



WHEN TO PLANT VEGETABLE GARDEN COVER CROPS



Plant cover crops at the right time for the best soil benefits! ❤️

SEASON	WHEN TO PLANT	BEST COVER CROPS	WHY
FALL (Late Summer to Fall) 	Plant 4–6 weeks before the first expected frost. 	Winter Rye, Hairy Vetch, Crimson Clover, Field Peas 	Protects soil over winter, prevents erosion, adds organic matter, and improves soil fertility for spring planting. 
WINTER (Mild Climates) 	Plant in winter during warm spells when soil is workable. 	Winter Rye, Crimson Clover 	Continues to protect soil, suppress weeds, and add organic matter even in cool weather. 
EARLY SPRING (Before Planting the Garden) 	As soon as soil can be worked and before planting vegetables. 	Oats, Field Peas, Hairy Vetch, Buckwheat, Phacelia 	Grows quickly in spring, smothers weeds, and adds nutrients and organic matter to the soil. 
SUMMER (During the Off-Season) 	After early crops are harvested and while there is still warm weather. 	Buckwheat, Cowpeas, Sunn Hemp, Tillage Radish 	Adds organic matter, improves soil structure, suppresses weeds, and keeps soil covered. 

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