Soil First® PREMIUM COVER CROP SEED

COVER CROP INFORMATION, BENEFITS & NUTRITION CHART

✱ Solving the SOIL HEALTH puzzle?

WE HAVE YOU COVERED

	ANNUAL COVER CROP FORAGE	PLANTING SEASON: SPRING	SUMMER	LATE SUMMER	FALL	CARBON/ NITROGEN RATIO (C:N)	SEEDING INFORMATION: SEEDING RATE (DRILL) LBS/ACRE	SEEDING RATE (MIX) LBS/ACRE	SEEDING RATE (TOP DRESS) LBS/ACRE	SEEDING DEPTH (WITH DRILL)	SEEDS/LB	SEEDING TIME	BULK DENSITY * LBS/FT³	AERIAL SEEDING RATE*	GERMINATION ESTIMATED TEMPERATURE (DEGREES FAHRENHEIT)	USDA HARDINESS ZONE	DAYS TO EMERGENCE	NON-FORAGE BENEFITS: NITROGEN FIXES OR SCAVENGES	NON-FORAGE BENEFITS (5 = EXCELLENT, 1 = POOR): COMPACTION ALLEVIATION	WEED SUPPRESSION	BIOMASS PRODUCTION	EROSION CONTROL	DISEASE/ PEST CONTROL	POLLINATOR/ BENEFICIALS	P & K CYCLING	EASE OF ESTABLISHMENT	NUTRITIONAL VALUE INFORMATION (VALUES VARY GREATLY DEPENDING ON MATURITY): CRUDE PROTEIN	NEL † MCAL/LB	ADF% ‡	NDF% ◇	TDN	DM TONS PER ACRE	DAYS TO 1ST HARVEST	DAYS TO NEXT HARVEST	GRAZE	BALEAGE	CHOP
BRASSICA/MUSTARD	Daikon Radish			✓		Tops - 9:1	3 - 8	1 - 3	5 - 8	¼"	30 - 40,000	Aug-Sep	44	3-8	45°	9	3 - 5	Scavenger	5	5	4	4	3	2	4	5	18	0.73	26	21	70	2-4	45	◦	+++	◦	+
	Oilseed Radish			✓		Tops - 9:1	8 - 12	3 - 8	8 - 12	¼"	30 - 40,000	Aug-Sep	44	6-12	45°	9	3 - 5	Scavenger	4	5	4	4	4	3	4	5	18	0.73	26	21	70	2-4	45	◦	+++	◦	+
	Turnips (Top)			✓		Tops - 9:1	2 - 6	2 - 4	3 - 8	¼"	220,000	Aug-Sep	45	2-6	45°	6 - 7	4 - 10	Scavenger	3	5	4	3	3	3	3	5	16	0.70	23	20	69	2-5	60-80	◦	+++	◦	+
	Vivant Brassica		✓	✓		10:1 - 15:1	4 - 6	2 - 3	5 - 6	¼"	165,000	July-Sep	44	5-6	45°	7	4 - 6	Scavenger	3	4	4	3	3	3	3	5	14	◦	23	22	78	2-5	35-40	25-30	+++	++	+
	Forage Collards	✓	✓	✓		15:1 - 25:1	5 - 12	1 - 4	10 - 12	¼" - ½"	175,000	Mar-Apr; Aug-Oct	44	8-12	40°	5	4 - 10	Scavenger	3	4	4	4	3	3	3	5	20	0.74	25	21	70	2-4	35-40	25-30	+++	◦	+
	Rapeseed	✓		✓		20:1 - 22:1	4 - 6	2 - 4	6 - 8	¼" - ½"	145,000	Apr-May; Aug-Sep	45	5-8	41°	5	4 - 10	Scavenger	5	3	4	4	4	4	4	5	14	TBD	28	41	57	1.5-4	60-80	◦	+	++	+++
	Yellow/White Mustard	✓		✓		20:1 - 30:1	6 - 15	2 - 5	◦	¼" - ¾"	100,000	Apr-May; Aug-Sep	46	10-15	40°	7	5 - 7	Scavenger	4	3	4	3	4	5	3	5	◦	◦	◦	◦	◦	◦	◦	◦	◦	◦	-
LEGUMES	Crimson Clover	✓		✓		15:1 - 20:1	10 - 15	4 - 8	6 - 15	¼"	150,000	Feb-Mar; Aug-Sep	52	6-15	42°	7	7 - 10	Fixer	2	4	3	3	3	3	3	4	17	0.56	31	42	59	.5-2	60	◦	++	+++	+
	Berseem Clover	✓		✓		15:1 - 20:1	8 - 20	5 - 10	15 - 20	¼"	150,000	Mar-Apr; Aug-Sep	52	6-15	40°	8	5 - 8	Fixer	2	4	3	4	1	3	4	4	18	0.73	23	36	69	1-2.5	60	◦	+	+++	++
