

LOW RISK APPROACH TO COVER CROPS

CORN – SOYBEANS - WHEAT

YEAR ONE

Drill or spread cereal rye into corn residue after harvest. If not after harvest, plant cereal rye in late February or early March.

YEAR TWO

No-till soybeans into the cereal rye, preferably planting green. Fall harvest soybeans and no-till plant winter wheat.

YEAR THREE

Harvest wheat and plant a diverse mixture of cover crops to include legumes, brassicas, warm season grasses, and cool season grasses.

YEAR FOUR

Spring burn down the cover crops and no-till corn into the residue.

Use the principles of soil health.

1. Low disturbance
2. Keep the ground covered
3. Provide continuous living roots

*It is most important to keep ground planted at all times.