**Typical 4-year Crop Rotation Using Cover Crops, No-Till, and Livestock**

**Year 1**
- **Fall**: Plant winter wheat mid-September. Planted into previous spring wheat stubble.
- **Winter**
- **Spring**
- **Summer**: Harvest winter wheat.
- **Cover crop** planted into wheat stubble, usually in August.

**Year 2**
- **Fall/Winter**: **Livestock graze wheat stubble/cover crop mix** for fields close to home farm. The cover crop is left to stand and not grazed in fields further away.
- **Spring**: Corn planted into wheat/cover crop stubble.
- **Summer**
- **Fall**: Harvest corn.

**Year 3**
- **Winter**
- **Spring**: Plant sunflowers or soybeans into corn stubble.
- **Summer**
- **Fall**: Harvest sunflowers/soybeans.

**Year 4**
- **Winter**
- **Spring**: Plant spring wheat into sunflower/soybean stubble.
- **Summer**: Harvest spring wheat.
- **Fall**: Plant winter wheat into spring wheat stubble.

*For more information see [Managing Cover Crops Profitably](http://www.sare.org/publications/covercrops.htm)*