

Cool-Season Cover Crops			
Cover Crop	Main Benefit	Edible/Additional Use	Planting Season
Daikon / Forage Radish	Deep taproot helps break up compacted soil and scavenges nutrients	People: roots & greens. Chickens: greens & roots	Cool
Turnips	Roots loosen topsoil and capture leftover nutrients	People: roots & greens. Chickens: roots & greens	Cool
Field / Winter Peas	Fix nitrogen and add organic matter	People: peas/shoots, depending on variety. Chickens: forage	Cool
Oats	Fibrous roots scavenge nutrients, reduce erosion and improve soil structure	People: grain*. Chickens: grain & forage	Cool
Barley	Scavenges nutrients; fibrous roots protect and improve topsoil	People: grain*. Chickens: grain & forage	Cool
Winter Wheat	Scavenges nutrients, controls erosion and adds organic matter	People: wheat berries/flour*. Chickens: grain & forage	Cool
Cereal Rye	Excellent nutrient scavenger; erosion control and weed suppression	People: grain*. Chickens: grain/young forage	Cool
Red Clover	Fixes nitrogen, improves soil structure and helps control erosion	People: flowers/leaves for tea*. Chickens: forage	Cool
Alfalfa	Fixes nitrogen; deep roots improve soil structure	People: sprouts*. Chickens: excellent forage	Cool
Mustard	Scavenges nutrients, suppresses weeds and can help with some soil pest issues	People: greens/seeds. Chickens: greens	Cool
Hairy Vetch	Fixes nitrogen, protects against erosion and adds organic matter	Chickens/animals: forage with appropriate management; otherwise compost/soil	Cool
Sunn Hemp	Fixes nitrogen, produces lots of biomass and improves soil structure	Compost/soil; also used as livestock forage in appropriate systems	Compost/soil; also used as livestock forage in appropriate systems
Sunflowers	Deep roots scavenge nutrients; produces substantial biomass	People: seeds. Chickens: seeds	Warm
Cowpeas	Fix nitrogen; deep roots can help break up compacted soil	People: peas/pods. Chickens: forage & peas	Warm
Buckwheat	Fast ground cover; excellent weed suppression and nutrient scavenging	People: grain*. Chickens: seeds	Warm
	* = Edible but requires processing that may not be practical for your situation.		
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