



4 MAIN BENEFITS OF COVER CROPS

for Vegetable Gardens



Cover crops are simple plants that protect and improve your soil—naturally! ❤️

1



NITROGEN FIXATION

Legume cover crops, like clover and vetch, capture nitrogen from the air and add it to the soil.



2



ORGANIC MATTER

When cover crops break down, they add organic matter that improves soil structure and fertility.



3



WEED SUPPRESSION

Cover crops block sunlight and crowd out weeds so they have a harder time growing.



4



EROSION PREVENTION

Cover crops hold soil in place with their roots, reducing erosion from rain and wind.

