



# Cover Crop Mixology



Lab lab



Oats



Sunn Hemp



Sorghum Sudan



Buckwheat



Radish

## COSTS

## BENEFITS

### STARTUP (ON-FARM)

- Management
  - Learning new crop requirements
  - Adjusting crop rotation
- New or modified equipment

### RECURRING (ON-FARM)

- Foregone cash crop (if no fallows in current rotation)
- Seed
- Field prep, establishment & cover crop termination
- Irrigation water

- **Improved or maintained cash crop quality & productivity**
- **Reduced inputs for cash crops (fertilizers, herbicides, pesticides, water & fuel)**
- These benefits are achieved through:
  - Reduced soil erosion
  - Added soil organic matter
  - Nitrogen fixation
  - Weed suppression / smothering
  - Nematode suppression
  - Attracted pollinators and beneficial insects
  - Scavenged nutrient

### RECURRING (OFF-FARM / ECOSYSTEM)

- Reduced soil erosion
- Reduced nutrient and chemical leaching
- Improved stream and coastal water quality
- Improved coral reef and estuary ecosystem health
- Reduced pressure from weedy invasive plants

To learn more about cover crop cocktails and upcoming field days in 2017 and 2018, visit:  
[oahurcd.org/cover-crops/](http://oahurcd.org/cover-crops/)



O'AHU RESOURCE CONSERVATION  
& DEVELOPMENT COUNCIL

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