



THE 3 MAIN CATEGORIES OF COVER CROPS



Cover crops protect and improve your soil—naturally! ❤️

1. LEGUMES (NITROGEN FIXERS)

Add nitrogen to the soil
and improve fertility.



CLOVER



VETCH



FIELD PEAS



Great for building healthy,
nutrient-rich soil.

2. GRASSES (ORGANIC MATTER PROVIDERS)

Add organic matter, build soil
structure, and prevent erosion.



RYE



OATS



WHEAT



Great for adding biomass
and improving soil texture.

3. BROADLEAFS (DIVERSE & BENEFICIAL)

Suppress weeds, attract pollinators,
and break up compacted soil.



BUCKWHEAT



MUSTARD



PHACELIA



Great for biodiversity, soil health,
and pollinator support.



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