

# Cover Crops-Part of The Road to Regenerative Agriculture

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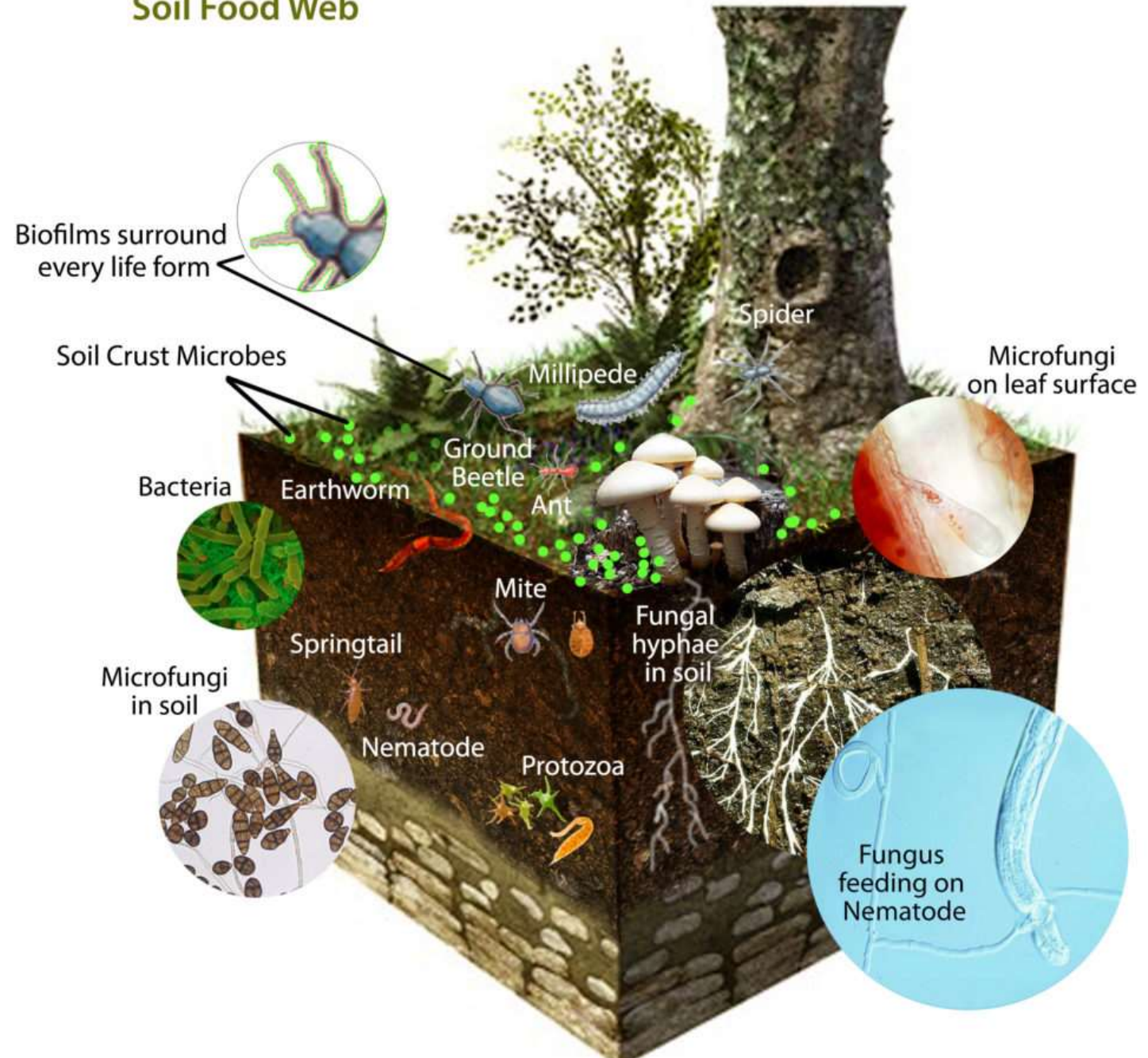


