

**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	Minimize / reduce soil compaction	Seed size (Large or Fine)	Crop Type / <sup>1</sup>	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	G	G	G	Y	G	F	F	DH	G	F	CB	6.5	0.25 - 0.75	P	L	Y	M
alsike clover	G	F	G	Y	G	F	F	SL	P	F	CB	3	0.25 - 0.75	P	L	Y	M
annual oregon ryegrass	F	G	G	N	F	G	G	MM	P	F	CG	15	.5-1.5	F	M	Y	L
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
canola	F	F	G	N	P-G**	F	F	MM	G	F	CB	5	0.25 - 0.75	G	L	Y	N
chickling vetch	G	F	G	Y	F	F	F	SL	F	L	CB	70	0.5 - 1.5	P	L	Y	M
corn	G	G	G	N	P-G**	F	F	DH	G	L	WG	12*	1-1.5	P	H	N	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	Y	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	CB	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	Y	M
millet	G	G	F	N	G	G	F	SL	F	F	WG	30	.25-.75	P	M	N	H
mustard, oriental or brown	F	F	F	N	G	F	F	MH	F	F	CB	6	0.25 - 0.75	P	M	Y	N
mustard, tame yellow	F	F	F	N	G	F	F	MH	F	F	CB	12	0.25 - 0.75	P	L	Y	N
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
red clover	G	F	G	Y	G	F	F	SL	P	F	CB	5	0.25 - 0.75	P	L	Y	M
soybean	P	P	F	Y	P-G**	F	F	SM	P	L	WB	40	1-1.5	P	L	Y	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	N	N
sunflower	F	F	G	N	F	P	G	DM	F	L	WB	7	.5-1	F	M	Y	M
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	N	L
teff grass	F	G	F	N	F	G	F	SM	P	F	WG	5	.125 - .25	P	M	N	N/A
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	Y	N
white clover	G	F	G	Y	G	F	F	SL	P	F	CB	1.5	0.25 - 0.75	P	L	Y	M
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

**Ratings**

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

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

\*Variable depending on seed size and row spacing.

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