



### **Cover Crops**

Crops such as cereal rye, oats and winter wheat are planted to temporarily protect the ground from wind and water erosion and supply living roots to the soil during times when cropland is often not adequately protected.

### **How it helps**

- Keeps ground covered to protect it from soil erosion.
- Improves soil health by adding organic matter and biological activity.
- Cover crops, such as tillage radishes, have a taproot that can help improve water infiltration.
- Traps nutrients.
- Can reduce weed competition.
- Provides livestock grazing.