

Multi-Year Cover Crop Soil Building Mix

Species	Variety	Typical Seeding Depth	Seeding Rate (lbs/acre)	Sowing Season	Type
Barley OR	Forage Hordeum vulgare	3/4–2"	125-150	Early Spring to Late Summer	Cool Season Grass
Oats	Forage, Avena sativa	1/2–1 1/2"	100#/acre	Spring to Late Summer	Cool/Warm Season Grass
Vetch	Hairy, Vicia villosa subsp. Villosa	1/2–1 1/2"	25-40#/acre	Early Spring to mid-Fall	Cool Season Broadleaf
Alfalfa OR	Medicago sativa	1/4" - 1/2"	25#/acre, 15# in mixes	Early Spring to Late Summer	Cool Season Broadleaf
Mammoth Red Clover	Mammoth, Trifolium pratense	1/4–1/2"	15–20#/acre	Early Spring to mid-Fall	Cool Season Broadleaf
Radish OR	Tillage/Daikon Raphanus sativus var. niger	1/4–1/2"	Drill at 8–10#/acre, 10–15#/acre broadcast	Late Summer	Cool Season Broadleaf
Mustard	Brassica juncea	1/4–3/4"	15–25#/acre	Spring to Summer	Cool Season Broadleaf
Sorghum/Sudan Grass	Sorghum x drummondii	1/2" - 1"	30 lbs per acre	Spring or Summer	Warm Season Grass
Buckwheat	Common, Fagopyrum esculentum	1/2–1 1/2"	50-90#/acre	Spring to Summer	Warm Season Broadleaf
Phacelia		1/8 "	8#/acre	Spring to summer	Warm Season Broadleaf
Fenugreek OR	Trigonella foenum-graecum (Common Fenugreek)	1/4"	5	Late Spring to Early Summer	Warm Season Broadleaf
Cowpea OR	Vigna Unguiculata	1/2 - 1"	30-90#/acre	Spring	Warm Season Broadleaf
Crimson Clover OR	Trifolium incarnatum	1/4–1/2"	25-50#/acre	Early Spring to late Fall	Warm Season Broadleaf
Field Peas OR	Pisum sativum var. arvense	1 1/2–3"	100–200#/acre alone, 50#/acre in mixes	Spring or Fall	Cool Season Broadleaf
Sunn Hemp	Crotalaria juncea		30–50#/acre	Spring	Warm Season Broadleaf

may also include

Winter Wheat	Triticum aestivum	1/2–1 1/2"	100–125#/acre	Fall	Cool Season Grass
Forage Chicory	Cichorium intybus	1/2"	10 lbs alone, 3 lbs/acre in mix	Spring	Cool Season Broadleaf
Fava Beans		1-2"		Spring or Fall	Cool Season Broadleaf
Millet	Pearl, Pennisetum glaucum	3/8"	25–50#/acre	Late Spring to Early Summer	Warm Season Grass
Rye	Secale cereale	1/2" - 1 1/2"	100–200#/acre	Summer to Fall	Cool Season Broadleaf