

Table 1: Cover Crop - Common Species and Properties

Cover Crop	Full seeding rate lbs/acre/4	Seeding depth, inches	Average cost/LB.	Reduce erosion	Increase soil organic matter	Scavenge nutrients	Promote biological nitrogen fixation	Suppress weeds	Provide supplemental hay	Provide supplemental grazing	Rooting depth/Plant water use/1	Minimize/Reduce surface soil compaction	Minimize/Reduce subsoil compaction	Seed size (Large or Fine)	Crop type and seeding dates / 2 / 3	Winter Survival	Salinity Tolerance	C:N Ratio	Mycorrhizal fungi association	Seeds/lb	Shade Tolerance
Alfalfa	6.5	.25-.75	\$ 1.90	G	G	G	Y	G	G	F	DH	G	G	F	CB	Y	P	L	M	210,000	F
Barley	50	.75-2.0	\$ 0.30	G	G	G	N	G	G	G	MM	G	F	L	CG	N	G	M	M	14,000	F
Brassica hybrids	7	.25-.5	\$ 2.77	F	F	G	N	G	F	G	MM	G	G	F	CB	N	G	L	N	180,000	P
Buckwheat /s	50	.5-1.5	\$ 0.86	P	P	F	N	F	P	P	SL	F	P	L	WB	N	P	L	N	19,000	G
Cabbage, African	5	.25-.75	\$ 4.50	F	F	G	N	F	F	F	MM	G	G	F	CB	N	G	L	N	180,000	F
Camelina, Winter	3	.25-.5	\$ 2.24	F	F	F	N	P	P	P	ML	P	F	F	CB	S	P	L	N	400,000	P
Canola	5	.25-.75	\$ 4.25	F	F	G	N	G	F	F	MM	G	G	F	CB	S	G	L	N	140,000	F
Clover, Balansa	5	.25-.75	\$ 2.52	F	P	F	Y	P	P	F	SL	P	P	F	CB	N	P	L	M	500,000	F
Clover, Crimson	15	.25-.75	\$ 1.45	F	F	F	Y	P	F	F	SM	P	P	F	CB	S	P	L	M	150,000	F
Clover, Red	5	.25-.75	\$ 1.94	G	F	F	Y	F	F	F	SL	F	F	F	CB	Y	P	L	M	275,000	G
Clover, Sweet	4	.25-1.0	\$ 1.85	G	G	F	Y	G	F	F	MM	G	G	F	CB	Y	F	L	M	260,000	G
Collards or Kale	5	.25-.5	\$ 3.20	F	F	G	N	G	F	G	MM	G	G	F	CB	N	G	L	N	175,000	F
Corn	12	1-1.5	\$ 2.80	G	G	G	N	G	F	G	DH	G	G	L	WG	N	P	H	H	2,500	F
Cowpeas or Dry Beans	30	1-1.5	\$ 1.32	P	F	F	Y	P	P	F	SL	F	F	L	WB	N	P	L	M	4,000	F
Fava beans	75	1-1.5	\$ 0.67	F	F	F	Y	F	G	G	DM	F	F	L	CB	N	F	L	P	2,500	P
Flax	30	.25-.75	\$ 0.59	F	F	F	N	P	P	P	SM	F	P	F	CB	N	P	H	H	80,000	P
Lentils	30	1-1.5	\$ 0.74	P	P	P	Y	P	P	P	SL	P	P	F	CB	N	P	L	M	20,000	P
Millet, hay	15	.5-1.0	\$ 0.77	G	G	G	N	G	G	G	SL	G	F	F	WG	N	P	M	H	180,000	P
Millet, proso	25	.5-1.0	\$ 0.77	G	G	G	N	G	G	G	SL	G	F	F	WG	N	P	M	H	80,000	P
Mustard	6	.25-.75	\$ 2.93	F	F	F	N	G	F	P	MH	G	F	F	CB	N	P	L	N	140,000	P
Oats	70	.5-1.5	\$ 0.33	G	G	G	N	G	G	G	MM	G	F	L	CG	N	F	M	H	16,000	F
Peas	70	1.5-3.0	\$ 0.44	F	P	P	Y	F	G	G	SL	F	F	L	CB	N	P	L	M	3,500	F
Phacelia	4	.25-.5	\$ 6.92	F	F	F	N	P	P	P	DH	F	P	F	CB	N	P	L	M	225,000	F
Radishes	8	.25-.75	\$ 1.66	F	F	G	N	G	P	G	DH	G	G	F	CB	N	P	L	N	25,000	P
Rapeseed	5	.25-.75	\$ 1.05	F	F	G	N	G	F	G	MM	G	G	F	CB	Y	G	L	N	140,000	F
Rye, Cereal	60	.75-2.0	\$ 0.22	G	G	G	N	G	G	G	MH	G	G	L	CG	Y	G	H	M	18,000	G
