

Cover Crop	Erosion Reduction	Mycorrhizal fungi association	Minimize / reduce soil compaction	Root Depth	Increase soil organic matter	C:N Ratio	Plant Water Use	Capture, recycle, and redistribute nutrients in the soil profile	Salinity tolerance	Weed Suppression	Promote biological nitrogen fixation	Attract Beneficial Insects	Provide supplemental hay	Provide Supplemental grazing	Seed size (Large or Fine)	Crop type	Full Seeding rate, lbs/acre	Seeding depth, inches
Annual Oregon ryegrass	F	L	P	M	G	M	M	G	F	F	N	Y	G	G	F	CG	15	0.5 - 1.5
Barley	G	L	F	M	G	M	M	F	G	G	N	Y	F	F	L	CG	50	0.75 - 2
Chickling vetch	G	M	F	S	F	L	L	G	P	F	Y	Y	F	F	L	CB	50	0.5 - 1.5
Common vetch	G	M	F	S	F	L	M	F	P	P	Y	Y	F	F	L	CB	16	0.5 - 1.5
Cowpea	P	M	F	S	P	L	L	F	P	G	Y	Y	F	F	L	WB	30	1 - 1.5
Flax	F	H	P	S	F	H	M	F	F	P	N	Y	P	P	F	CB	20	0.25 - 0.75
Grain and forage sorghum	G	H	G	M	G	M	M	G	F	G	N	Y	G	F	L	WG	10	0.5 - 1.5
Hairy vetch	G	M	F	S	F	L	M	F	P	P	Y	Y	F	F	L	CB	15	0.5 - 1.5
Kale	F	N	G	M	F	L	M	G	G	G	N	Y	F	F	F	CB	0.5	0.25 - 0.5
Lentil	P	M	P	S	P	L	L	F	P	P	Y	Y	F	F	F	CB	30	1 - 1.5
Millet	G	H	F	S	G	M	L	F	P	G	N	N	G	F	F	WG	25	0.25 - 0.75
Oat	G	L	F	M	G	M	M	F	F	F	N	N	G	F	L	CG	70	0.5 - 1.5
Pea	P	M	P	S	P	L	L	P	P	F	Y	Y	G	F	L	CB	70	1.5 - 3
Radish	P	N	G	D	P	L	H	G	P	G	N	Y	P	G	F	CB	8	0.25 - 0.5
Rapeseed	F	N	G	M	F	L	M	G	G	F	N	Y	F	G	F	CB	5	0.25 - 0.75
Rye	G	L	F	M	G	M	H	G	G	G	N	Y	F	F	L	CG	100	0.75 - 2
Soybean	P	M	P	S	P	L	M	F	P	P	Y	Y	F	F	L	WB	35	1 - 1.5
Spring rye or wheat	G	L	F	M	G	M	H	G	F	G	N	Y	F	F	L	CG	60	0.5 - 1.5
Sudangrass	G	H	G	M	G	M	M	G	F	G	N	Y	G	G	L	WG	25	0.5 - 1.5
Tall wheatgrass	G	L	F	D	G	H	H	G	G	G	N	N	G	G	L	CG	13	0.25 - 1
Triticale	G	L	F	M	G	M	H	G	G	G	N	Y	F	F	L	CG	60	0.5 - 1.5
Turnip	P	M	G	D	P	L	H	G	P	G	N	Y	P	G	F	CB	4	0.25 - 0.75
Wheat	G	L	F	M	G	M	H	G	G	G	N	Y	F	F	L	CG	100	0.75 - 2
Winter camelina	F	N	G	M	F	L	L	G	P	F	N	Y	P	P	F	CB	3	0.25 - 2
Winter rye or wheat	G	L	F	M	G	M	H	G	G	G	N	Y	F	F	L	CG	100	0.75 - 2

Rooting Depth

S= Shallow rooted, 6 - 18 inches
M= Medium rooted, 18 - 24 inches
D= Deep rooted, 24+ inches

Ratings

L= Low G= Good Y= Yes
M= Medium F= Fair N=No or None
H= High P= Poor N/A= Not Available

Crop types

CG= cool season grass
CB= cool season broadleaf
WB= warm season broadleaf
WG= warm season grass