# Favorite No-Till Garden Cover Crop Mixes

<table>
<thead>
<tr>
<th>Cover Crop (Rate in Oz. / 100 sq.ft)</th>
<th>Termination Method</th>
<th>Next Crop</th>
<th>Crop Planting Month</th>
</tr>
</thead>
</table>
| Oats (1 to 2 oz)                   | 1. Cover crop winterkills  
2. Spot weed or tarp in March if extra weedy  
3. Rake mulch into pathway or compost.  
4. Add layer of compost mulch  
5. Direct seed or transplant crop  
*Add oilseed radish and phacelia for diversity | Beets, Lettuce, Spinach, Onions, Peas, Pac Choy | March / April |
| Field Peas (3 to 4 oz)             | OR | | |
| Oats (4 oz)                        | | | |
| OR                                 | | | |
| | | | |
| Oats (1 to 2 oz)                   | 1. Crimson clover overwinters  
2. Mow or cut 10 days before crop planting  
3. Add layer of newspaper and straw  
4. Wait 10 days to ensure termination  
5. Open spaces in mulch and transplant crop | Kale and transplanted brassicas | April |
| Crimson Clover (1 oz)              | | | |
| Cereal Rye (1 to 2 oz)             | 1. Cover crop overwinters  
2. Crimp and tarp 25 days before crop planting  
3. Remove tarp, add straw or leaf compost if needed for adequate soil coverage.  
4. Open spaces in mulch and transplant crop | Tomato, Pepper, Sweet Potato, Squash | May / June |
| Crimson Clover (1 oz)              | | | |
| Hairy Vetch (1 oz)                 | | | |
| Cereal Rye (4 oz)                  | 1. Cover crop overwinters  
2. Crimp and tarp for 25 days before crop planting  
3. Remove tarp, Tarp for 25 days >  
4. Open spaces or strips in mulch and direct seed or transplant | Beans, Squash, Watermelon | May / June |
| Oats (1 oz)                        | 1. Hairy Vetch overwinters  
2. Mow or weedwhack 2 weeks before crop planting  
3. Tarp for 2 weeks or until fully terminated  
4. Leave mulch in place and jab plant or rake cover mulch into the space between planting rows and furrow plant crop | Sweet Corn | May / June |
| Hairy Vetch (1.5 oz)               | | | |
| Buckwheat (2+ oz)                  | 1. Summer cover crop  
2. Mow or weedwhack before crop planting  
3. Spot weed or tarp until cover crop and weeds are terminated  
4. Leave mulch or rake into pathways or compost  
5. Plant fall crops or cover crop. Wait 20 days from termination to planting if using a small-seeded crop. | Fall crops, fall cover crops | September |

- There are many ways to create mixes and manage cover crops. These are the primary mixes utilized at the Marion County SWCD No-Till Demo Garden. For more information for your context, contact your local SWCD or USDA-NRCS. Additional guides that include photographs of tactics can be found at marionswcd.org/soil-health-guide
- After untarping, the Marion County SWCD recommends waiting a period of time (~ 3 to 5 days) to allow for stabilization of soil and air before planting or seeding a crop.
- Cover crops reduce soil compaction. In some cases, especially before roots crops like sweet potatoes and carrots, the soil is broadforked for additional alleviation of compaction.
- Results may vary based on soils, climate, and weed pressure.