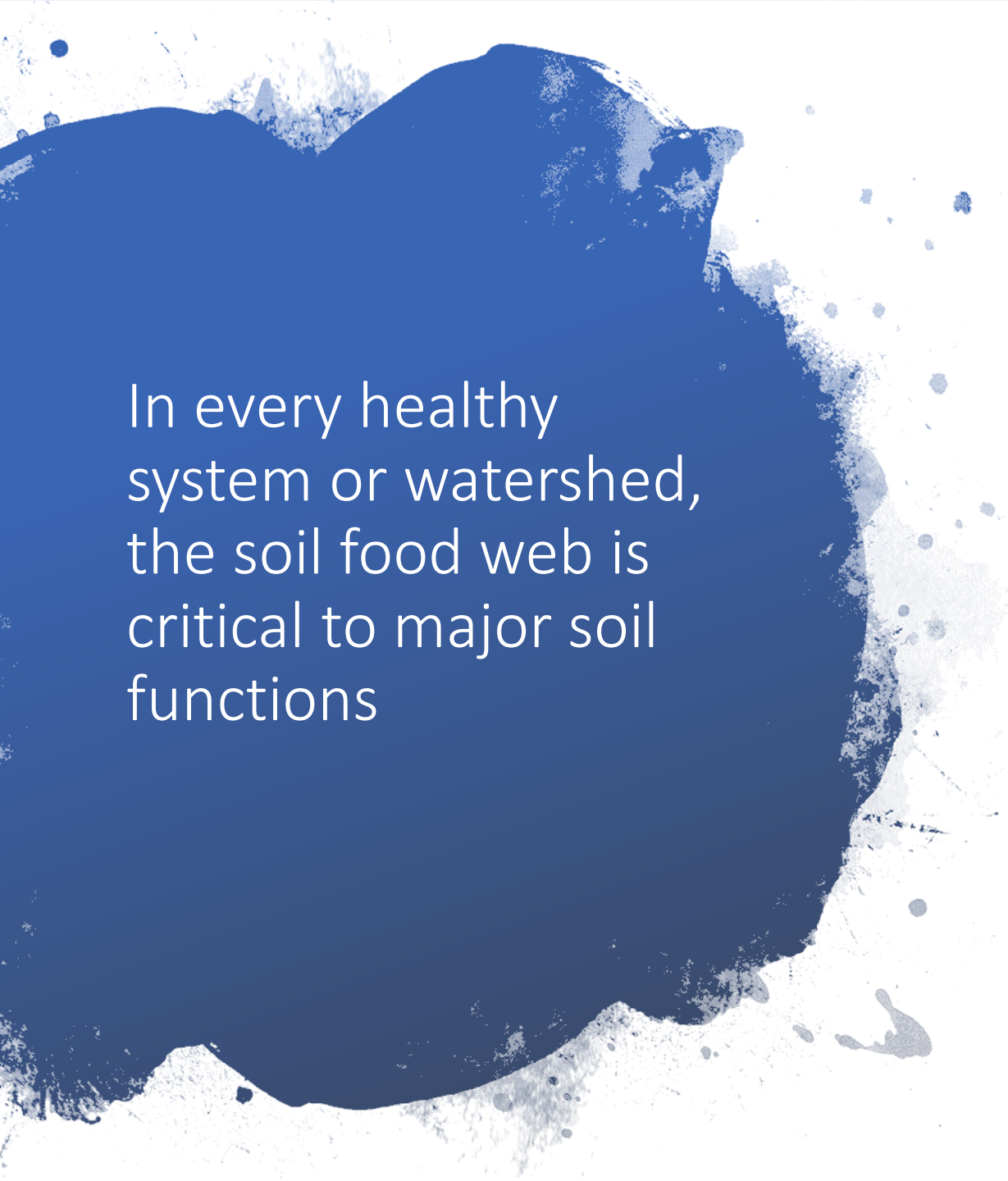
Cover crops are an essential part of regenerative agriculture!

Why?

How?

# Soil Food Web





In every healthy system or watershed, the soil food web is critical to major soil functions

- Sustaining biological activity, diversity, and productivity
- Regulating the flow of water and dissolved nutrients
- Storing and cycling nutrients and other elements

Manage  
Carbon Cycle  
and Increase  
S.O.M.

