

## Which Green Manure?

### LEGUMES

<b>Green manure</b>	<b>Plant type</b>	<b>Soil type</b>	<b>When to sow</b>	<b>Time before cutting</b>	<b>Key Benefits</b>
Alfalfa	Legume	Prefers dry soils. Avoid wet or acidic soils.	Apr - Jul	2 to 3 months or can be left to over-winter	Member of the pea family. Excellent nitrogen-fixer, deep roots break up soil. Ideal long-term manure.
Clover, Crimson	Legume	Prefers sandy or loam soil.	Apr - Sep	3 to 18 months	Fast growing bulky manure. Ideal for suppressing weeds and excellent nitrogen-fixer. Flowers are a good source of pollen for predatory insects. Ideal option for home gardens

					and small spaces.
Clover, Sweet	Legume	Thrives on hard, compacted soils. Drought resistant.	Mar – May Aug - Sep	Up to 2 years	Ideal long-term manure. Vigorous root system draws up minerals and penetrates heavy soil – great option for those with machinery to dig in the plants. Abundance of leafy foliage provides plenty of organic matter.
Clover, White	Legume	Silt, loam and clay soils.	Mar - Aug	6 months up to 5 years	Excellent long-term manure. Low growing so can be undersown beneath a crop.
Fenugreek	Legume	Well drained	Mar – Aug	2 to 3 months	Quick growing. Produces

		but slightly heavier soils.			plenty of organic matter.
Field Beans	Legume	Especially suited to heavier clay soils.	Sep - Nov	Over-winter	Roots penetrate and break up heavier soils. Good nitrogen-fixer.
Forage Pea	Legume	Most soil types	Sep - Nov	3 to 6 months	Good over-wintering manure that prevents nutrient leaching. Good nitrogen-fixer.
Lupins	Legume	Light, sandy, acidic soils.	Mar - Jul	2 to 4 months	Long tap roots help to break up the soil. If left to flower, provides a pollen source for predatory insects. Good

					nitrogen-fixer. Increases calcium carbonate content of the soil.
Winter Tares (Vetch)	Legume	Prefers heavier soils. Avoid dry or acidic soils.	Mar – May Jul - Sep	2 to 3 months or over-winter	Good over-winter choice that helps prevents nutrient leaching. Foliage suppresses weeds. Good nitrogen-fixer.
Yellow Trefoil	Legume	Light, dry soils.	Mar - Aug	3 to 12 months	Low growing, perfect choice for undersowing amongst taller crops. Excellent at suppressing weeds. Good nitrogen-fixer.

## NON-LEGUMES

<b>Green manure</b>	<b>Plant type</b>	<b>Soil type</b>	<b>When to sow</b>	<b>Time before cutting</b>	<b>Key Benefits</b>
Buckwheat	Knotweed	Thrives in poor soils and drought conditions.	May - Aug	2 to 3 months	Very quick growing, this cereal will bring plenty of organic matter to your garden. Flowers are very attractive to pollinators.
Fodder Radish	Brassica	All types.	May - Aug	2 to 6 months or over-winter	Produces lots of foliage which improves soil structure, water retaining capacity and fertility. Long tap roots draw up nutrients from the soil.
Forage Rye	Cereal	Particularly	Aug - Nov	3 to 6 months	Good choice for over-

		suited to clay soils, but suits most soil types.			wintering if you have a large rotavator to incorporate into soil. Dense foliage provides excellent ground cover thus preventing nutrient leaching. Extensive root system helps increase soil pore size and improves drainage.
Italian Ryegrass	Grass	Most	Mar – Apr and Aug - Sep	2 months to 2 years	Excellent long-term manure as lifts nitrates in the soil and releases them slowly. Fits into any bed in a crop rotation plan. Can be undersown

					beneath tall growing crops.
Mustard	Brassica	Most	Mar - Sep	1 to 2 months	Fast growing, provides plenty of organic matter which helps to improve soil structure and water retaining properties. As the leaves are edible, they can be used as a crop too.
Phacelia	Borage	Most	Mar - Sep	1 to 3 months	Very bushy plant which suppresses weeds. The pretty flowers are an excellent pollen source for predatory insects. Provides plenty of organic matter. Helps to

					increases phosphorus and potassium content of soil and improve soil structure.
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