

# Fall Cover Crop Selection Guide - Fruit & Vegetables

Cereals	Berries	Post-Veg	Permanent	Nitrogen Fixation	Seeding Rate (lb/acre)	Growth and Winterhardiness	Berries Info	Post Vegetable Harvest Info
Fall Rye	R	R	no	no	100	Germinates at the low temperatures. Germinates early in spring. Withstands poor soil.	Weed control, soil cover, improves soil when tilled in.	Weed control, soil cover, improves soil when tilled in.
Winter Wheat		R	no	no	100	Winter active. Late maturing. Good root growth.	---	Weed control, soil cover, improves soil when tilled in.
Barley	R	R	no	no	75	Quick to establish. May die down after first few frosts. Prefers alkaline & light soil.	May die down and flatten to provide mat to protect soil from traffic.	Weed control, soil cover, improves soil when tilled in.
Oats		R	no	no	100	Quick to establish. May die down after first few frosts. Prefers acidic & loamy soil.	---	Weed control, soil cover, improves soil when tilled in.
Legumes	Berries	Post-Veg	Permanent	Nitrogen Fixation	Seeding Rate (lb/acre)	Growth and Winterhardiness	Berries Info	Post Vegetable Harvest Info
Winter Peas		R	no	yes	50	Very winterhardy.	---	Provides nitrogen and improves soil when tilled in.
Winter Vetch		R	no	yes	30	Very winterhardy.	---	Provides nitrogen and improves soil when tilled in.
Grasses	Berries	Post-Veg	Permanent	Nitrogen Fixation	Seeding Rate (lb/acre)	Growth and Winterhardiness	Berries Info	Post Vegetable Harvest Info
Annual Ryegrass		R	no	no	30	Quick to establish. Can survive mild winters. Very rapid spring growth.	---	Weed control, soil cover, improves soil when tilled in.
Italian Ryegrass, tetraploid		R	no	no	30	Establishes slightly slower than Annual Ryegrass. Biennial. Very rapid spring growth. Leafiest of the ryegrasses.	---	Weed control, soil cover, improves soil when tilled in.
Hard Fescue	R		yes	no	175	Winterhardy.	Low-growing, drought tolerant bunchgrass, ideal for alleyways.	---
Sheep Fescue	R		yes	no	175	Winterhardy.	Low-growing, drought tolerant bunchgrass, ideal for alleyways.	---
Sorghum Sudangrass		R	no	no	50	Not winterhardy.	---	Extreme biomass producer.
Mustard	Berries	Post-Veg	Permanent	Nitrogen Fixation	Seeding Rate (lb/acre)	Growth and Winterhardiness	Berries Info	Post Vegetable Harvest Info
Braco White Mustard	R	R	no	no	12	May be killed by frost, may survive mild winters.	Suppresses nematodes, weeds and some other soil-borne pests. Provides nitrogen and conditions soil when tilled in.	
Mixes	Berries	Post-Veg	Permanent	Nitrogen Fixation	Seeding Rate (lb/acre)	Growth and Winterhardiness	Berries Info	Post Vegetable Harvest Info
Legume & Fall Rye Mix*		R	no	some	100	Germinates at low temperatures. Winterhardy.	---	Weed control, soil cover, improves soil when tilled in.
Alleyway Mix**	R		yes	no	175	Winterhardy.	Low-growing, drought tolerant bunchgrass, ideal for alleyways.	---

R = Recommended      \*Legume & Fall Rye Mix: 75% Fall Rye, 15% Winter Peas, 10% Winter Vetch      \*\*Alleyway Mix: 70% Keystone 2 Perennial Ryegrass, 30% Bridgeport II Chewing's Fescue  
 Seeding Rates are suggested and assuming a full acre seeded. Adjust your seeding rate to accommodate seeding conditions and row width where applicable.  
 Recommended seeding before Sept. 15 (Interior), and before Oct. 1 (Fraser Valley), depending on local weather conditions.