- Improve soil structure
- Enhance water holding capacity
- Protect soil from erosion and compaction
- Support a healthy community of soil organisms
- Balance nutrient cycle

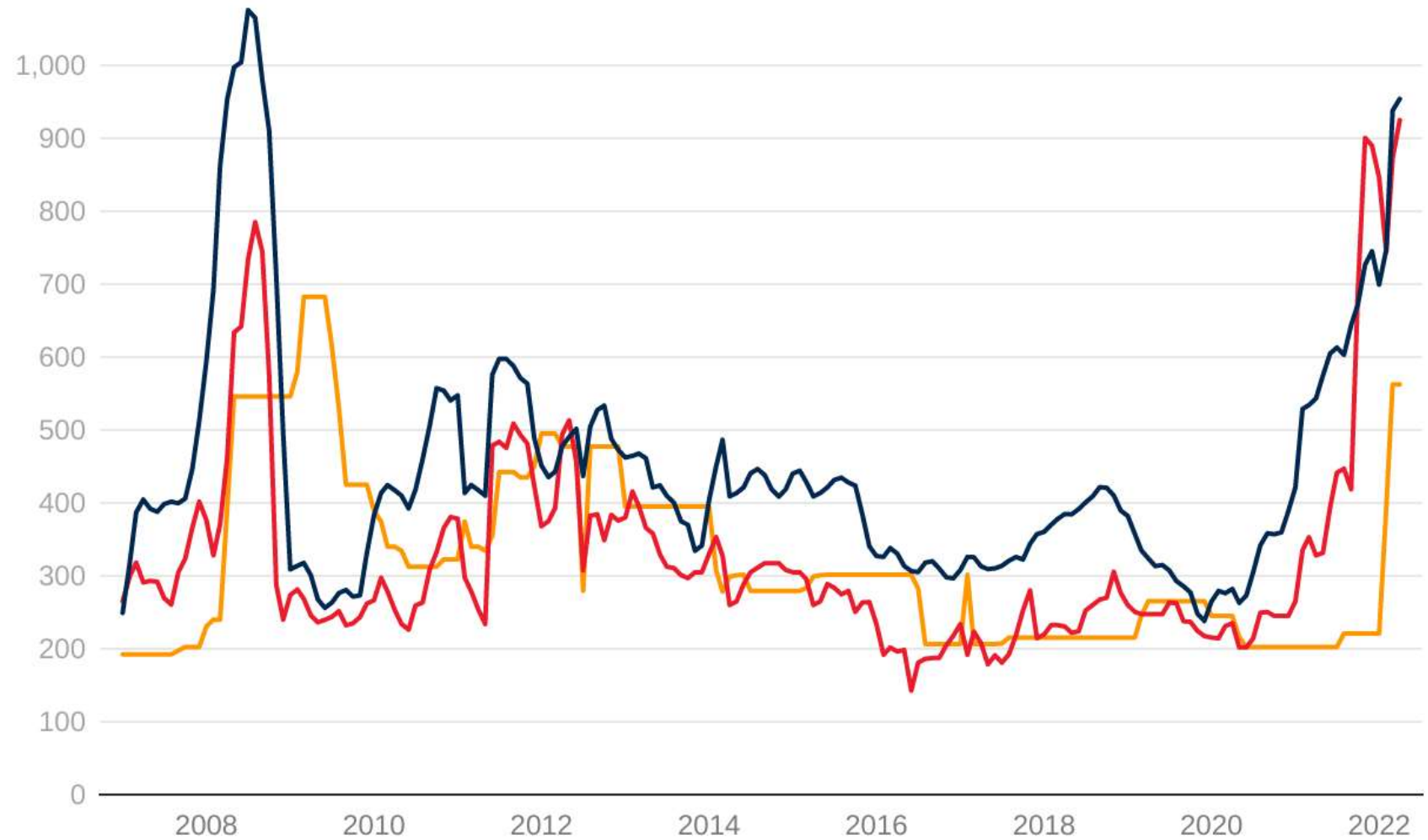
# Profitability

- Cover Crops can help provide nutrient needs
- Help feed the biology that can improve nutrient uptake
- Improved biology can help crops to yield more or have improved quality

## Fertilizer prices

US\$/mt

— DAP — Urea — MOP



Note: DAP = diammonium phosphate. MOP = muriate of potash. Last observation is April 2022.

Source: Bloomberg; World Bank.

