

Crop	Planting Date	Spacing	Seeds/ 100 sq. ft.	Comments
Crimson Clover	Sept. – mid Oct.	Broadcast	1-4 oz.	Legume* - Does poorly in poorly drained, acidic, infertile soil. Good for undersowing. Avoid other, perennial clovers, such as red clover.
Vetch	Late Aug. – mid Oct.	Broadcast	5-10 oz.	Legume* - Soak seeds overnight before sowing.
Field Peas	Late Aug. – Oct.	Broadcast	10-12 oz.	Legume* - Does reasonably well in poorly drained or infertile soil. Very hardy. Matures later than crimson clover.
Fava Beans	Late Oct. – early Nov.	6"-8"	12-14 oz.	Legume* - Soak seeds overnight before sowing for quicker germination. Large plants, lots of organic matter, nitrogen for soil. Not very hardy.
Cereal Rye	Late Sept. – Oct.	Broadcast or 5" spacing	5-10 oz.	Produces lots of biomass. Harder than legumes to chop up. Breaks down more slowly. Roots improve soil structure. Chop before stalks turn brown.
Winter Wheat	Late Sept. – early Oct.	Broadcast or 5" spacing	5-10 oz.	(see Rye comments)
Buckwheat	June-Aug.	Broadcast	3 oz.	Good summer green manure. Doesn't need lots of water. Attracts beneficial insects. Not winter-hardy.
Tyfon	May – Sept.	Broadcast or transplant 4"	½-1 oz.	Cabbage family. Do not follow with same family crop. Edible greens and roots.
Corn Salad	Sept.	Broadcast	1 oz.	Good salad greens in winter. Allow to grow in early spring before chopping.