

Fig 1. Cover crop seeding dates, seeding rates and seeding depths.

Plant Species	Life cycle ³	Seeding rate (lb/ac) ⁴						Seeding depth (in)	Planting Date Range ²	
		Pure Stand	¾	½	⅓	¼	Forage Stand		Northern	Southern
Cool-Season Growth										
Non-Legumes										
Winter Rye (<i>Secale cereale</i>)	nwk	50	38	25	17	13	88	¼ to 1 ½	8-1 to 11-1	8-15 to 11-15
Winter Barley (<i>Hordeum vulgare</i>)	nwk ⁴	59	44	29	19	15	-	¼ to 1 ½	8-15 to 10-10 or 3-15 to 5-1	8-25 to 10-20 or 3-1 to 4-20
Winter Wheat ⁵ (<i>Triticum aestivum</i>)	nwk	64	48	32	21	16	94	¼ to 1 ½	9-22 to 10-22	9-30 to 11-1
Winter Triticale (x <i>Triticosecale</i>)	nwk	60	45	30	20	15	94	¼ to 1 ½	8-1 to 10-22	8-15 to 11-1
Spelt ⁵ (<i>Triticum aestivum</i> var. <i>spelta</i>)	nwk	64	48	32	21	16	94	1 to 1 ½	9-22 to 10-22	9-30 to 11-1
Annual Ryegrass (<i>Lolium multiflorum</i>)	nwk ⁴	18	13	9	6	4	28	¼ to ½	8-1 to 9-20 or 3-15 to 5-1	8-1 to 9-30 or 3-1 to 4-20
Oats (<i>Avena sativa</i>)	wk	40	30	20	14	10	88	½ to 1 ½	8-1 to 9-20 or 3-15 to 4-30	8-1 to 9-30 or 3-1 to 4-15
Oilseed Radish (<i>Raphanus sativus</i>)	wk	-	-	-	2	1.5	12	¼ to ¾	8-1 to 9-15 or 3-15 to 4-30	8-15 to 9-30 or 3-1 to 4-15
Rapeseed/Canola/Kale (<i>Brassica napus</i>)	nwk ⁶	4	3	2	1.5	1	8	¼ to ½	8-1 to 9-15 or 3-15 to 4-30	8-15 to 9-30 or 3-1 to 4-15
Mustards (<i>Brassica juncea</i>)	wk	4	3	2	1.5	1	8	¼ to ¾	8-1 to 9-15 or 3-15 to 4-30	8-15 to 9-30 or 3-1 to 4-15
Turnip (<i>Brassica rapa</i>)	wk	2.5	2	1	.75	.5	6	¼ to ½	7-20 to 9-15 or 3-15 to 4-30	8-1 to 9-30 or 3-1 to 4-15
Legumes										
Alfalfa (<i>Medicago sativa</i>) ⁷	nwk	16	12	8	6	4	-	¼	4-1 to 5-1 or 8-1 to 8-15	3-30 to 4-25 or 8-1 to 8-30
Red Clover (<i>Trifolium pretense</i>)	nwk	9	7	5	3	2	-	¼ to ½	7-20 to 8-30 or 2-1 to 5-1	8-1 to 9-15 or 2-1 to 4-15
Yellow Sweet Clover (<i>Melilotus officinalis</i>)	nwk	8	6	4	3	2	-	¼ to ½	7-20 to 8-30 or 2-1 to 5-1	8-1 to 9-15 or 2-1 to 4-15
Crimson Clover (<i>Trifolium incarnatum</i>)	nwk	12	9	6	4	3	-	¼ to ½	6-15 to 9-15	6-1 to 9-30
Winter Pea (<i>Pisum sativum</i>)	wk	40	30	20	14	10	-	1 to 1 ½	8-1 to 9-15 or 3-10 to 4-30	8-1 to 10-1 or 3-1 to 4-20
Hairy Vetch (<i>Vicia villosa</i>)	nwk	16	12	8	5	4	-	½ to 1 ½	8-1 to 9-20 or 3-10 to 4-30	8-1 to 10-1 or 3-1 to 4-20
Warm-Season Growth										
Non-Legumes										
Sorghum-Sudangrass (<i>Sorghum bicolor</i> x <i>S. sudanense</i>)	wk	24	18	12	8	6	35	½ to 1 ½	5-15 to 7-5	5-1 to 7-15
Sudangrass (<i>Sorghum bicolor</i>)	wk	20	15	10	7	5	25	½ to 1 ½	5-15 to 7-20	5-1 to 7-30