

# Cover Crop Comparison Chart

	Sowing Season	Minimum Germ. Temp.	Hardiness Zone	Growth Rate	Sow Per 1,000 sq.ft.	Sow Per Acre	Seeding Depth	Nitrogen Fixation	Bees/Beneficial Insects	Compaction Control	Erosion Control	Weed Suppression	Green Manure	Forage	Biomass (Organic Matter)
<b>Alfalfa, Summer</b>	Early Spring to Late Summer	45°F (7°C)	5	Fast	½ Lb.	15–20 Lb.	¼–½"	•	•	•	•	•	•	•	•
<b>Barley</b>	Early Spring to Late Summer	38°F (3°C)	7	Fast	2 Lb.	60–125 Lb.	¾–1½"			•	•	•	•	•	•
<b>Buckwheat</b>	Spring to Summer	50°F (10°C)	NFT	Fast	2–3 Lb.	50–90 Lb.	½–1"		•		•				
<b>Clover, Crimson</b>	Anytime	45°F (7°C)	7	Medium	⅓–½ Lb.	12–20 Lb.	¼–½"	•	•	•	•	•	•	•	•
<b>Clover, Mammoth Red</b>	Early Spring to Late Summer†	41°F (5°C)	4	Fast	¼–½ Lb.	8–12 Lb.	¼–½"	•	2Y	•	•	•	•	•	•
<b>Clover, Medium Red</b>	Early Spring to Late Summer†	41°F (5°C)	4	Medium	½ Lb.	5–15 Lb.	¼–½"	•	•	•	•	•	•	•	•
<b>Clover, New Zealand White</b>	Spring to Summer†	40°F (4°C)	4	Slow	¼–½ Lb.	5–15 Lb.	¼–½"	•	2Y		•	•	•	•	•
<b>Clover, Sweet</b>	Spring to Summer	42°F (6°C)	4	Medium	¼–½ Lb.	8–12 Lb.	¼–1"	•	2Y	•	•	•	•	•	•
<b>Manure Mix, Fall Green</b>	Summer to Fall	45°F (7°C)	Various	Medium	1½ Lb.	50 Lb.	½–1½"	•	•	•	•	•	•	•	•
<b>Manure Mix, Spring Green</b>	Spring to Summer	38°F (3°C)	Various	Medium	5 Lb.	200 Lb.	½–1½"	•	•		•	•	•		•
<b>Millet, Pearl</b>	Summer	60°F (16°C)	NFT	Fast	½–1 Lb.	12–25 Lb.	½–1"			•	•	•	•	•	•
<b>Mustard</b>	Spring to Summer†	40°F (4°C)	7	Fast	1 Lb.	15–20 Lb.	¼–¾"	•			•	•	•		•
<b>Oats, Common</b>	Spring to Summer	38°F (3°C)	8	Medium	4 Lb.	100–140 Lb.	¾–1½"				•	•	•	•	•
<b>Oats, Hulless</b>	Spring	38°F (3°C)	8	Medium	4 Lb.	100–140 Lb.	¾–1½"				•	•	•	•	•
<b>Peas and Oats Mix</b>	Spring or Fall	41°F (5°C)	8	Medium	5 Lb.	120–200 Lb.	1½–2"	•			•	•	•	•	•
<b>Peas, Field</b>	Spring or Fall	41°F (5°C)	7	Fast	5 Lb.	200 Lb.	1½–3"	•			•	•	•	•	•
<b>Radish, Oilseed</b>	Late Summer	45°F (7°C)	6	Fast	1 Lb.	10–20 Lb.	¼–½"			•		•			
<b>Rye, Winter</b>	Anytime (Fall for Grain)	34°F (1°C)	3	Medium	2–3 Lb.	60–150 Lb.	¾–1½"				•	•	•	•	•
<b>Ryegrass</b>	Anytime	40°F (4°C)	6	Fast	½–1 Lb.	15–30 Lb.	0–½"			•	•	•	•	•	•
<b>Sudangrass</b>	Early Summer	65°F (18°C)	NFT	Fast	1 Lb.	30–40 Lb.	½–1"			•	•	•	•	•	•
<b>Sunflower</b>	Spring	70°F (21°C)	NFT	Medium	1,500 seeds	20,000 seeds	1–1½"		•	•					•
<b>NEW Sunn Hemp</b>	Summer	60°F (16°C)	NFT	Fast	1 Lb.	30–50 Lb.	½–1"	•	•				•		
<b>Teff</b>	Summer	62°F (17°C)	NFT	Fast	¼ Lb.	8–12 Lb.	⅓–¼"				•	•		•	
<b>Turnips, Purple Top</b>	Spring to Late Summer	45°F (7°C)	6	Fast	¼ Lb.	8 Lb.	½"			•		•		•	
<b>Vetch, Hairy</b>	Anytime	60°F (16°C)	4	Slow	1 Lb.	25–40 Lb.	½–1"	•	2Y	•		•			
<b>Wheat, Spring</b>	Early Spring	38°F (3°C)	7	Fast	2–3 Lb.	60–150 Lb.	¾–1½"			•	•	•	•	•	•

† = Frost Seeding Suitable. NFT = Not Frost Tolerant. 2Y = 2nd Year.



Peas and Oats Mix



Winter Rye



Crimson Clover



New Zealand White Clover



Teff



Sunn Hemp