

TREASURE VALLEY GROWN
FARM SEEDS

COVER CROPS & GREEN MANURES

Cover crops might be the hardest-working plants you'll ever grow. Cover crops (or green manure) suppress weeds, build productive soil, and help control diseases and pests. They are also easy to plant, require minimal care to survive, and grow well in nearly every part of the country.

CROP	LIFE CYCLE	PRIMARY PURPOSE	SEEDING RATE (per 1,000 sq. ft)	PLANTING TIME	TURN UNDER TIME
Alfalfa	Perennial	Contributes Nitrogen, erosion control, forage/hay	1/2 lb	Spring	After 2 yrs.
Buckwheat	Annual	Contributes phosphorus, smothers weeds, attracts beneficial insects.	2-3 lb	Early-mid summer	Late summer-early fall
Clover, White Dutch	Perennial	Contributes Nitrogen, erosion control	1/4 lb	Spring-late summer	Fall or following year if at all
Clover, Mammoth Red	Biennial	Contributes Nitrogen, smothers weeds, erosion control, attracts beneficial insects.	1/2 lb	Spring-fall	After 1-2 years
Oats	Annual	Prevents erosion, chokes out weeds, soil builder, forage/hay	3-4	Early spring or fall	At flowering; winter kills in north
Peas	Annual	Contributes Nitrogen, smothers weeds, erosion control, attracts beneficial Insects, forage/hay	2-4 lbs	Early spring	After pods form
Rapeseed	Annual	Alkalizes soil	3 oz.	Early spring	After flowering
Ryegrass	Annual	Adds organic matter, forage/hay, erosion control, soil builder, smothers weeds	2	Early spring-late summer	At flowering; winterkills in north
Sweetclover	Biennial	Contributes Nitrogen; breaks up hardpan	1/2 lb	Mid spring-summer	After flowering or following spring
Hairy Vetch	Annual	Contributes Nitrogen, smother weeds, attracts beneficial insects,	1 lb	Spring-late summer	After flowering or early following spring
Winter Rye	Annual	Adds organic matter, phytotoxic to weeds, erosion control	4-6 lbs	Spring- through mid-fall	At flowering or early following spring