

Crop	Pack size	Av sowing rate kg/ha	Treatment type	Sowing dates	Incorporation period	Root type/depth	Soil type	Nitrogen Fixing or Storing Plant	Useful information and growing tips
Short Term Crops Spring/Summer Sowing & Summer/Autumn Incorporation									
White Mustard	10kg & 25kg	12 - 17	Untreated & Organic	Spring - Early Autumn	8 weeks after sowing	Fibrous root system	All types, best on light, sandy soils	Storing	Fast growing and good weed suppressor. Has biofumigation properties but not to same extent as brown mustard. Produces large quantities of biomass. Excellent scavenger of nitrogen. Requires fine seedbed. Susceptible to Club root. Plough in before flowering to prevent self-seeding.
Brown Mustard	5kg	5 - 7.5	Untreated	Spring - Autumn	Autumn - Spring	Taproot	All types, prefers moist ground	Storing	As white mustard, but contains high levels of glucosinolate which create biofumigation properties to reduce wireworm infestation. To maximise this benefit, crop must be finely chopped at flowering and thoroughly incorporated into moist soil. Brown mustard is winter hardy so is excellent for reducing soil erosion, water run-off and fertiliser leaching when grown after maize, potatoes & sugar beet.
Phacelia	2kg, 5kg & 10kg	7.5 - 10	Untreated	Spring - Summer	10 - 12 weeks after sowing	Shallow, fibrous	Most soil types, will tolerate dry conditions	Storing	Quick to establish and a good weed suppressor. Flowers loved by bees and butterflies. The crop must be incorporated into the soil before setting seed or it may reappear in subsequent crops as a weed. Said to release many minerals into soil as it decomposes, especially P, Ca and Mg.
Buckwheat	10kg & 25kg	50 - 70	Untreated	Spring - Summer	Summer - Autumn	Shallow, but with good penetration	Tolerates poor, but not wet soils	Storing	Fast growing and quick to mature, not winter hardy. Dislikes wet, heavy or compacted soil. Do not allow to set seed before incorporating into soil. Attractive to beneficial insects especially hoverflies. Good scavenger of phosphate.
Crimson Clover	1kg & 25kg	12.5 - 15	Untreated	Spring	Summer - Autumn	Taproot with fibrous branch roots	Prefers loam, will tolerate poor soils as long as alkaline and free draining	Fixing	Very attractive to insects. Excellent weed suppressor. Biomass degrades quickly into soil. Will over-winter in S England for autumn sowing/spring incorporation. Shade tolerant.
Aslike Clover	25kg	60	Untreated	Spring	Autumn	Branched taproot Deep rooting	Most types	Fixing	Less biomass than red and white clover but better adapted to wet, acid soils and cooler conditions. Requires shallow sowing and firm seedbed.
Fodder Radish	10kg & 25kg	10 - 20	Untreated	Summer - Autumn	Autumn - Spring	Deep rooting taproot	Most types	Storing	Good early vigour that gives quick soil coverage, with a large biomass and a large taproot. Excellent Nitrogen scavenger.
Daikon Radish	5kg & 25kg	8 - 10	Untreated	Summer - Autumn	Autumn - Spring	Deep penetrating taproot	Most types	Storing	Fast establishing, big biomass, long large white tubers. Excellent for breaking up compacted soil with its aggressive tap root. An excellent nitrogen scavenger.
Egyptian/ Berseem Clover	25kg	10 - 22	Untreated	Spring - Early Summer	Later Summer - Autumn	Taproot with fibrous root network	Needs deep fertile soils (uncompetitive)	Fixing	Annual clover. Grows aggressively throughout the summer and autumn. Likes deep fertile soils with plenty of moisture. Produces large amounts of biomass along with fixing large quantities of nitrogen. A good cover crop to put between two cereal crops.
