

Table 1: Cover Crop - Common Species and Properties

	Erosion Reduction	Increase soil organic matter	Capture, recycle, redistribute nutrients in the soil profile	Promote biological nitrogen fixation	Weed suppression	Provide supplemental hay	Provide supplemental grazing	Rooting Depth / Plant Water Use /1	Minimize / reduce soil compaction	Seed size (Large or Fine)	Crop Type /2	Seeding rate, lbs/acre	Seeding depth, inches	Salinity tolerance	C:N Ratio	Attract Beneficial Insects	Mycorrhizal fungi association
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
barley	G	G	F	N	G	F	F	MM	F	L	CG	50	0.75 - 2.0	G	M	Y	L
berseem clover	P	P	F	Y	F	F	G	MH	F	F	CB	8	0.25 - 1.0	F	L	Y	L
buckwheat	G	F	G	N	G	P	P	SL	P	F	WB	48	0.5 - 1.5	P	L	Y	N/A
canola	F	F	G	N	P-G**	F	F	MM	G	F	CB	5	0.25 - 0.75	G	L	Y	N/A
corn	G	G	G	N	P-G**	F	F	DH	G	L	WG	20	1.0 - 1.5	P	H	N/A	H
cowpea	P	P	F	Y	G	F	F	SL	F	L	WB	30	1.0 - 1.5	P	L	Y	M
flax	F	F	F	N	P	P	P	SM	P	F	CB	50	0.25 - 0.75	P	H	N/A	H
hairy vetch	G	F	F	Y	P	F	F	SM	F	L	WB	15	0.5 - 1.5	P	L	Y	M
lentil	P	P	F	Y	P	F	F	SL	P	F	CB	80	1.0 - 1.5	P	L	N/A	M
medic	P	P	G	Y	F	F	F	MM	F	F	CB	8	0.25 - 0.75	P	L	N/A	M
millet	G	G	F	N	G	G	F	SL	F	L	WG	25	0.25 - 0.75	F	M	N/A	H
mustard, tame	F	F	F	N	G	F	F	MH	F	F	CB	5	0.25 - 0.75	P	L	Y	N/A
oat	G	G	F	N	F	G	F	MM	F	L	CG	80	0.5 - 1.5	P	M	N	L
pea	P	P	P	Y	F	G	F	SL	P	L	CB	50	1.5 - 3.0	P	L	Y	M
radish	P	P	G	N	G	P	G	DH	G	F	CB	8	0.25 - 0.5	P	L	Y	N/A
Red beet	P	P	G	N	F	P	F	DM	G	L	CB	8	0.5 - 0.75	F	L	N	L
safflower	F	F	G	N	F	F	G	DH	F	L	WB	30	1.0 - 1.5	F	M	N	H
sorghum	G	G	G	N	G	G	F	MM	G	L	WG	35	0.5 - 1.5	P	M	Y	H
soybean	P	P	F	Y	P-G**	F	F	SM	P	L	WB	45	1.0 - 1.5	P	L	N/A	M
spring rye or wheat	G	G	G	N	G	F	F	MH	F	L	CG	60	0.5 - 1.5	F-G	M	Y	L
sudangrass, sudan-sorghum hybrid	G	G	G	N	G	G	G	MM	G	L	WG	35	0.5 - 1.5	F-G	M	Y	H
sugarbeet	P	P	G	N	F	P	G	DH	G	F	CB	8	0.25 - 0.5	G	L	N/A	L
sunflower	F	F	G	N	F	P	G	DM	F	L	WB	4	0.5 - 1.0	F	M	N/A	H
sweet clover	G	F	F	Y	F	P	F	MM	F	F	CB	6	0.25 - 1.0	F	L	Y	M
triticale	G	G	G	N	G	F	F	MH	F	L	CG	60	0.5 - 1.5	G	M	Y	L
turnip	P	P	G	N	G	P	G	DH	G	F	CB	8	0.25 - 0.5	P-F	L	N/A	N/A
winter rye or wheat	G	G	G	N	G	F	F	MH	F	L	CG	60	0.75 - 2.0	P	M	Y	L

/1 Rooting Depth/Water Use

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

Shallow = 6 - 18 inches
Medium = 18 - 24 inches
Deep = 24 + inches

/2 Crop types

CG = cool season grass
CB = cool season broadleaf
WB = warm season broadleaf
WG = warm season grass

Ratings

L = Low
M = Medium
H = High
N/A = Not Available
G = Good
F = Fair
P = Poor

**Poor weed competitor, but herbicide-tolerant varieties are available.

Table 1 was compiled from several sources listed in the Cover Crop Design and Installation Guide reference section and field observations.