

## REGIONAL CANADIAN COVER CROPS

Legumes and grasses are fast-growing ground cover crops that provide an alternative to animal manure as fertilizer to amend and improve the soil. Use in any size of garden in the late summer or early fall (after harvest) in northern areas and at any time in the South.

Region	Legume	Grass	For Erosion Control	To Block Weeds
<b>ATLANTIC PROVINCES</b>	field peas, red clover	annual ryegrass, barley, oats, winter rye	clovers, oats, ryes	buckwheat, ryegrass, winter rye
<b>QUEBEC</b>	field peas, hairy vetch, red clover	barley, oats, wheat, winter rye	clovers, ryes	buckwheat, oats, ryes
<b>ONTARIO</b>	field peas, hairy vetch, red clover	annual ryegrass, oats, Sudan grass, wheat, winter rye	barley, clovers, ryes	buckwheat, oats, rye, wheat
<b>PRAIRIES</b>	chickling vetch, clovers, fava beans, lupin, medic mix, peas	barley, oats, ryes	barley, white clover, ryes	buckwheat, oats, rye
<b>BRITISH COLUMBIA</b>	crimson clover, hairy vetch, medic mix	barley, ryes, wheat	barley, clover, ryes	barley, buckwheat, ryes, wheat

