

COVER CROPS

Cover crops enrich the soil in a multitude of ways. Some are used to cover bare soil and prevent erosion; others are used to smother germinating weeds. Cover cropping gardens is tricky because every square foot is valuable, but the returns via soil health are hard to come by.

In my gardens cover cropping mainly occurs in the late summer and early fall and allowed to establish before the winter. Depending on your personal situation, there is a possibility of using cover crops in the spring before summer or fall plantings. Below are the standard offerings.

Oats

Oats are a versatile cover crop for Spring or Fall. Quick to germinate, Oats provide erosion protection and help to smother germinating weed seeds. Can be combined with Field Peas for great mix results.

\$0.75 / #



Field Peas

Field Peas are a great spring and fall cover crop that fixes nitrogen and builds soil health. Nodules on the roots work with soil microbes to fix nitrogen. Beautiful Pink or white flowers make this a colorful mix.

\$3.00 / #



Medium Red Clover

Medium Red clover is the perfect cover crop choice for long-term cover. Best when planted in late summer or fall, this cover crop will grow through fall, go dormant in the winter and then continue to fix nitrogen in the spring.

\$6 / #



Buckwheat

Buckwheat is a heat loving cover crop, perfect for mid-season needs. It grows fast and provides white flowers for the bees. It is perfect to fill space between spring and fall plantings.

\$1.50 / #

