## Cool Season

### Austrian Winter Peas

- Winter-hardy types
- Grows quickly and breaks down easily, great biomass
- Kill by mowing after full bloom or leave in field to be killed by the heat

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Winter Pea Photo:
[https://covercropimages.sare.org/p615312654/h39ed6093#h39ed6093](https://covercropimages.sare.org/p615312654/h39ed6093#h39ed6093)

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### Cowpea

**Warm Season**

- Grow well in hot and dry regions
- Excellent weed and erosion fighter
- Great at building soil
- Till in or incorporate into soil before pea pods set to avoid stink bug invasion

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Cowpea Photo: The Nashville Food Project collection, used with permission. [https://www.thenashvillefoodproject.org/](https://www.thenashvillefoodproject.org/)

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Red Clover: https://covercropimages.sare.org/p116365567/h7dc9a1d6#h7dc9a1d6

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Berseem Clover

- 60 days after planting, it is ready to cut
- Weed suppressor
- Green Manure - mow every month to encourage growth, keep at least 3-4 inches high
- Can be used as a forage crop

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Picture Info:

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https://asi.ucdavis.edu/programs/ucsarep/research-initiatives/are/nutrient-mgmt/cover-crops

https://ucanr.edu/sites/asi/db/covercrops.cfm?
Both annual and biennial forms of white sweetclover are available. New Mexico, photo by Bob Bugg.

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Photo Credit: Photo by Bob Bugg
Cool Season

Crimson Clover

- For winter cover, seed 6-8 weeks before average first frost
- For summer cover, seed as soon as the danger of frost is past
- Good weed fighter
- Mow after the flowers have bloomed or the seed has set for maximum Nitrogen.
- Inoculate if it hasn't been grown before


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Crimson Clover Photo:
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Cool Season

Subterranean Clover

- Excellent weed suppressor
- Commonly used in orchards and vineyards
- Can be used as a killed or living mulch for mid Atlantic & SE regions
- Excellent source of Nitrogen
- Dies in summer after seeds have set and flowers have bloomed
- Allelopathic compounds found in mulch can negatively impact vegetable seedlings, such as lettuce, broccoli, and tomatoes


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**Picture Info:**
Flowers are not readily apparent on subterranean clovers. Davis, Yolo Co., CA, photo by Bob Bugg. [https://ucanr.edu/sites/asi/db/covercrops.cfm?crop_id=39&images=yes](https://ucanr.edu/sites/asi/db/covercrops.cfm?crop_id=39&images=yes) [https://ucanr.edu/sites/asi/db_images/CCrop_images/Vol1/Img0022.jpg](https://ucanr.edu/sites/asi/db_images/CCrop_images/Vol1/Img0022.jpg)

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White Clover Photo:
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Hairy Vetch Photo: https://covercropimages.sare.org/p116365567/h79994ffe#h79994ffe

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Wollypod Vetch:
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Of the winter annual Medicago spp. thus far tested in California, only bur medic (Medicago polymorpha) has shown reliable self-regeneration.

https://ucanr.edu/sites/asi/db/covercrops.cfm?crop_id=25&images=yes

Photo retrieved from:
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https://covercropimages.sare.org/p602248239/h353ED09#h7eb506c7

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Barley Photo: https://covercropimages.sare.org/p477265252/hf9e0284#h119ab730

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Cool Season

Oats

- Good at suppressing weeds
- Provide good biomass
- Can take up extra Nitrogen left in the soil
- When mixed with legumes, oats, can improve the legumes’ productivity and chance of surviving the winter
- Oats winterkill (most of Zone 7 and colder)
- Allelopathic properties can slow the growth of weeds, but may also impact other crops, such as lettuce, wheat and peas. To minimize this impact, wait three weeks after killing to seed.


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https://covercropimages.sare.org/p602248239/h36af5a91#h794f9192

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Wheat Photo: https://covercropimages.sare.org/p477265252/hf9e0284#h15a8b10e

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Buckwheat will take only 40 days. You need to wait 7-10 days for the buckwheat to decompose before you plants into it. We know that buckwheat is a fast grower and soil builder, attracts beneficials, and is an excellent weed fighter.


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Buckwheat: [https://covercropimages.sare.org/p615312654/h334880db#h334880db](https://covercropimages.sare.org/p615312654/h334880db#h334880db)

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Sorghum Sudan Grass takes 70 days, which is a little over two months. We know that we can’t plant sorghum sudan until about two weeks after it's warm enough to plant corn. We know that sorghum sudan is an excellent soil builder because it produces a lot of organic matter, it's an excellent nitrogen scavenger and erosion fighter. If we planted sorghum sudan, the beds would be out of production for about 80 days.


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Sorghum Sudangrass:
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Forage Radish:
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Cool Season

Mustards

- Can capture the Nitrogen remaining in the soil after a crop harvest
- Bio-toxic compounds that can affect bacteria, fungi, insects and weeds
- Should not be planted with other brassica crops (cabbage, broccoli or radish)

Photo Credit: The Nashville Food Project, used with permission.

Mustard Photo: The Nashville Food Project collection, used with permission.
https://www.thenashvillefoodproject.org/
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