

Cover Crop Seeding Rates

PROVEN BENEFITS

- Decreased soil erosion
- Increased soil nutrients
- Increased soil organic matter
- Decreased plant parasitic soil nematodes

	BUCKWHEAT	OATS	SUNN HEMP	PERENNIAL PEANUT	PERENNIAL RYE
Seed cost (estimate) Shipping not included	\$120 (\$2/lb)	\$105 (\$1.5/lb)	\$120 (\$3/lb)	(\$30/lb)	(\$2/lb)
Seeding rate (#/acre)	60	70	40	Not established	
Seed planting method	1. initial soil disking 2. broadcast seed 3. light harrow to no more than 2 inches	1. initial soil disking 2. broadcast seed 3. light harrow to no more than 2 inches	1. initial soil disking 2. broadcast seed 3. light harrow to no more than 2 inches		
Time to establishment	7 to 10 days	7 to 10 days	7 to 10 days		
Time to plowdown (for green manure)	1 month	2 months	3 months		