# How can we minimize the weather extremes?



Protect the soil surface

Cover crops, manage residues



Increase organic matter in our soils

Reduce tillage, manage residues, rotate crops, cover crops



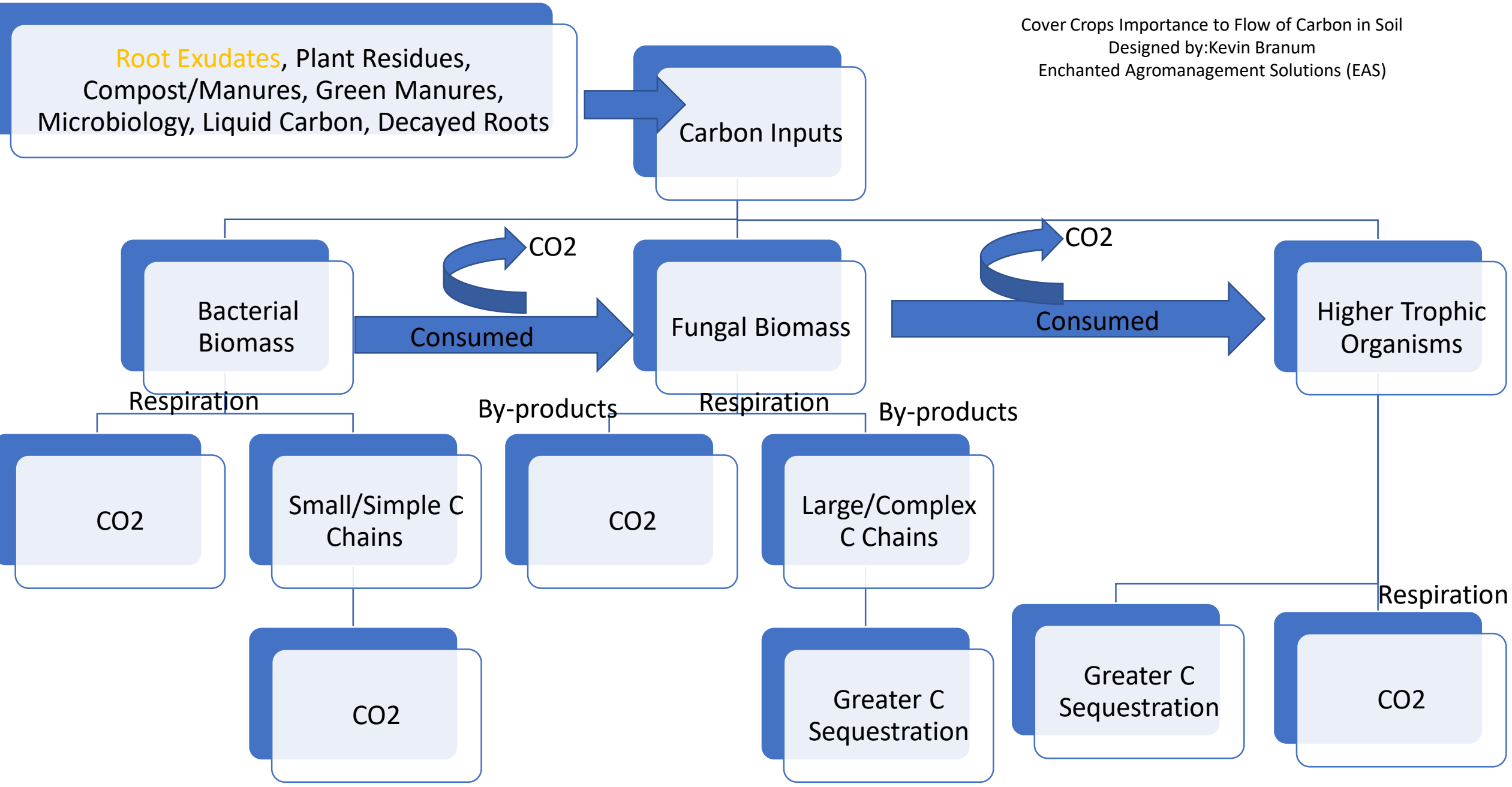
Increase microbiology in our soils

Reduce tillage, manage residues, feed the biology (cover crops), increase plant diversity



Decrease disturbance to the naturally occurring biological system

Reduce tillage, reduce fertilizer and chemical use, increase diversity, use cover crops





# Before You Begin Growing A Cover Crop



- Have a goal in mind
- Have a plan in place
  - How am I going to seed?
  - When am I going to seed it?
  - At what vegetative stage am I going to terminate it?
  - What method will I use to terminate it?



