Cover Crops for NYC Urban Gardens

What are “cover crops”?  
Cover crops are close-growing crops planted either in rotation with food crops, or between food crops to enrich the soil. Before planting the next vegetable crop, the cover crops can be cut and left as mulch on the soil surface, or turned in to the soil.

How can cover crops contribute to a healthy garden?  
- Protect the soil from wind, rain, and melting snow  
- Improve soil structure by creating pores, which increase aeration and help the soil hold more water  
- Feed beneficial soil critters  
- Add nutrients to the soil  
- Shade out weeds early in the season  
- Attract beneficial insects like bees & ladybugs  
- Increase crop yields

Steps to cover cropping in your garden  
- **Choose a cover crop:** Use the chart on the opposite side of this page to choose a cover crop that fits your vegetable planting schedule, gardening goals, and garden site.  
- **Plant the seed:** (Remember: you can “under-seed” beneath & between food crops!)  
  ✓ Clean your plot. Remove weeds & crop residues, and stake and prune crops that are still producing. This creates space and light for your cover crop to grow.  
  ✓ Rake the soil to create a fine seedbed.  
  ✓ Broadcast the seed evenly and gently rake in.  
  ✓ COVER the newly planted seeds with row cover, to protect them from birds until the plants are established.  
- **In the spring, cut down cover crops when they start to flower but BEFORE they produce seed,** in late April or early May. Leave the shoots as mulch, or dig them into the soil. If you dig them in, wait 2-3 weeks before planting vegetables.

To learn more about cover crops for urban gardeners:  
Please visit our website at [http://blogs.cornell.edu/gep/](http://blogs.cornell.edu/gep/)
**Winter-kill cover crops:** These are planted in late summer and killed by the winter cold. These don’t grow as much as over-wintering cover crops (see below), but you can plant early spring crops into the dead mulch next season.

### Peas + Oats
- **Plant date:** mid-August
- Oats grow quickly & suppress weeds
- Pea is a legume (fixes N)

### Over-wintering cover crops: These are planted in fall and survive the winter. Spring growth adds more organic matter and nitrogen (for legumes), but you need to wait until late April or early May to cut down the cover crop before you can plant vegetables.

#### Crimson clover or
- **Crimson clover + Winter Rye**
  - **Plant date:** early September
  - Crimson clover is a legume (fixes N), & attracts beneficial insects. Somewhat shade-tolerant.
  - Rye grows quickly and produces lots of plant material for soil quality, weed suppression, and mulch.

#### Hairy vetch or
- **Hairy vetch + Winter Rye**
  - **Plant date:** late September – early October
  - Hairy vetch is a legume (fixes N) & attracts beneficial insects.
  - Rye grows quickly and produces lots of plant material for soil quality, weed suppression, and mulch.

### Summer cover crops: These are planted in the window after early spring crops (like lettuce) and before crops for a fall harvest (like broccoli or kale). These cover crops can shade out weeds and add organic matter in the few months between spring and fall plantings.

#### Buckwheat or Buckwheat + Crimson Clover
- **Plant date:** May – early August
- Buckwheat grows quickly, suppresses weeds, and attracts beneficial insects. Trim the buckwheat when it starts flowering to give the clover light to grow & fix nitrogen.

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A New York City Garden Calendar: Veggies and Cover Crops for All Seasons

Have you ever had early-planted tomatoes get zapped by a late frost? Or summer-planted broccoli flower and turn bitter? If so, you know that planting crops at the right time is important to ensure healthy plants and a good harvest! This timeline shows rough planting dates for **Spring, Summer, and Fall vegetables** and seasonal niches for **Summer, Winter-Kill, and Over-Wintering cover crops**. See the back of this handout for lists of vegetables and cover crops in each category.

### Rotation Planning

- Each year, try to plant 1-2 vegetables AND a cover crop in each section of your garden. Below are example rotation plans.
- Be sure to **rotate to vegetables in a different plant family each year**, to avoid building up soil-borne diseases and pests, and to replenish nutrients after periods when heavy-feeding crops are grown (for example, plants in the Tomato and Cucurbit families).

