

URBAN FARMER

LOVE THE EARTH

How to: Choose a fall cover crop?

Cover crops are an agricultural staple that are low cost, easy to maintain and beneficial to the growth of other vegetables and flowers. Cover crops are a platform of feeding the garden or farm soil in a natural way that can be more affordable than some chemical-based fertilizers.

Many different types of plants can be used as cover crops, and cover crops have a variety of uses, all of which benefit the soil, crop and grower. Choosing the right cover crop to use depends on which season you will plant the crop.

When to use cover crops?

Fall cover crops are planted in the late summer directly following the growing season of harvestable crops. Generally, gardeners plant cover crops directly into the garden as seeds and do not transplant them. A lot of times, cover crops are a type of legume used to convert nitrogen back into the soil. Instead of harvesting the cover crops, they are tilled back into the ground at the end of their growing season.

What cover crops to use in the fall/winter:

If you are planting legumes for a fall cover crop, this includes crops such as crimson clover, hairy vetch, field peas and subterranean clover. Crimson clover is a good cover crop to grow in the southeastern United States. It can grow in fall or winter and grows quicker than other types of legumes. It will also contribute nitrogen to the soil to benefit the following crop. It is not very winter hardy, which is why it thrives in a warmer climate.



[Fall Cover Crop seeds available at ufseeds.com](http://ufseeds.com)

Field peas are similar to crimson clover, and they are grown as a winter annual in the southern states or areas like California. They grow quickly in cool, moist climates.

Hairy vetch is a winter-hardy cover crop that can grow in areas that undergo a hard freeze. Hairy vetch can contribute up to 100 pounds of nitrogen per acre when it is well adapted.

Subterranean clover is a warm-weather winter cover crop, and it will typically complete its life cycle before the summer crops need to be planted.

Types of grasses also are used as cover crops, especially because some types are very cold-hardy. Plant grasses like oats, barley and winter rye. Grasses are used to contribute more organic matter into the soil, and their roots also help break up hard soil.

Plant the cover crops one month before the



100%
Non-GMO Seed



One Day
Shipping



100%
Satisfaction Guarantee



Family
Owned +Operated

URBAN FARMER

LOVE THE EARTH

first hard frost sets in around your area.

In addition to contributing nutrients to the soil, cover crops also help protect against winter erosion, which can occur from winter rains. Cover crops also help keep weed growth down, especially if they are planted in a dense fashion.

In the spring, cut the cover crops down with a mower several weeks prior to planting your spring crop. Then, let the cut crops decompose on the surface of the soil for a week before tilling it into the soil.

Urban Farmer has a wide variety of fall cover crops on our website at ufseeds.com!



[Fall Cover Crop seeds available at ufseeds.com](http://ufseeds.com)



100%
Non-GMO Seed



One Day
Shipping



100%
Satisfaction Guarantee



Family
Owned +Operated