

# Cover Crop Comparison

When determining which cover crop is most beneficial to your farm, it is important to consider what purpose you want that crop to serve. Legumes, grasses and brassicas are common cover crops that can offer a wide variety of benefits to the soil and following crop. Depending upon your individual field's needs or conditions, you should plan your cover crops accordingly.

## LEGUMES

Nitrogen Fixing

Increase Soil Microbes

Recycles Nutrients

Increases Organic Matter

Increase Soil Porosity

Break Pest Cycles

## GRASSES

Holds onto Nitrogen

Scavenges Nutrients

Reduces Erosion

Suppresses Weeds

Conserves Soil Moisture

Increases Organic Matter

## BRASSICAS

Suppresses Soil Pests

Breaks up Soil Compaction

Improves Rainfall Infiltration

Increases Disease Suppressive Bacteria

Reduces Erosion

Suppresses Annual Winter Weeds