

PREVENT PLANT

Whether planned or due to weather, cover cropping on open fields during late spring / summer takes advantage of long seeding windows and maintains soil health benefits.

- DO SOMETHING.** Leaving the ground fallow greatly increases the threat of soil erosion and improves likelihood of leaching nitrates, sulfates and other nutrients utilized by a following crop. Bare ground also encourages **FALLOW SYNDROME**, which can occur when there is no plant growth in an area for an extended period of time, reducing active mycorrhizae (which rely upon actively growing roots to survive). Corn and small grains tend to be more affected by fallow syndrome, although it has been a reported issue in soybean stands. Planting an annual crop on prevented planting acres or drowned-out spots can help maintain levels of mycorrhizae in the soil. Annual plantings provide multiple benefits to the soil versus allowing weed populations to thrive and causing future management issues.
- DETERMINE YOUR GOALS.** Crop rotation goals can help steer the decision on cover crop use. Often, crop harvest limits time available to plant cover crops, but with an early planting window, almost anything can be used.
- UNDERSTAND THE GUIDELINES.** If taking the full prevented plant option, haying or grazing is not allowed until after November 1 (or other dates in the Midwest, depending on state or region). Please check with your local state or county FSA office for further info on grazing restrictions with this program, or find resources at lacroseed.com/resources
- THINK ABOUT HERBICIDE RESTRICTIONS.** Consider herbicides already applied on the acres not yet planted. In many cases, cover crops and other non-traditional crops are not listed on the herbicide label. Land grant universities are helping to determine what options farmers have in the case of “prevent plant” or other cropping systems with quick seeding windows. If a cover crop is being planted for a non-forage goal (with no harvest), the grower assumes the risk if the cover crop is not listed on the label. However, if that cover crop will be harvested as forage, either mechanically or by livestock, then rotational restrictions on the label must be followed. For more information, visit lacroseed.com/resources
- USE MIXES.** Using cover crop mixes allows for diversity and the opportunity to spread risk. Mixes also allow for reduced weather risks, help break pest cycles and prevent erosion that some monoculture species are vulnerable to. Added benefits include nitrogen fixing and improved soil health as well.



CONSIDERATIONS – When seeding certain species in late spring/early summer, expect a few more management challenges such as stand establishment, plants setting seed, biomass control, pest control, maintaining forage quality, etc.



	COMPACTION BUSTER	EROSION PREVENTER	NITROGEN FIXER	NUTRIENT SCAVENGER	WEED SUPPRESSOR	FORAGE PROVIDER
GRASSES						
Annual Ryegrass	+++	++	o	+++	++	++
Winter Rye	++	+++	o	+++	+++	+++
Winter Triticale	+	+++	o	+++	++	+++
Spring Oats	+	++	o	++	++	+++
Millet	+	++	o	+	++	++
Sorghum x Sudangrass	+	++	o	++	+++	+++
Sudangrass	+	++	o	++	+++	+++
Teff Grass	o	+	o	++	+	++
BROADLEAVES						
Buckwheat	o	+	o	++	++	o
Sunflower	+	+	o	++	++	+
LEGUMES						
Crimson Clover	o	++	+++	++	++	++
Red Clover	+	++	+++	++	+++	+++
White Clover	o	++	++	++	++	++
Berseem Clover	+	++	+++	++	++	++
Cowpeas	o	+	+++	+	+	++
Sunn Hemp	+	++	+++	+	++	+
Spring Peas	o	+	+++	+	+	++
BRASSICAS						
Daikon Radish	+++	+	o	+++	++	+
Turnip	+	+	o	+++	++	++
Rapeseed	++	+	o	+++	++	+

SOIL FIRST® COVER CROP MIX	NITROGEN FIXER OR SCAVENGER					
	COMPACTION BUSTER	EROSION PREVENTER	NITROGEN FIXER	NUTRIENT SCAVENGER	WEED SUPPRESSOR	FORAGE PROVIDER
SF 101 Cover Starter	+++	+++	Scavenger	+++	+++	+++
SF 102 Cover Starter +	+++	+++	Both	+++	+++	+++
SF 125 N-Hancer	++	++	Fixer	++	++	++
SF 140 Multi-Purpose	++	+++	Both	+++	+++	+++
SF 142 Classic	++	++	Both	++	++	++
SF 150 Field Fit	++	++	Scavenger	++	++	+++
SF 160 Rooting	+++	++	Scavenger	+++	++	++
SF 175 AccuSpread	+++	+++	Both	+++	+++	++

o No Benefit | + Some Benefit | ++ More Benefit | +++ Best Benefit