	Balansa Clover	✓		✓		15:1 - 20:1	3 - 6	1 - 4	3 - 6	¼"	500,000	Feb-Mar; Aug-Sep	56	3-6	40°	5	14	Fixer	3	4	4	4	3	5	3	4	16	TBD	31	45	65	1-4	40-50	◦	++	+	+++
	Winter Hairy Vetch			✓	✓	10:1 - 15:1	15 - 30	10 - 20	30 - 40	1"	16,000	Aug-Sep	52	NR	60°	3 - 4	14	Fixer	3	4	4	3	3	5	4	3	26	0.58	33	48	64	1-3	Spring	◦	+++	◦	+
	Sunn Hemp		✓	✓		18:1 - 29:1	15	5 - 8	5 - 15	½" - 1"	15,000	July-Sep	◦	NR	65°	Frost	3 - 7	Fixer	2	4	5	3	3	4	3	3	25	---------- Varies Greatly ----------				1-5	40-45	◦	+++	+	++
	Austrian Winter Peas			✓	✓	15:1 - 20:1	30 - 80	10 - 30	40 - 60	1"	2,000	Aug-Sep	52	NR	41°	6+	9	Fixer	2	4	3	3	3	4	2	4	28	0.60	38	54	70	0.5-2	Spring	◦	++	+	+++
	Peas (Hay)	✓		✓		20:1 - 25:1	75 - 120	10 - 50	75 - 120	1"	3,000	Mar-Apr; Aug-Sep	50	NR	41°	Frost	9	Fixer	2	4	3	3	3	4	2	4	10	0.60	52	62	60	1.5-3	60-80	◦	++	+	+++
	Peas (Silage)	✓		✓		Pea Straw - 29:1	75 - 120	10 - 50	75 - 120	1"	3,000	Mar-Apr; Aug-Sep	◦	NR	41°	Frost	9	Fixer	2	4	3	3	3	4	2	4	16	0.58	44	55	58	1.5-3	60-80	◦	◦	+	+++
	Peas and Oat Mix	✓	✓	✓	✓	◦	75 - 120	◦	75 - 120	¾" - 1"	Varies	Mar-Apr; Aug-Sep	◦	NR	41°	Frost	5 - 9	Both	2	4	4	4	3	3	3	4	17	0.57	30	57	59	3-5	60	◦	++	+	+++
	Medium Red Clover	✓		✓	✓	12:1 - 16:1	8 - 12	6 - 8	8 - 12	¼"	270,000	Feb-May; Aug-Oct	48	4-10	41°	4	7 - 10	Fixer	4	4	4	3	2	4	4	3	16	0.56	36	46	55	2-5	Spring	40	++	+++	+
GRASSES	Annual Ryegrass	✓		✓	✓	Vegetative - 20:1	15 - 30	10 - 15	25 - 35	¼"	215,000	Mar-Apr; Aug-Oct	32	15-35	40°	6	7	Scavenger	5	5	3	5	3	2	3	5	9	0.58	38	65	58	.5-2	90	◦	++	+	+++
	Spring Oats (Hay)	✓		✓		Vegetative - 20:1	30 - 50	20 - 40	80 - 120	¾" - 1"	15 - 18,000	Mar-Apr; Aug-Sep	38	20-60	38°	7	5 - 8	Scavenger	2	4	5	4	3	1	3	4	10	0.54	39	63	54	3-6	60-70	◦	++	+	+++
	Spring Oats (Silage)	✓		✓		Straw - 80:1	30 - 50	20 - 40	80 - 120	¾" - 1"	15 - 18,000	Mar-Apr; Aug-Sep	◦	20-60	38°	7	5 - 8	Scavenger	2	4	4	4	3	1	3	4	12	0.60	39	59	60	1.5-3.5	80	◦	◦	+	+++
	Fall Rye (Hay)			✓	✓	Vegetative - 20:1	30 - 50	20 - 40	80 - 120	¾" - 1"	16 - 18,000	Aug-Oct	50	20-60	34°	3	5 - 8	Scavenger	4	5	4	5	3	1	4	4	10	0.58	38	65	58	3-5	Spring	◦	+	++	+++
	Fall Rye (Silage)			✓	✓	Straw - 70:1	30 - 50	20 - 40	80 - 120	¾" - 1"	16 - 18,000	Aug-Oct	◦	20-60	34°	3	5 - 8	Scavenger	4	5	4	5	3	1	4	4	14	0.59	37	59	59	2.5-4	Spring	◦	◦	+	+++
	Triticale (Fall)			✓	✓	Vegetative - 20:1	30 - 50	20 - 40	80 - 120	¾" - 1"	14 - 16,000	Aug-Oct	48	20-60	38°	3	6 - 8	Scavenger	2	4	5	4	3	1	4	4	12	0.58	41	69	56	2.5-4	Spring	◦	+	++	+++
	Triticale (Spring)	✓		✓		Straw - 80:1	30 - 50	20 - 40	80 - 120	¾" - 1"	14 - 16,000	Mar-Apr; Aug-Sep	◦	NR	38°	3	6 - 8	Scavenger	2	4	5	4	3	1	4	4	12	0.58	39	56	58	3-4	50-60	◦	++	+	+++
