

# COVER CROPS

Cover crops are plants grown with the intent of improving soil health. Cover crops covers soil which helps protect against wind & water erosion. The roots bind and stabilize the soil and some species improve soil health by reducing nutrient loss due to the nitrogen fixing functions. Cover crops can be planted on an entire field or in specific areas.

Through funding provided by Canada Water Agency & municipalities landowners in the Long Point Region Watershed could be eligible for grants on their cover crop project.



*Radish being used as a cover crop.*

## EXAMPLES OF COVER CROPS

- **Grasses:** Rye, barley, oats, winter wheat
- **Legumes:** Soybeans, field peas, field clover
- **Non-legume Broadleaves:** Buckwheat, marigold, radish, sunflowers

## FUNCTIONS OF COVER CROPS

- Reduce compaction + improve soil structure.
- Improve soil fertility.
- Reduce nutrient losses.
- Reduce soil erosion.
- Increase organics in the soil.
- Reduce pest populations.
- Help water management.
- Build field yield potential.
- And more!



Canada  
Water Agency

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du Canada



Long Point Region  
Conservation Authority