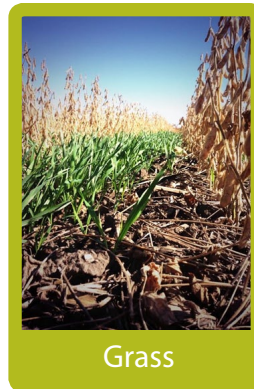
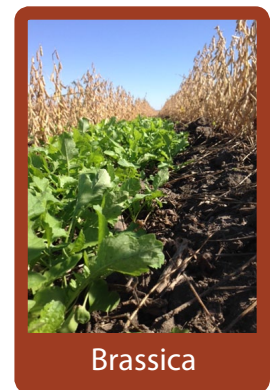
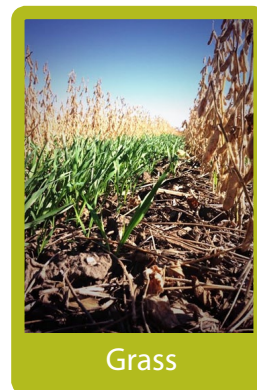


# Choosing a Cover Crop Species

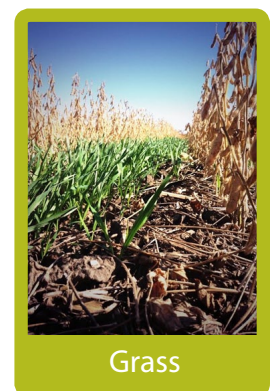
**Drilled/planted  
before Sept. 15**



**Aerial or high-clearance overseeded  
~Aug. 15 - Sept. 15**



**Drilled/planted  
after Sept. 15**



# Seeding Rate Recommendations



**Aerial or  
High-clearance  
overseeded  
~Aug. 15-Sept.15**

**Drilled/planted  
before Sept. 15**                      **Drilled/planted  
after Sept. 15**

<i>Small Grains</i>			
Winter cereal rye*	~50 lb/ac	60-75 lb/ac	60-75 lb/ac
Winter triticale**	~50 lb/ac	60-75 lb/ac	60-75 lb/ac
Winter wheat**	~50 lb/ac	60-75 lb/ac	60-75 lb/ac
Winter barley**	~50 lb/ac	60-75 lb/ac	X
Oats***	~50 lb/ac	60-75 lb/ac	X
<i>Cool-season grass</i>			
Annual ryegrass**	~15 lb/ac	~20 lb/ac	X
<i>Brassicas (consider planting in a mix)</i>			
Rapeseed**	3-4 lb/ac	4-6 lb/ac	X
Brown mustard***	3-4 lb/ac	4-6 lb/ac	X
Oilseed radish***	3-4 lb/ac	4-6 lb/ac	X
Turnips***	3-4 lb/ac	4-6 lb/ac	X
<i>Legumes</i>			
Hairy vetch**	15-20 lb/ac	X	X
Common vetch**	15-20 lb/ac	X	X
Winter lentil**	50 lb/ac	X	X
Winter pea**	60 lb/ac	X	X

\* = should overwinter \*\* = could overwinter \*\*\* = will not overwinter  
X = not recommended for this time and planting

If receiving cost-share through government programs, please see [https://prod.nrcs.usda.gov/Internet/FSE\\_DOCUMENTS/stel-prdb1166106.pdf](https://prod.nrcs.usda.gov/Internet/FSE_DOCUMENTS/stel-prdb1166106.pdf) for NRCS recommended rates.

## Cover Crops and Heat Units

Legumes and brassicas need more heat units than small grains to be effective.

The number of heat units (base 50°F) remaining in Iowa declines dramatically throughout the month of September:

After Aug. 1: 1,385  
After Sept. 1: 707  
After Oct. 1: 246

Source: Iowa Environmental Mesonet

## Minimum Germination Soil Temperatures

Cereal rye: 34°F  
Other small grains: 38°F  
Annual ryegrass: 40°F  
Mustard/Rapeseed: 40°F  
Turnip/Radish: 45°F  
Vetches: 60°F  
Lentils/Pea: 41°F

Source: Midwest Cover Crops Field Guide: 2nd Edition