# While selecting a cover crop what is your goal:

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- Reduce erosion from wind and water
- Introduce diversity to system
- Maintain or increase soil health and organic matter content
- Reduce water quality degradation by utilizing excessive soil nutrients
- Suppress excessive weed pressures and break pest cycles
- Improve soil moisture use efficiency
- Minimize soil compaction
- Provide nutrition to cash crop

How?

# 4 R's of Cover Crops



Right Plants for Environment



Right Mix for the Job



Right Number of Plants



Right Time in the Rotation



Utilize the technologies available to make the best of it!

# Mimic the arid southwest systems

## Start with what we know

- Diverse mixture of the right plants at the right density
- Utilize grazing animals
- Reduce the disturbance
- Utilize our weather extremes and moisture to our benefit

## Learn more about what we don't know

- Jump start our microbiology
- Feed our microbiology
- Alter our microbiology to enhance our crops

# Key issues to focus on in water limited environment:

- Water requirements of the cover crop - is the demand high or low?
- Drought tolerance of the cover crop - does the cover crop tolerate dry spells and to what extent?
- Is the cover crop easy to manage? - watch out for tendency to become weeds

# Key issues to focus on in water limited environment cont.

- Is the cover crop easy to manage? - would the cover crop die easily when sprayed or plowed down?
- How much residue can I get from this cover crop? - high residue or low residue?
- Possibility of harvesting about 70% and leaving 30% as residue?



# 3 Rules For Starting Into Cover Crops

1

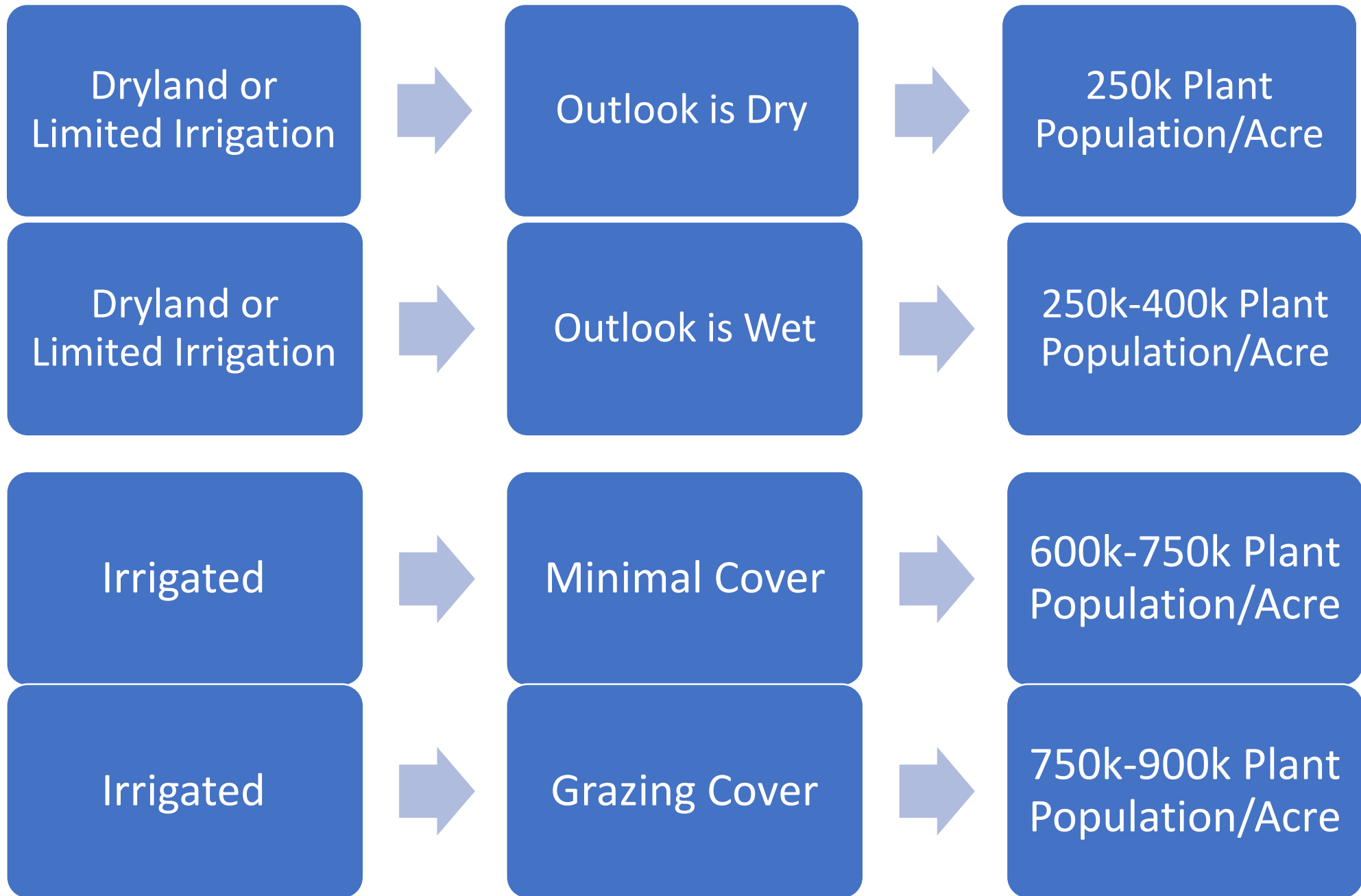
Keep the planting rates down!!