	Barley (Fall)			✓	✓	Vegetative - 20:1	30 - 50	20 - 40	80 - 120	¾" - 1"	14 - 16,000	Aug-Oct	40	20-60	38°	6	6 - 8	Scavenger	1	4	5	4	3	2	3	4	9	0.57	37	65	57	3-4	Spring	◦	++	+	+++
	Barley (Spring)	✓		✓		Straw - 80:1	30 - 50	20 - 40	80 - 120	¾" - 1"	14 - 16,000	Mar-Apr; Aug-Sep	◦	NR	38°	6	6 - 8	Scavenger	1	4	5	4	3	2	3	4	12	0.58	37	58	59	2-4	50	◦	++	+	+++
	Wheat (Hay)			✓	✓	Vegetative - 20:1	30 - 50	20 - 40	80 - 120	¾" - 1"	11 - 12,000	Aug-Oct	48	20-60	38°	3	6 - 10	Scavenger	3	4	4	5	3	1	4	4	9	0.57	38	66	59	2-3	Spring	◦	++	+++	+
	Wheat (Silage)			✓	✓	Straw - 80:1	30 - 50	20 - 40	80 - 120	¾" - 1"	11 - 12,000	Aug-Oct	◦	20-60	38°	3	6 - 10	Scavenger	3	4	4	5	3	1	4	4	12	0.59	37	62	59	2-3	Spring	◦	◦	+	+++
	Forage Sorghum		✓			Vegetative-20:1	6 - 20	◦	6 - 20	¾" - 1 ½"	17,000	May-July	45	NR	65°	Frost	10	Scavenger	4	5	5	4	4	3	3	4	9	0.59	38	59	59	6-9	80-105	◦	++	+	+++
	Sorghum x Sudan		✓			Leftover Stalks-80:1	25 - 70	5 - 20	25 - 70	¾" - 1 ½"	21,000	May-July	45	NR	65°	Frost	10	Scavenger	4	5	5	4	4	3	3	4	16	0.70	29	55	55	5-8	45-70	30	+	++	+++
	Sudangrass		✓			◦	20 - 45	◦	20 - 45	½" - 1"	43,000	May-July	40	NR	65°	Frost	3 - 5	Scavenger	4	5	5	4	4	3	3	4	9	0.57	43	67	57	2-6	50	30	+	++	+++
	Teff Grass		✓			Vegetative - 20:1	8 - 12	◦	8 - 12	¼"	1,300,000	May-July	◦	NR	65°	Frost	3 - 5	Scavenger	1	3	3	4	3	2	3	4	18	0.60	33	57	64	3-5	35	25	◦	+	+++
	Pearl Millet		✓	✓		12:1 - 20:1	20 - 30	5 - 20	20 - 30	½" - 1"	60,000	May-Aug	42	NR	65°	Frost	3 - 5	Scavenger	3	5	5	4	4	3	3	5	16	0.66	39	48	52	3-6	45	35	++	+	+++
	German Millet		✓	✓		12:1 - 20:1	20 - 25	5 - 15	20 - 25	1"	220,000	May-Aug	◦	NR	65°	Frost	3 - 5	Scavenger	3	3	4	5	3	1	3	4	14	N/A	34	60	60	2-4	50	◦	+++	◦	◦
	White Proso Millet		✓	✓		12:1 - 20:1	20 - 30	5 - 20	20 - 30	1"	80,000	May-Aug	37	NR	65°	Frost	3 - 5	Scavenger	3	3	4	5	3	1	3	4	12	N/A	39	72	62	1.5-2.5	50	◦	+++	◦	◦
SOIL FIRST® MIXES	SF 101 Cover Starter			✓	✓	◦	30 - 35	◦	40 - 50	¼" - 1"	◦	Aug-Sep	48	30-40	45°	◦	Varies	Scavenger	5	5	5	4	3	2	4	4	10-13	Nutrition values vary due to differences in the forage quality of the mix components and differences in how and when each component is harvested (grazed versus baleage)				2-5	45-50	Spring	+++	+	++
	SF 102 Cover Starter			✓	✓	◦	30 - 35	◦	40 - 50	¼" - 1"	◦	Aug-Sep	54	30-40	45°	◦	Varies	Both	5	5	4	5	3	2	4	4	12-15					2-5	45-50	Spring	+++	+	++
	SF 125 N-Hancer		✓	✓		◦	35 - 40	◦	40 - 50	¼" - 1"	◦	July-Sep	44	NR	45°	◦	Varies	Fixer	4	4	4	5	2	3	4	4	14-18					2-5	45-50	◦	+++	+	++
