months of... green manure

Rapid growing, germinating within five days. Takes up p

soil after digging in. Large leaves suppress weeds, and p

on poor soil.



	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	ост	NOV	DEC
phosphate and disperses it into the pink flowers attract insects. Thrives												
ding the next crop. Don't grow to noe off leaves and dig in four weeks e rotation as legumes.												
Can fix nitrogen, feeding the next Grow in the same rotation as legumes.						:	:					
between harvests in warmer months. before flower buds form, two-to- rotect soil, but frost may kill. Grow in						: : :	: : : :					
ap. Suppresses weeds and stops ourple flowers attract insects. Cut I needed. Leave over winter but frost					:	:						
igorously. Best at stopping nutrients . Can inhibit germination of next crop												
growth suppresses weeds and good me.												
ch as sweetcorn. Good weed in before flowering to get the best icid.												



For more information on how to choose and grow the right green manure for your soil, visit gardenorganic.org.uk/green-manures

FIELD BEANS (Vicia faba)

CRIMSON

CLOVER

BUCKWHEAT

(Fagopyrum esculentum)

Prefers heavier, clay soil. Can fix nitrogen in roots, feed harvest beans as this takes nitrogen away. Cut down/ho before soil needed and before flowering. Grow in same

Usually quick growing and thrives in low-fertility soil. C crop. Cut and dig in four weeks before soil is needed. G (Trifolium incarnatum)

Suppresses weeds and stops nutrients being leached be **MUSTARD** May struggle in very hot weather. Dig in whole plants b four weeks before soil needed. Leave over winter to pro (Sinapsis alba) same rotation as brassicas. Prefers fertile soil.

Good all-rounder to protect soil whenever there is a ga PHACELIA nutrients being leached between harvests. Beautiful pu down before set seed and dig in four weeks before soil (Phacelia tanacetifolia) can kill. Grow in any area of rotation. Suits most soils.

HUNGARIAN GRAZING RYE (Secale cereal)

VETCH (Vicia sativa) Useful hardy annual for overwintering. Heavy foliage g nitrogen fixer. Avoid acid and dry soils. Grow as a legum

YELLOW TREFOIL (Medicago lupulina) Low-growing, so ideal for growing under tall crops such suppressant. Sets seed rapidly, so dig in promptly. Dig in benefit for your soil. Will stand dry, light soil, but not ac



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Excellent for improving drainage in clay soils. Grows vig

leaching from soil over winter and suppressing weeds.

up to six weeks after digging.