

URBAN FARMER

LOVE THE EARTH

How to: Choose a spring cover crop?

Cover crops are an agricultural staple that are low cost, easy to maintain and beneficial to the growth of other vegetables and flowers. Cover crops are a platform of feeding the garden or farm soil in a natural way that can be more affordable than some chemical-based fertilizers.

When to use cover crops?

Usually, the best time to use cover crops is in the fall and over the winter season because spring cover crops lead to poor germination because of wet weather. Many times, it's best to grow your vegetable and cover crops in opposite seasons, so something many gardeners and farmers do is grow cool-weather vegetables and then plant cover crops in those plots of land during the summer, after the cool-weather vegetables have been harvested. However, growing cover crops in the late spring or over the summer brings plenty of benefits to the garden as well, and in some different ways than a winter cover crop can.

One benefit to growing cover crops during the warmer months instead of over the winter is that cover crops grown in the summer increase and attract pollinators such as birds and insects. In addition to pollinating the harvestable crops, these birds and insects may reduce the number of damage-inducing pests that can harm your fall crop.

What cover crops to plant in the spring?

Most often, cover crops are used in the form of legumes to return more nitrogen to the



[Spring Cover Crop seeds available at ufseeds.com](http://ufseeds.com)

soil. Summer annual legumes include berseem clover, cowpeas, soybeans and velvet beans. Berseem clover is a summer annual cover crop to be grown in cooler climates. It provides a dense cover, which suppresses weeds. Cowpeas do best in hot climates because they are native to South Africa. However, cowpeas cannot tolerate frosts, even mild ones. Soybeans serve as a cover crop if they are grown through their flowering season. They are easily damaged by frost, like cowpeas, and require fertile soil to grow. Velvet beans are mostly grown in more tropical climates. They can grow high, as they grow on a climbing vine, and they are often used to suppress weeds.

Typically, cover crops are planted as seeds immediately following a harvest. They are not usually transplanted into the garden. Plant these cover crops immediately following the spring harvest so the cover crops can grow during the summer



100%
Non-GMO Seed



One Day
Shipping



100%
Satisfaction Guarantee



Family
Owned + Operated

URBAN FARMER

LOVE THE EARTH

off-season. Mow them down a few weeks before you plan on planting the fall harvest. Leave the cut crops on the surface of the soil for a week or two before tilling it into the ground.

Urban Farmer has a wide variety of spring cover crops on our website at ufseeds.com!



[Spring Cover Crop seeds available at ufseeds.com](http://ufseeds.com)



100%
Non-GMO Seed



One Day
Shipping



100%
Satisfaction Guarantee



Family
Owned +Operated