	SF 140 Multi-Purpose		✓	✓	✓	◦	35 - 40	◦	40 - 50	¼" - 1"	◦	July-Sep	50	NR	45°	◦	Varies	Both	4	5	5	3	3	2	3	5	11-14					3-5	45-50	25	+++	+	++
	SF 142 Classic		✓	✓		◦	12 - 15	◦	15 - 20	¼" - ½"	◦	Aug-Sep	52	20-25	45°	◦	Varies	Both	4	3	3	3	3	3	4	4	16-18					2-4	45-60	Spring	+++	+	++
	SF 150 Field Fit	✓	✓	✓		◦	30 - 35	◦	40 - 50	¼" - 1"	◦	Aug-Sep	36	30-40	45°	◦	Varies	Scavenger	5	5	4	3	3	2	3	5	13-17					2-4	45-50	◦	+++	◦	+
	SF 160 Rooting			✓	✓	◦	15 - 20	◦	20 - 25	¼" - ½"	◦	Aug-Sep	50	20-25	45°	◦	Varies	Scavenger	5	4	4	4	4	3	4	4	10-14					2-4	45-50	Spring	+++	+	++
	SF 167 Summer Grazer		✓	✓		◦	25 - 30	◦	25 - 30	¼" - 1"	◦	July-Sep	50	NR	60 - 65°	◦	Varies	Both	4	5	5	4	4	4	3	3	10-14					3-6	40-45	◦	+++	+	++
	SF 175 AccuSpread			✓	✓	◦	20 - 25	◦	25 - 30	¼" - ½"	◦	Aug-Sep	35	25-30	45°	◦	Varies	Both	5	4	4	4	4	3	4	4	10-16					2-5	45-50	Spring	+++	+	++
OTHER	Phacelia		✓	✓		12:1 - 18:1	8	1 - 2	8	¼"	230,000	Jun-Sep	◦	8-10	37°	8	10 - 14	Scavenger	2	5	3	3	4	5	2	4	◦	◦	◦	◦	◦	◦	◦	◦	◦	◦	-
	Sunflower		✓	✓		Leaves 20:1, Stalks 40:1	3 - 5	1 - 2	3 - 5	¾" - 1"	8,000	May-Aug	28	NR	50°	Frost	4 - 10	Scavenger	4	3	3	4	3	5	4	3	11	TBD	36	42	63	2-3	Varies	◦	+++	◦	++
	Buckwheat	✓	✓			10:1 - 18:1	40 - 55	5 - 20	40 - 55	½" - 1"	15,000	May-Aug	40	NR	65°	Frost	3 - 5	Scavenger	3	5	4	2	1	5	5	5	12	0.68	33	44	65	1.5-4	60	◦	++	◦	+
	Sugar Beet		✓	✓		Tops - 19:1	2 - 5	1 - 3	2 - 5	¼"	10,000	May-July	24	NR	50°	8	7 - 14	Scavenger	4	4	4	3	3	2	3	4	14	0.58	14	25	58	2-4	60-80	◦	+++	◦	+
																											Alfalfa (Silage)	18	0.55	37	49	55	3-8	◦	30	◦	◦	+++
																											Alfalfa (Hay)	19	0.59	35	45	59	3-8	◦	30	+	++	+++
																											Corn (Silage)	8	0.74	27	46	72	7-10	120	◦	◦	◦	+++

† - Net Energy for Lactation = Energy available after subtracting digestive and metabolic losses | ‡ - Acid Detergent Fiber = Low values mean more digestible | ◇ - Neutral Detergent Fiber = Low values mean cows can eat more

Days to Harvest = Estimations based on average growing season to reach optimum quality

* +/- 5%. Bulk Density averages are only a guide. Moisture, humidity and seed quality all affect bulk density.

REFERENCES: Texas Tech University, Oklahoma State University, Iowa State University, Mississippi State University, North Dakota State University, Colorado State University, University of Florida, Michigan State University, University of Wisconsin, Kansas State University

Some Benefit = +
More Benefit = ++
Best Benefit = +++
Not Recommended = ⊘
Not Applicable = ◦

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