Ryegrass, Annual	15	.5-1.5	\$ 0.91	G	G	G	N	F	G	G	MM	G	F	F	CG	S	F	M	M	190,000	G
Safflowers	30	.5-1.0	\$ 1.09	F	F	G	N	F	P	P	DM	F	G	L	WB	N	F	M	M	15,000	P
Sorghum, Forage and Sudan Hybrids	15	.5-1.5	\$ 1.40	G	G	G	N	G	G	G	MM	G	G	L	WG	N	F	M	H	17,000	P
Sorghum, Grain	5	.5-1.5	\$ 1.23	G	G	G	N	G	G	G	MM	G	G	L	WG	N	F	M	H	17,000	P
Soybeans	35	1-1.5	\$ 0.52	F	P	F	Y	F	F	F	SM	F	F	L	WB	N	P	L	M	3,000	F
Sudangrass	20	.5-1.5	\$ 1.05	G	G	G	N	G	G	G	MM	G	G	L	WG	N	F	M	H	25,000	P
Sugar beets	4	.25-.5	\$ 4.46	F	P	G	N	F	P	G	DH	G	G	F	CB	N	G	L	N	22,000	P
Sunflowers	7	.5-1.0	\$ 0.52	F	F	G	N	F	P	G	DM	F	G	L	WB	N	F	M	M	8,000	P
Sunn hemp	15	1.5-2.0	\$ 2.72	F	F	F	Y	F	P	F	DM	F	F	L	WB	N	P	L	M	15,000	P
Teff grass	5	.13-.25	\$ 2.43	G	G	G	N	F	G	G	SM	G	F	F	WG	N	P	M	H	1M	N
Triticale	60	.5-1.5	\$ 0.37	G	G	G	N	G	G	G	MH	G	F	L	CG	Y	G	M	M	15,000	F
Turnips	4	.25-.5	\$ 1.68	F	P	G	N	G	P	G	DH	G	G	F	CB	S	P	L	N	175,000	P
Vetch, Chickling	50	.5-1.5	\$ 1.47	F	F	F	Y	F	F	P	SL	F	F	L	CB	N	P	L	M	2,500	F
Vetch, Common	25	.5-1.5	\$ 1.23	F	F	F	Y	F	F	G	SM	F	F	L	CB	N	P	L	M	8,000	F
Vetch, Hairy	15	.5-1.5	\$ 2.33	G	F	F	Y	F	F	F	SM	G	F	L	CB	Y	P	L	M	14,000	G
Wheat, Spring	60	.5-1.5	\$ 0.26	G	G	G	N	G	G	G	MH	G	F	L	CG	N	G	M	M	15,000	F
Wheat, Winter	60	.75-2.0	\$ 0.25	G	G	G	N	G	G	G	MH	G	F	L	CG	Y	G	M	M	15,000	F

<p>/1 Rooting Depth/Water Use</p> <p>SL= Shallow rooted/Low water use SM= Shallow rooted/Medium water use SH= Shallow rooted/High water use ML= Medium rooted/Low water use MM= Medium rooted/Medium water use MH= Medium rooted/High water use DL= Deep rooted/Low water use DM= Deep rooted/Medium water use DH= Deep rooted/High water use</p>	<p>/2 Crop types</p> <p>CG = cool season grass CB = cool season broadleaf WG = warm season grass WB = warm season broadleaf</p> <p>/4 Full Seeding rates Multiply by the percent desired if mixtures are used.</p> <p>/5 Buckwheat contamination To reduce chances of buckwheat contamination in wheat do not rotate to wheat for grain for 2 years</p>	<p>Ratings</p> <p>L= Low M= Medium H= High Y= Yes N = No S = Sporadic N/A= Not Applicable</p>	<p>/3 Seeding Dates</p> <p>May 1 through August 5 – warm season winter kill species Early spring through August 20 – cool season winter kill species August 1 through Winter – species that do not winter kill</p> <p>Seeding dates fluctuate annually. Seeding dates may be adjusted up to 15 days by the District Conservationist, based on local weather and site conditions.</p>
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