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Year 2</th>
<th>Year 3</th>
<th>Year 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring Veggie: Ex: peas</td>
<td>(over-wintering cover crop from last year – cut down in late April)</td>
<td>Spring Veggie: Ex: spinach or beets</td>
<td>Spring Veggie: Ex: lettuces, salad greens</td>
</tr>
<tr>
<td>Summer Veggie: Ex: tomato/ pepper/ eggplant</td>
<td>Summer Veggie: Ex: cucumber or zucchini</td>
<td>(short) Summer veggie: Ex: string beans</td>
<td>Summer Cover Crop: Ex: buckwheat &amp; crimson clover</td>
</tr>
<tr>
<td>Over-wintering Cover Crop: Ex: rye &amp; hairy vetch (underseed)</td>
<td>Fall Veggie: Ex: kale</td>
<td>Winter-kill Cover Crop: Ex: oats &amp; field peas</td>
<td>Fall Veggie: Ex: broccoli or cauliflower</td>
</tr>
</tbody>
</table>

### Planting Schedule

<table>
<thead>
<tr>
<th>February</th>
<th>March</th>
<th>April</th>
<th>May</th>
<th>June</th>
<th>July</th>
<th>August</th>
<th>September</th>
<th>October</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SPRING VEGGIES:</strong> Start seeds</td>
<td><strong>SPRING VEGGIES:</strong> Sow seeds outdoors Plant transplants</td>
<td><strong>SPRING VEGGIES:</strong> Start seeds indoors</td>
<td><strong>SUMMER VEGGIES:</strong> Sow seeds outdoors Plant transplants</td>
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<td><strong>SUMMER VEGGIES:</strong> Start seeds</td>
</tr>
</tbody>
</table>

**Over-wintering cover crops**

- Crimson clover or grass/clover (from last yr)
- Hairy vetch or grass/vetch (from last yr)

**Summer Cover Crop**

- Crimson clover or grass/clover
- Hairy vetch or grass/vetch
#### Vegetable Planting by Season & Family

**SPRING VEGGIES:** Start seeds indoors (transplants) in **Feb.** Sow seeds outdoors & plant transplants in **April.**

<table>
<thead>
<tr>
<th>Transplants:</th>
<th>Direct seeding:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Alliums:</strong> Onions, Scallions (sets)</td>
<td><strong>Alliums:</strong> Leeks</td>
</tr>
<tr>
<td><strong>Brassicas:</strong> Bok choy, Broccoli, Cabbage, Cauliflower, Collards, Kale</td>
<td><strong>Aster family:</strong> Lettuce</td>
</tr>
<tr>
<td><strong>Chenopods:</strong> Chard</td>
<td><strong>Brassicas:</strong> Kohlrabi, Radish, Turnip</td>
</tr>
<tr>
<td></td>
<td><strong>Chenopods:</strong> Spinach, Beets</td>
</tr>
<tr>
<td></td>
<td><strong>Legumes:</strong> Peas</td>
</tr>
</tbody>
</table>

**SUMMER VEGGIES:** Start seeds indoors in **March.** Sow seeds outdoors & plant transplants in **May-early June.**

<table>
<thead>
<tr>
<th>Transplants:</th>
<th>Direct seeding:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Basellaceae Family:</strong> Malabar spinach</td>
<td><strong>Apiaceae Family:</strong> Carrots</td>
</tr>
<tr>
<td><strong>Cucurbits:</strong> Cucumber, Melon, Pumpkin, Summer &amp; Winter Squash</td>
<td><strong>Legumes:</strong> Beans</td>
</tr>
<tr>
<td><strong>Mallow Family:</strong> Okra</td>
<td></td>
</tr>
<tr>
<td><strong>Solanaceae (Nightshade) Family:</strong> Tomato, Pepper, Eggplant</td>
<td></td>
</tr>
</tbody>
</table>

**FALL VEGIES:** Start seeds in **mid-July.** Sow seeds outdoors & plant transplants in **mid-August- early September.**

<table>
<thead>
<tr>
<th>Transplants:</th>
<th>Direct seeding:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Brassicas:</strong> Bok choy, Broccoli, Cabbage, Cauliflower, Collards, Kale</td>
<td><strong>Apiaceae Family:</strong> Carrots</td>
</tr>
<tr>
<td><strong>Chenopods:</strong> Chard</td>
<td><strong>Aster family:</strong> Lettuce</td>
</tr>
<tr>
<td>(<strong>Cucurbits:</strong> Planted in summer, Pumpkin &amp; Winter Squash will grow through the fall)</td>
<td><strong>Brassicas:</strong> Kohlrabi, Radish, Turnip</td>
</tr>
<tr>
<td></td>
<td><strong>Chenopods:</strong> Spinach, Beets</td>
</tr>
<tr>
<td></td>
<td><strong>Legumes:</strong> Peas</td>
</tr>
</tbody>
</table>

#### Cover Crop Seasonal Niches

**WINTER-KILL COVER CROPS:** Seed in **mid-August;** killed by the cold. Plant Spring crops into the mulch.

- **Legumes:** Field Peas
- Grass-Legume Mixture: Oats & Field Peas

**OVER-WINTERING COVER CROPS:** Interseed in **September & October** beneath & between summer vegetables. Cut down at flowering in **mid- to late- April** before planting summer vegetables.

