Planting cover crops within their seasonal seeding windows promotes germination and growth. Planting earlier in the windows often encourages more plant vigor, which can lead to greater benefits in weed suppression and soil health.

The table above shows seeding windows for Indiana, sourced from the Natural Resources Conservation Service’s Indiana Seeding Tool (October 2016). For additional insight into seeding windows, visit the Midwest Cover Crops Council Selector Tool.

![Seeding Windows Table]

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**NOTE:** Northern and southern Indiana seeding dates for the tables below are divided on a general line along US 36 from Illinois to Indianapolis and US 40 from Indianapolis to Ohio.

The best window of opportunity and greatest benefit for various cropping scenarios are:
- After harvest
- Aerial or interseed
- After wheat
- After early veg. crops
- After corn
- After soybean
- After seed corn
- After corn silage
- After vegetable crop

The table above shows seeding windows for Indiana, sourced from the Natural Resources Conservation Service’s Indiana Seeding Tool (October 2016). For additional insight into seeding windows, visit the Midwest Cover Crops Council Selector Tool.

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**Legend**
- Suitable seeding dates for all of Indiana
- Additional suitable seeding dates for Southern IN (seeding should be planned within these dates)
- Increased freeze risk for Northern IN
- Increased Freeze Risk for Southern IN
- Additional suitable seeding dates for Northern IN

1. FFD—Not to be planted prior to Fly-Free Date
2. Dormant/Frost seeding from December thru February. Increase seeding rates by 25%
3. Also Sudangrass
4. Depends on variety

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