenant value your relationship. The Cover Crop Pledge is an easy way to cooperate to maintain the health of your land.*

The Cover Crop Pledge is a commitment to talk to your tenant about helping each other test the benefits of cover crops on a small scale. The practice is compatible with existing equipment and is no more complex than how you already farm. The NRCS even offers you financial help to get started.

## Benefits

-  Improves soil health and quality
-  Retains nitrogen – less fertilizer
-  Prevents erosion
-  Increases yield



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