

Table 1: Cover Crop - Common Species and Properties

Cover Crop	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																	
alfalfa				Y						CB	6.5		P																					
alsike clover				Y						CB	3		P																					
annual oregon ryegrass				N						CG	15		F																					
barley	G	G	F	N	G	F	F	MM	F	L	CG	50	0.75 - 2	G	M	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																	
chickling vetch				Y							CB	70		P																				
corn	G	G	G	N	P-G**	F	F	DH	G	L	WG	15-20	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	40-50	.25-.75	F	H		H																	
grain and forage sorghum	G	G	G	N	G	G	F	MM	G	L	WG	35	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	30-80	1-1.5	P	L		M																	
millet	G	G	F	N	G	G	F	SL	F	L	WG	15-25	.25-.75	P	M	N/A	H																	
mustard, oriental or brown				N							CB	6		P																				
mustard, tame yellow	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	F	M	N	L																	
pea	P	P	P	Y	F	G	F	SL	P	L	CB	50	1.5 - 3	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 clover												5		P																				
soybean	P	P	F	Y	P-G**	F	F	SM	P	L	WB	45	1-1.5	P	L		M																	
spring rye or s. wheat	G	G	G	N	G	F	F	MH	F	L	CG	60	0.5 - 1.5	F	M	Y	L																	
sudangrass, sudan-sorghum hybrid	G	G	G	N	G	G	G	MM	G	L	WG	35	0.5 - 1.5	F	M	Y	H																	
sugarbeet	P	P	G	N	F	P	G	DH	G	F	CB	8-10	0.25 - 0.5	G	L		L																	
sunflower	F	F	G	N	F	P	G	DM	F	L	WB	3-4	.5-1	F	M		H																	
sweet clover	G	F	F	Y	F	P	F	MM	F	F	CB	6	0.25 - 1	F	L	Y	M																	
tall wheatgrass				N							CG			G																				
telf grass				N							WG																							
triticale	G	G	G	N	G	F	F	MH	F	L	CG	60	.5-1.5	G	M	Y	L																	
turnip	P	P	G	N	G	P	G	DH	G	F	CB	8	.25-.5	P	L		N/A																	
white clover				Y							CB	1.5		P																				
winter rye or w. wheat	G	G	G	N	G	F	F	MH	F	L	CG	60	0.75 - 2	G	M	Y	L																	

/1 Rooting Depth/Water Use

SL= Shallow rooted/Low water use
SM= Shallow rooted/Medium water use

/2 Crop types

CG= cool season grass
CB= cool season broadleaf

Ratings

L= Low G= Good
M= Medium F= Fair

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

WB= warm season broadleaf
WG= warm season grass

H= High P= Poor
N/A= Not Available

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

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