- **Legumes:** Crimson Clover (seed in early Sept); Hairy Vetch (seed in early October)
- Grass-Legume Mixtures: Rye & Crimson Clover; Rye & Hairy Vetch

**SUMMER COVER CROPS:** Seed after early spring crops in **May – June.** Cut down in **August** before fall crops. In buckwheat/legume mixtures, trim the buckwheat at flowering to increase space & light for legume growth.

- **Legumes:** Berseem Clover, Crimson Clover
- **Buckwheat-Legume Mixtures:** Buckwheat & Berseem or Crimson Clover
Winter-Kill and Over-Wintering Cover Crop Options for NYC Gardeners: An Overview and Decision Guide

Cover crops -- close-growing plants that are cut down and mulched, or turned into the soil -- can protect the soil, improve soil quality and water-holding capacity, add nutrients, shade out weeds, and attract beneficial insects. Here are some options for NYC gardeners in the *winter-kill* and *over-wintering* niches:

<table>
<thead>
<tr>
<th>~ LEGUMES ~</th>
<th>~ GRASS-LEGUME MIXTURES ~</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WINTER-KILL COVER CROPS</strong></td>
<td></td>
</tr>
<tr>
<td>• Plant: Mid- to late August</td>
<td><strong>Field Peas (P)</strong></td>
</tr>
<tr>
<td>• Killed by frost</td>
<td></td>
</tr>
<tr>
<td>• Plant before: Early spring crops (greens)</td>
<td></td>
</tr>
<tr>
<td><strong>OVER-WINTERING COVER CROPS</strong></td>
<td></td>
</tr>
<tr>
<td>Crimson Clover group:</td>
<td><strong>Crimson Clover (C)</strong></td>
</tr>
<tr>
<td>• Plant: Early to mid-September</td>
<td></td>
</tr>
<tr>
<td>• Cut down: Mid- to late April</td>
<td></td>
</tr>
<tr>
<td>• Plant before: Warm-season transplant crops (tomatoes, zucchini)</td>
<td></td>
</tr>
<tr>
<td>Hairy Vetch group:</td>
<td><strong>Hairy Vetch (V)</strong></td>
</tr>
<tr>
<td>• Plant: Early to mid-October</td>
<td></td>
</tr>
<tr>
<td>• Cut down: Late April to early May</td>
<td></td>
</tr>
<tr>
<td>• Plant before: Warm-season transplant crops (tomatoes, zucchini)</td>
<td></td>
</tr>
</tbody>
</table>
Winter-Kill or Over-Wintering?

- **Plant a winter-kill cover crop if you want to plant early spring greens in that bed next season.**
  - **Advantages:** Since these cover crops are killed by frost, they are easy to manage. You can plant early spring crops into the dead cover crop mulch without waiting.
  - **Disadvantages:** Due to their short growth period, winter-kill cover crops produce less plant material and nitrogen to enrich the soil.

- **Plant an over-wintering cover crop to get the most benefit for soil quality and fertility.**
  - **Advantages:** Since they grow through early spring, over-wintering cover crops produce more organic matter and nitrogen to enrich the soil (2 – 7 times as much as winter-kill cover crops!)
  - **Disadvantages:** These cover crops are more work to cut down. You also must wait until May to plant vegetables – so you should follow over-wintering cover crops with warm-season veggies.

Legumes or Grass-Legume Mixtures?

- **Legumes are nitrogen-fixing crops like peas, crimson clover, and hairy vetch.**
  - **Benefits of Legumes:**
    - Soil fertility: Rhizobia in legume roots add Nitrogen to soil for future food crops.
    - Soil conditioners: Legumes promote loose, porous soil structure.
  - **Disadvantages of Legumes:** Legumes provide less soil cover, organic matter and weed suppression than grasses (since legume plants break down quickly).

- **Grass-Legume mixtures include a non-nitrogen fixing grass (like oats or rye) mixed with a legume.**
  - **Benefits of adding grasses to the cover crop mixture:**
    - Grasses grow quickly, providing soil cover & organic matter.
    - Grasses conserve nutrients over the winter.
    - Grass mulch breaks down slowly, and suppresses weeds for longer.
  - **Disadvantages of adding grasses:** Grasses may decrease yields if food crops are planted too early after cutting down the cover crop (grass debris ties up Nitrogen as it breaks down.)

To learn more about cover crops for urban gardeners:
Please visit our website at [http://blogs.cornell.edu/gep/](http://blogs.cornell.edu/gep/)
Cover Crop Seed Sources for NYC Gardeners

Tips on Sourcing Cover Crop Seed

- Try to source disease-resistant varieties (e.g., Esker oats, Aroostock winter rye, etc.).
- Make sure to source untreated seed (i.e., seed that does NOT have fungicide on it). This will ensure that it’s safe to handle, and will protect beneficial fungi in your soil, such as mycorrhizae.
- Order in early spring, even for late summer or fall plantings. Some winter-kill cover crops, such as oats, are also planted in early spring as grain or cover crops. If you wait until mid-summer, you may have difficulty finding the varieties you want.
- Make sure you have enough row cover to protect newly planted seeds until they germinate... otherwise, you may just be buying birdseed!

