Cover crops and their benefits

- Erosion Control
- Nutrient Capture/Cycling
- Improve Soil Health
- Water Management
- Increase Biodiversity
- Balance C:N Ratio
- Nitrogen Fixation
- Reduce Compaction
- Weed Suppression
- Provide Forage/Grazing
Rod Zessin Prevented Planting acres drilled August 19th
Missouri River Bottoms – Flooded 2011
Cover crops to stimulate soil life and provide residue – Corn 2012

<table>
<thead>
<tr>
<th>Treatment</th>
<th>75# Oats</th>
<th>40# Oats</th>
<th>40# Peas</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Cover</td>
<td>210.8 bu/A</td>
<td>241.3 bu/A</td>
<td>244.5 bu/A</td>
</tr>
</tbody>
</table>
Some producers say they don’t have enough water for cover crops, yet they let weeds grow and remove residue, wasting water.
Diverse 14-way Mix

Sunn Hemp
Chickling Vetch
Cowpeas
Forage Peas
Soybeans
Forage Sorghum
Pearl Millet

Black Oats
Spring Oats
African Cabbage
Rapeseed
Clemson Okra
Buckwheat
Selby Flax
## Compaction Fighter Mix

<table>
<thead>
<tr>
<th>A. Winter Peas</th>
<th>Pearl Millet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hairy Vetch</td>
<td>African Cabbage</td>
</tr>
<tr>
<td>Chickling Vetch</td>
<td>Rapeseed</td>
</tr>
<tr>
<td>Soybeans</td>
<td>Daikon Radish</td>
</tr>
<tr>
<td>Elbon Cereal Rye</td>
<td>Buckwheat</td>
</tr>
<tr>
<td>Rockford Oats</td>
<td>Safflower</td>
</tr>
</tbody>
</table>
Nitrogen Fixer

Cowpeas
Mung Beans
Kinman Guar
Common Vetch
A-Winter Peas
Crimson Clover

Sunn Hemp
Soybeans
Pearl Millet
Nitro Radish
Buckwheat
High Residue Mix

Forage Sorghum  Shelby Flax
BMR Corn         Clemson Okra
Spring Oats      Sesame Seed
African Cabbage  Sunflower
<table>
<thead>
<tr>
<th>Early Season Grazing</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cowpeas</td>
<td>Nitro Radish</td>
</tr>
<tr>
<td>Mung Beans</td>
<td>P-Top Turnips</td>
</tr>
<tr>
<td>Soybeans</td>
<td>Forage Collards</td>
</tr>
<tr>
<td>Sorghum Sudan</td>
<td>Buckwheat</td>
</tr>
<tr>
<td>Pearl Millet</td>
<td>Okra &amp; Squash</td>
</tr>
<tr>
<td>BMR Corn</td>
<td>Sunflower</td>
</tr>
</tbody>
</table>
Late Season Grazing

A-Winter Peas
Chickling Vetch
Forage Sorghum
Spring Oats
Cereal Rye

Nitro Radish
P-Top Turnips
Forage Collards
Sunflower