

**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
barley	G	G	F	N	G	F	F	MM	F	L	CG	50	0.75 - 2.0	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
millet	G	G	F	N	G	G	F	SL	F	L	WG	25	0.25 - 0.75	F	M	N/A	H
sorghum	G	G	G	N	G	G	F	MM	G	L	WG	35	0.5 - 1.5	P	M	Y	H
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
triticale	G	G	G	N	G	F	F	MH	F	L	CG	60	0.5 - 1.5	G	M	Y	L
winter rye or wheat	G	G	G	N	G	F	F	MH	F	L	CG	60	0.75 - 2.0	P	M	Y	L
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
sweet clover	G	F	F	Y	F	P	F	MM	F	F	CB	6	0.25 - 1.0	F	L	Y	M
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
hairy vetch	G	F	F	Y	P	F	F	SM	F	L	WB	15	0.5 - 1.5	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
safflower	F	F	G	N	F	F	G	DH	F	L	WB	30	1.0 - 1.5	F	M	N	H
sunflower	F	F	G	N	F	P	G	DM	F	L	WB	4	0.5 - 1.0	F	M	N/A	H
turnip	P	P	G	N	G	P	G	DH	G	F	CB	8	0.25 - 0.5	P-F	L	N/A	N/A
berseem clover	P	P	F	Y	F	F	G	MH	F	F	CB	8	0.25 - 1.0	F	L	Y	L
canola	F	F	G	N	P-G**	F	F	MM	G	F	CB	5	0.25 - 0.75	G	L	Y	N/A
flax	F	F	F	N	P	P	P	SM	P	F	CB	50	0.25 - 0.75	P	H	N/A	H
medic	P	P	G	Y	F	F	F	MM	F	F	CB	8	0.25 - 0.75	P	L	N/A	M
pea	P	P	P	Y	F	G	F	SL	P	L	CB	50	1.5 - 3.0	P	L	Y	M
Red beet	P	P	G	N	F	P	F	DM	G	L	CB	8	0.5 - 0.75	F	L	N	L
sugarbeet	P	P	G	N	F	P	G	DH	G	F	CB	8	0.25 - 0.5	G	L	N/A	L
lentil	P	P	F	Y	P	F	F	SL	P	F	CB	80	1.0 - 1.5	P	L	N/A	M
soybean	P	P	F	Y	P-G**	F	F	SM	P	L	WB	45	1.0 - 1.5	P	L	N/A	M

**/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.