2

Keep it to 3-5 species to start with

3

Get an inoculated legume in the mix every time





# When should I plant them

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Need at least 6-8 week window



Plant them when there is moisture or you can use least amount of irrigation



Make sure species aren't going to impact the next crop in rotation negatively



Make sure you aren't continuing a potential pest problem by having continuous hosts

# Species that have shown promise

Wheat	Oats	Rye	Triticale	Milletts	Sorghum	Sorghum Sudan
Buckwheat	Sunflower	Austrian Winter Pea	Cowpeas	Forage Collards	Vetch	Mung Beans
	Faba Bean	Lentils	Sunn Hemp	Grazing Radish	Grazing Okra	

**Cover crops for organic matter (high C:N):** sorghum sudan grass, millets, cereal rye, annual ryegrass, triticale, oats, wheat, triticale and barley.

**Cover crops for nitrogen (low C:N):** cowpea, winter pea, red clover, sweet clover, hairy vetch, alfalfa, faba beans, and mung beans.

**Reduce compaction (deep rooted):** Sorghum Sudan grass, millets, annual ryegrass, oilseed radish, tillage radish, turnips, sweet clover, cereal rye, triticale and oats.

**Quick forage or can be grazed:** oats, forage radishes, turnips, cereal rye, annual ryegrass, sorghum sudan grass, triticale and barley.

**Start up or enhance no-till:** oilseed or tillage radish, turnips, sorghum sudan grass.

**Prevent soil erosion:** Grasses have fibrous root systems to bind soil, and the best grass cover crops include cereal rye, annual ryegrass, oats, wheat, triticale and barley. Other cover crops include buckwheat with a shallow fibrous root system, cowpea, and winter pea.

- **Recapture excess nutrients (nitrogen, phosphorus):** oilseed or tillage radish, turnips, annual ryegrass, cereal rye, oats, wheat, sorghum sudan grass, and buckwheat, sweet clover, winter pea, cowpea, red clover, hairy vetch.
- **Natural herbicides or allelopathic effects for weed suppression:** cereal rye, oilseed or tillage radish, mustards, oats, barley, buckwheat, sorghum sudan grass.
- **Attract beneficial insects:** buckwheat, sweet clover, and red clover.
- **Tolerate wet soils:** sweet clover, red clover, annual ryegrass, cereal rye, wheat, and oats.

- **Tolerate heat and drought:** cowpea, hairy vetch, mung beans, sweet clover, sorghum sudan grass, buckwheat, barley.
- **Cold tolerant:** Cereal rye, wheat, triticale, winter pea, and sweet clover.
- **Broadcast seeding:** sweet clover, red clover, cereal rye, annual rye, oilseed or tillage radish, turnips.
- **Low cost to establish:** Sorghum Sudan grass, oats, cereal rye, sweet clover, red clover, wheat, barley, oilseed or tillage radish.
- **Require little management:** turnips, oilseed or tillage radish, oats, cowpeas.