Gardening Organizations

*These organizations may offer cover crop workshops and/or distribute free seeds. Check their websites each year for a calendar of workshops and distribution events, or contact them for more information.*

- **East New York Farms!**
  - Website: [www.eastnewyorkfarms.org/](http://www.eastnewyorkfarms.org/)
  - Email: deborah@eastnewyorkfarms.org (Deborah Greig)
  - Phone: 718-649-7979 x14

- **Green Guerillas**
  - Website: [www.greenguerillas.org/](http://www.greenguerillas.org/)
  - Email: info@nycgreen.org
  - Phone: 212-594-2155

- **GreenThumb**
  - Website: [www.greenthumbnyc.org/](http://www.greenthumbnyc.org/)
  - Email: Use the form on their web page: [www.greenthumbnyc.org/contact.html](http://www.greenthumbnyc.org/contact.html)
  - Phone: 212-788-8070

- **Just Food / City Farms Workshops**
  - Website: [www.justfood.org/city-farms/community-workshop-series](http://www.justfood.org/city-farms/community-workshop-series)
  - Email: greg@justfood.org (Gregory Anderson)
  - Phone: (212)645-9880 x229
Local Suppliers

❖ Long Island Cauliflower Association (Riverhead, NY)
  • Website: www.licassoc.com/
  • Email: Use the form on their web page: www.licassoc.com/contact.html
  • Phone: 631-727-2212

Mail-Order

❖ Ernst Conservation Seed
  • Website: www.ernstseed.com/ (Look under “Products” → Price List → Cover Crops)
  • Email: 800-873-3321
  • Phone: sales@ernstseed.com

❖ Fedco Seeds – Organic Grower’s Supply
  • Website: www.fedcoseeds.com/ogs.htm
  • Phone: 207-426-9900

❖ Johnny’s Selected Seeds
  • Website: www.johnnyseeds.com/ (Look under “Farm Seed”)
  • Email: service@johnnyseeds.com
  • Phone: 877-564-6697

❖ Lakeview Organic Grains
  • Website: www.lakevieworganicgrain.com/ (Look under “Products” → Seed Price Lists)
  • Email: info@lakevieworganicgrain.com or sales@lakevieworganicgrain.com
  • Phone: 315-531-1038
Managing your Over-wintering Cover Crops in Spring

So you planted an over-wintering cover crop last fall and now you have a beautiful stand of crimson clover, vetch, rye, or a mixture! Here are some tips as you prepare beds for planting vegetables.

Wait for legumes to flower

Legumes like clover and vetch should be killed while in full bloom, but before they set seed. Here’s why:

- **Soil quality and fertility.** Allowing cover crops to grow until flowering maximizes their contributions to soil organic matter and nitrogen. Most nitrogen fixation happens during *spring* growth!

- **Prevent weed problems.** Legumes that are cut before they flower may regrow, and become weeds among your veggies! 😞

To Dig or Not to Dig? : Cut-and Mulch or Dig In your cover crop

When the time comes to cut down your cover crop, you have two options:

- **Cut-and-Mulch:** Cut off the shoots at ground level using hedge shears or a small sickle, and leave them as mulch on the soil surface. **DO NOT pull up the plants** – letting the roots decompose in place aerates the soil and preserves organic matter.
  
  — Cut-and mulch before planting crops you will transplant (tomatoes, peppers, zucchini, etc.).
  
  — Advantages: Best for soil quality (reduces disturbance); mulch conserves moisture & keeps down weeds; less labor
  
  — Disadvantages: You MUST wait until the cover crop is flowering!

- **Digging In:** Use a shovel to chop the shoots and work them into the top 3-5 inches of the soil.
  
  — Dig in cover crops for a **fine seedbed** (for small-seeded crops, like carrots).
  
  — Advantages: Best for rapid release of nitrogen from the cover crop
  
  — Disadvantages: Less weed control than cut-and-mulch; lots of work!

Preparing beds for planting vegetables

- **If you Cut-and-Mulch:** You can transplant right away... just push apart the cover crop mulch, leaving space around the transplants.

- **If you Dig In:** Wait at least 10 days, then check the seedbed. If there are clumps of plant material, wait a little longer before planting seeds. Grasses (e.g., wheat, rye) may take longer than legumes (e.g., clover, vetch). Allowing enough time for the cover crop to break down in the soil is important to replenish soil water and nutrients before planting vegetable crops.