

# Cover Crop Seeding Rates

## Autumn/Winter Species

Species	Full Seeding Rates	% of Mix (Total >100%)
<u>Cereals</u>		
Oats/Cereal Rye/Barley	80-100 kg/ha	
<u>Grasses</u>		
Annual Ryegrass	6-8 kg/ha	
Perennial Ryegrass	5-6 kg/ha	
Cocksfoot	2-3 kg/ha	
Phalaris	3-5 kg/ha	
Tall Fescue	7-10 kg/ha	
<u>Legumes</u>		
Field Peas	75-100 kg/ha	
Lupins	100-160 kg/ha	
Vetch	30-40 kg/ha	
Lentils	50-75 kg/ha	
Faba Beans	100-150 kg/ha	
Clovers	4-5 kg/ha	
<u>Broadleaves</u>		
Radish	6-8 kg/ha	
Mustard	8-12 kg/ha	
Turnip/Kale	4-6 kg/ha	
Beets	6-9 kg/ha	
Flaxseed	30-45 kg/ha	
Chicory	4-6 kg/ha	
Plantain	8-10 kg/ha	



## Cover Crop Seeding Rates

### Spring/Summer Species

Species	Full Seeding Rates	% of Mix (Total >100%)
<u>Cereal Grasses</u>		
Milletts	20-25 kg/ha	
Sorghums	10-15 kg/ha	
Corn/Maize	20-30 kg/ha	
Panic Grasses	1-2 kg/ha	
<u>Legumes</u>		
Cowpeas/Lab Lab Bean	20-25kg/ha	
Lucerne	8-12 kg/ha	
<u>Broadleaves</u>		
Sunflower	6-8 kg/ha	
Buckwheat	50-60 kg/ha	
Brassicas	6-10 kg/ha	
Phacelia	5-8 kg/ha	

