



## **GREEN MANURE**

Grow your own organic matter in the form of cover crops. The purpose is to dig the crop into the soil as a green manure, enhancing your soil without chemicals.

### **CLOVER AND BUCKWHEAT**

Plant as a ground cover during the growing season. Clover will add nitrogen, which is essential for vegetative growth. Buckwheat will add phosphorous, which is essential for root growth.

### **FALL RYE AND OATS**

**Plant in August;** leave in the ground all winter. It will die back with fall frost and will grow up again in spring. Turn under in early spring three weeks before planting date to give the organic matter a chance to break down. Do not let it get over eight inches tall or a dense root mass will form.

Rye and Oats will add small amounts of nitrogen and phosphorous, but will primarily add humus to the soil, which is essential to provide a surface for hair roots to absorb nutrients. Fall rye has the added benefit of being alleopathic, which means it exudes a substance that inhibits the growth of other grasses, and therefore helps to keep some weeds in check.

### **MIX IT UP**

**Sow a mixture of these species in mid summer,** mowing or clipping if required, then turn it all under in the spring. Sow each type of seed sparingly, or it may grow too thickly.

**Do NOT let any of these crops go to seed.** If they are ready to go to seed before you are ready to dig them in, you can clip them down and allow them to grow up again.