Reduced water and fertilizer use by more than 50% during the growing season

“We ended up producing quite a bit! Everybody thought the cover crop was a big success. I will be contacting you for more cover crop seeds next year. Thank You”

# Schwebach Farms Summer Cover No Irrigation

## Summer Mix

Species	Lbs Per Acre
Walken Oats	7
Weathermaster Wheat	7
813 Triticale	7
Driller Radish	1
Iron/Clay Cowpeas	3



# Cuba SWCD- Healthy Soils Grant

Spring Mix Per Acre: 4lbs cowpeas (Iron and Clay)  
7 lbs Barley (Lavina Beardless Forage)  
7 lbs Black Oats (Cosaque)  
7 lbs Triticale (Spring Thor)

Fall Mix Per Acre: 4lbs Austrian Winter Pea  
7lbs Cereal Rye (Elbon)  
7lbs Winter Wheat (Gore Beardless)  
7lbs Winter Triticale (SY TF 813)



# Deming Producer Mix-NRCS Project

Species	Lbs Per Acre
Cowpeas Iron and Clay	6
Mung Bean	3
White Proso Millet	13
Forage Sorghum	.5
Forage Collards	1.5
Smart Radish	1
Golden Flax	29.5
Black Oil Sunflower	.5

# Fort Sumner Producer-Soil Starter

Quantity	Description
2	WSLG030 - Mung Beans
8	CSLG020 - 4010 Spring Forage Pea
2	CSLG173 - Frosty Berseem Clover - Nitro Coat OMRI
2	WSGR010 - Tilfleaf III Hybrid Pearl Millet
8	CSGR010 - Elbon Cereal Rye
10	CSGR042 - Lavina Beardless Spring Forage Barley
2	WSGR180 - Egyptian Wheat Sorghum - TRT
10	CSGR075 - Surge Spring Tritical- PVP Unauthorized reproduction prohibited
2	WSGR071 - 2120 MS Forage Sorghum - UN
2	CSBR030 - Impact Forage Collards
2	CSBL011 - Golden Flax
2	NOC010 - Micro Noc: Multi Spectrum (OMRI)

# Zia Pueblo-Native Grass w/clover

Species	Lbs Per Acre
Hachita Blue Grama	1.1
Sideoats Grama, El Reno	1.31
Sand Dropseed	.26
Western Wheatgrass	1.39
Monida Oats	15



Species	Lbs Per Acre
Austrian Winter Peas	5
Berseem Clover	2
Winter Oats:Bob	13
Cereal Rye:Rymin	13
Winter Triticale:TF 813	13
Collards:Impact Forage	4



Combination of pasture grasses and cover crops to help get grasses established

**White Clover: Ladino "OMRI"**

CS-B | Full: 7 | 502.5k/lb | \$2.80/lb



1

**Yellow Clover: Yellow Sweet Clover "OMRI"**

CS-B | Full: 8 | 174.2k/lb | \$2.05/lb



1

**Spring Pea: 4010**

CS-B | Full: 69 | 3.2k/lb | \$0.39/lb



6

**Sainfoin: Shoshone "Certified"**

CS-B | Full: 18 | 18.5k/lb | \$2.55/lb



3

**Spring Oats: Hayden**

CS-G | Full: 98 | 15k/lb | \$0.25/lb



8

**Teff Grass: VNS Uncoated**

WS-G | Full: 8 | 1350k/lb | \$1.75/lb



0.5

**Grazing Corn: BMR90**

WS-G | Full: 24 | 1.9k/lb | \$0.40/lb



3

**Orchard Grass: VNS**

CS-G | Full: 18 | 100k/lb | \$3.25/lb



2

**Tall Fescue: Kentucky 32**

CS-G | Full: 20 | 230k/lb | \$1.90/lb



0.5



14 Species Mix  
Millets  
Buckwheat  
Cowpeas  
Vetch



Common Name	Suggested Cultivar	Percent of Seed Mix	Crop Type	Min Germ Temp (°F)	Seeding Depth (in)		Irrigated Drill Seed Rate (lb/ac)
					min	max	
Millet, foxtail		15	A-WSG	60	0.50	0.75	0.9
Millet, pearl		10	A/P-WSG	60	0.50	0.75	2.0
Millet, Proso		10	A-WSG	60	0.50	0.75	2.0
Sorghum, forage, grain		20	A-WSG	64	0.75	1.00	2.0
Cowpea, black eyed pea		4	A-WSL	58	1.00	1.50	2.0
Guar, Clusterbean		8	A-WSL	70	1.00	1.50	1.0
Mungbean		8	A-WSL	58	1.50	3.00	2.0
Buckwheat		5	A-WSB	50	0.50	1.50	2.0
Sunnhemp, Indian hemp		4	A-WSL	60	0.50	1.00	2.3



