

Center for Environmental Farming Systems
Small Farm Unit
Cover Crops

Winter Cover Crops	Summer Cover Crops
Crimson Clover	Buckwheat (fast grower; great pollinators)
Rye	Sorghum Sudangrass (very fast at producing a lot of biomass – increases organic matter in the soil)
Mustard	Sun Hemp
Vetch, or a combination of	Millet
Crimson Clover: Rye: Vetch, or	Cowpea or Soybean (legumes and fix nitrogen)
Crimson Clover: Rye	