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## **Cover Crops 101**

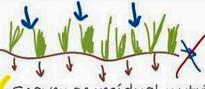


The first step to success with cover crops is to identify what goals are to be achieved. Keep in mind that although most cover crop species share some common benefits, individual species may contribute more of one over another. Also, cover crops are not an instant solution, but long-term and continual use in cropping systems can lead to improved soil condition and health.

## Why use cover crops?



Enhance nutrient



cycling / Scavenge residual nutrients

Reduce runoff/leaching

Protect soil from erosion

Serve as a nitrogen source



Improve soil health

Enhance soil biology



Alleviate/prevent compaction

Add soil organic matter



Suppress weed growth





Support beneficial insects and pollinators



3) Supplement forage production