Black Oats/ Japanese Oats (Avena strigosa)	25kg & 500kg	50 - 75	Untreated	Later Summer - Autumn	Winter - Early Spring	Fibrous root system	Grow in most soil types and conditions	Storing	Grows well under most conditions. Early vigour, quickly producing lots of biomass due to the plant rapidly tillering. Can flower early. The fast establishment helps to suppress weeds. Good at disrupting disease cycles. Not frost hardy.
Over Winter Crops Autumn Sowing & Spring Incorporation									
Forage Winter Rye	25kg & 500kg	125 - 185	Untreated	Autumn	Spring	Extensive, fibrous root system	Grows well on light, sandy, free-draining soils	Storing	Produces large amounts of green material. Excellent nitrogen scavenger and for the prevention of nitrate leaching during winter months. Do not allow to run to seed as this will 'lock-up' available nitrogen. Very hardy. Do not follow too soon with brassica crop or germination will be affected.
Italian Ryegrass	25kg	35 - 38	Untreated & Organic	Autumn	Spring	Extensive, fibrous root system	Diploids better in wet areas and tetraploids in drier	Storing	As with forage rye, produces high yields of biomass. Good root system for improving soil structure. If seed heads are produced, crop must be cut before seed is shed to prevent infestation of following crop. Good 'mopper-up' of excess soil nitrogen.
Cocksfoot	15kg - 20kg	5 - 7.5	Untreated & Organic	Spring / Autumn	Autumn - Spring	Thick and fibrous with large energy reserves	Dry, free-draining	Storing	When undersown at a low seed rate into winter wheat, cocksfoot is an excellent soil improver for drought-prone soils.
Forage Rape	10kg & 25kg	6.5 - 10	Untreated & Organic	Spring / Autumn	Autumn - Spring	Deeply penetrating taproot	Most types, able to tolerate poor soil & exposed sites	Storing	Fast growing. Good alternative to mustard if using high glucosinolate varieties, as decomposition can release chemicals which produce a biofumigation effect if incorporated within 24 hours of cutting. Where club root is a problem, make sure a resistant variety is used.
Vetches	25kg	60 - 90	Untreated & Organic	Spring / Autumn	Autumn - Spring	Taproot	Prefers loams and clay. Will not thrive in wet or waterlogged conditions	Fixing	Good weed suppressor. Ensure a winter hardy variety is used. Due to its large seed size, will establish later than most other legumes. Requires fine, firm seed-bed. As with forage rye, do not follow too soon with brassica crop or germination will be adversely affected.
Longer Term Crops									
Lucerne Pre-inoculated	25kg	20 - 25	Untreated & Organic	Spring - Early Autumn	Autumn - Spring	Very deep taproot	Light/chalky/free-draining	Fixing	Seed must be inoculated with rhizobium bacteria. Prefers dry growing conditions. Uncompetitive particularly in early stage of development so grow as pure stand or with non-aggressive companion grasses.
White Clover	1kg & 25kg	5 - 7.5	Untreated & Organic	Spring - Early Autumn	Autumn - Spring	Creeping stolons, Shallow rooting	Wide range. Tolerates dry conditions	Fixing	Continued defoliation stimulates root growth and nitrogen fixation. Smaller leaved varieties are more persistent than larger leaved. Good weed suppressor. Shallow sow into fine, firm seed bed.
Red Clover	1kg & 25kg	12.5 - 15	Untreated & Organic	Spring - Early Autumn	Autumn - Spring	Large, strong taproot	Wide range, avoid poorly drained, acid soils	Fixing	Aggressive plant, does not release N until crop is ploughed in. Shorter term than white clover. Good for improving and aerating soil structure & useful weed suppressor. Ensure fine, firm seed bed.
Yellow Blossom Clover	2kg	12.5 - 15	Untreated	Spring	Summer - Autumn	Long taproot	Prefers poor soil and dry conditions. Dislikes wet, heavy ground	Fixing	Biennial. Quick to establish and grows vigorously. Improves soil structure. Plough in before flowering and before stems becomes woody. Attractive to bees and other insects if allowed to flower.