



# COVER CROPS

## *BENEFITS*

- PREVENTS EROSION
- INCREASES ORGANIC MATTER
- CONSERVES MOISTURE
- INCREASES NUTRIENT CYCLING
- FIXES ATMOSPHERIC NITROGEN
- SUPPRESSES WEEDS

The following seed mixes are possible ideas. Select a seed mix that will add the desired elements to your specific soil type and needs.

4-way mix for early planted spring crops	
	Seeding Rate Lbs/ac
Spring Pea	25
Forage Oat	20
Turnip	1
Daikon Radish	1.5
<b>Total</b>	<b>47.5</b>

4-way mix for late planted spring crops	
	Seeding Rate Lbs/ac
Spring Pea	15
Crimson Clover	4.5
Triticale	20
Turnip	1
<b>Total</b>	<b>40.5</b>



**Peas** - High N-fixers, field peas produce abundant vining forage and contribute to short-term soil conditioning. Succulent stems break down easily and are a quick source of available Nitrogen

**Crimson Clover** – With rapid, robust growth, crimson clover provides early spring nitrogen for full-season crops. Rapid fall growth, or summer growth in cool areas, also makes it a top choice for short-rotation niches as a weed suppressing green manure.

**Forage Oat** - provide quick, weed-suppressing biomass, take up excess soil nutrients and can improve the productivity of legumes when planted in mixtures. The cover's fibrous root system also holds soil during cool-weather gaps in rotations, and the ground cover provides a mellow mulch before low-till or no-till crops. An upright, annual grass, oats thrive under cool, moist conditions on well-drained soil.

**Triticale** - is a mix between wheat and a cereal rye plant. It has an excellent fibrous root system that makes it an excellent choice for preventing erosion, scavenging for nutrients, and also building soil structure. Triticale has excellent grazing and forage values.

**Turnips** - Turnips are very palatable for grazing cattle and sheep. Most turnips survive the winter and hold onto nutrients into the spring. Turnips sequester nutrients in a similar fashion and amount as radishes.

**Daikon Radish** - Captures and recycles excess nutrients, breaks up soil compaction, quick to germinate and grow rapidly, compatible with numerous other cover crops, fleshy, decomposes well, produce glucosinolate compounds, which can reduce weeds and nematodes, quick canopy to control runoff, reduce soil erosion, high production of organic matter (biomass), Normally winter-kill; no need to spray out; organic friendly.

### **Mini-Cassia Direct Seed & Cover Crop Project**

Minidoka Soil & Water Conservation District  
98 B South 200 West  
Rupert, ID 83350  
208-436-4202  
minidokaswcd@gmail.com

East Cassia & West Cassia Soil & Water Conservation Districts  
1361 East 16th Street  
Burley, ID 83318  
(208) 572-3369  
ewcswcd@gmail.com