Wheat  
Rye  
Triticale  
Austrian  
Winter Peas  
Forage Radish  
Forage Turnip

# Sublime Pastures Tome NM



# Three Crosses Farms-Grants, NM





















# Tillage and Soil Biology

- Some systems require disturbance
  - Minimize the disturbance as much as possible



**Left: Soil from long-term no-till field. Right: Soil from conventionally managed field that included tillage and crop residue removal.**

Root Exudates, Plant Residues,  
Compost/Manures, Green Manures,  
Microbiology, Liquid Carbon, Decayed Roots

Carbon Inputs

Bacterial  
Biomass

Fungal Biomass

Higher Trophic  
Organisms

CO<sub>2</sub>

Small/Simple C  
Chains

CO<sub>2</sub>

Large/Complex  
C Chains

CO<sub>2</sub>

Greater C  
Sequestration

Greater C  
Sequestration

CO<sub>2</sub>

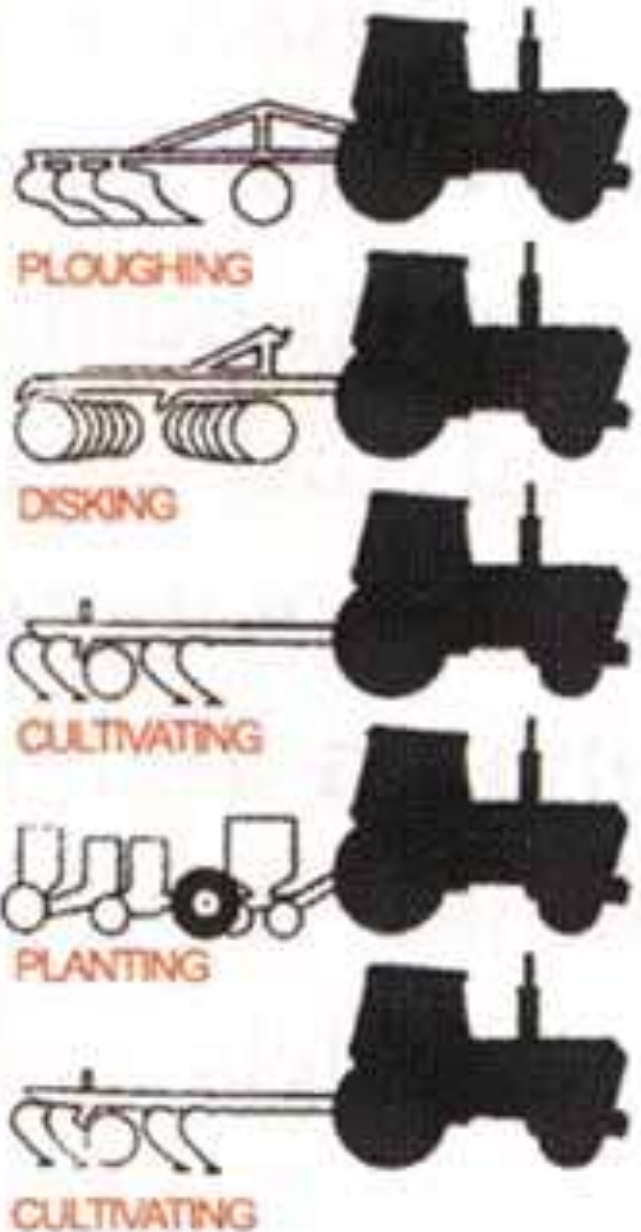
CONSERVATION TILLAGE

CONVENTIONAL TILLAGE

REDUCED TILLAGE

NO - TILL

operations



# Tillage Options

- Conservation Tillage
- No Till Systems
- Strip Till Systems
- Vertical Tillage





# 4 R's of Cover Crops

Right Plants for Environment

Right Mix for the Job

Right Number of Plants

Right Time in the Rotation

Utilize the technologies available to make the best of it!



*Making Management  
Solutions EAS-Y!*

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MY RECOVERY  
MUST COME  
FIRST SO THAT  
EVERYTHING  
I LOVE IN LIFE  
DOES NOT  
HAVE TO  
COME LAST