

Table 1: Cover Crop - Common Species and Properties

Cover Crop	<div style="display: flex; justify-content: space-between; text-align: center;"> <div style="width: 10%;">Erosion Reduction</div> <div style="width: 10%;">Increase soil organic matter</div> <div style="width: 10%;">Capture, recycle, redistribute nutrients in the soil profile</div> <div style="width: 10%;">Promote biological nitrogen fixation</div> <div style="width: 10%;">Weed suppression</div> <div style="width: 10%;">Provide supplemental hay</div> <div style="width: 10%;">Provide supplemental grazing</div> <div style="width: 10%;">Rooting Depth / Plant Water Use /1</div> <div style="width: 10%;">Minimize / reduce soil compaction</div> <div style="width: 10%;">Seed size (Large or Fine)</div> <div style="width: 10%;">Crop Type /2</div> <div style="width: 10%;">Seeding rate, lbs/acre</div> <div style="width: 10%;">Seeding depth, inches</div> <div style="width: 10%;">Salinity tolerance</div> <div style="width: 10%;">C:N Ratio</div> <div style="width: 10%;">Attract Beneficial Insects</div> <div style="width: 10%;">Mycorrhizal fungi association</div> </div>																
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
alfalfa	G	G	G	Y	G	F	F	DH	G	F	CB	6.5	0.25 - 0.75	P	L	Y	
alsike clover	G	F	G	Y	G	F	F	SL	P	F	CB	3	0.25 - 0.75	P	L	Y	
annual oregon ryegrass	F	G	G	N	F	G	G	MM	P	L	CG	15	.5-1.5	F	M	Y	
barley	G	G	F	N	G	F	F	MM	F	L	CG	60	0.75 - 2	G	M	Y	L
buckwheat	G	F	G	N	G	P	P	SL	P	F	WB	50	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
chickling vetch	G	F	G	Y	F	F	F	SL	F	L	CB	70	0.5 - 1.5	P	L	Y	
corn	G	G	G	N	P-G**	F	F	DH	G	L	WG		1-1.5	P	H		H
cowpea	P	P	F	Y	G	F	F	SL	F	L	WB	30	1 - 1.5	P	L	Y	M
flax	F	F	F	N	P	P	P	SM	P	F	CB	20	.25-.75	F	H		H
grain and forage sorghum	G	G	G	N	G	G	F	MM	G	L	WG	10	0.5 - 1.5	F	M	Y	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	30	1-1.5	P	L		M
millet	G	G	F	N	G	G	F	SL	F	L	WG	30	.25-.75	P	M	N/A	H
mustard, oriental or brown	F	F	F	N	G	F	F	MH	F	F	CB	6	0.25 - 0.75	P	M		
mustard, tame yellow	F	F	F	N	G	F	F	MH	F	F	CB	12	0.25 - 0.75	P	L	Y	N/A
oat	G	G	F	N	F	G	F	MM	F	L	CG	70	0.5 - 1.5	F	M	N	L
pea	P	P	P	Y	F	G	F	SL	P	L	CB	90	1.5 - 3	P	L	Y	M
radish	P	P	G	N	G	P	G	DH	G	F	CB	10	0.25 - 0.5	P	L	Y	N/A
red clover	G	F	G	Y	G	F	F	SL	P	F		5	0.25 - 0.75	P	L	Y	
soybean	P	P	F	Y	P-G**	F	F	SM	P	L	WB	40	1-1.5	P	L		M
spring rye or s. wheat	G	G	G	N	G	F	F	MH	F	L	CG	100	0.5 - 1.5	F	M	Y	L
sudangrass, sudan-sorghum hybrid	G	G	G	N	G	G	G	MM	G	L	WG	25*	0.5 - 1.5	F	M	Y	H
sugarbeet	P	P	G	N	F	P	G	DH	G	F	CB	4	0.25 - 0.5	G	L		L
sunflower	F	F	G	N	F	P	G	DM	F	L	WB	7	.5-1	F	M		H
sweet clover	G	F	F	Y	F	P	F	MM	F	F	CB	4	0.25 - 1	F	L	Y	M
tall wheatgrass	G	G	G	N	G	G	G	DH	F	L	CG	13	0.25 - 1	G	H		
telf grass	F	G	F	N	F	G	F	SM	P	F	WG	5	.125 - .25		M		
triticale	G	G	G	N	G	F	F	MH	F	L	CG	100	.5-1.5	G	M	Y	L
turnip	P	P	G	N	G	P	G	DH	G	F	CB	4	.25-.5	P	L		N/A
white clover	G	F	G	Y	G	F	F	SL	P	F	CB	1.5	0.25 - 0.75	P	L	Y	
winter rye or w. wheat	G	G	G	N	G	F	F	MH	F	L	CG	100	0.75 - 2	G	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

/2 Crop types

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

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

Ratings

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

*Variable depending on seed size and row spacing.

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