

COVER CROP	SEASON OF GROWTH	HARDINESS	MORE INFO
<b>Oats</b> ( <i>Avena sativa</i> , annual)	Cool season; plant in fall	Hardy above 10°F	Easy for beginners; should be cut down in spring; grows quickly
<b>Buckwheat</b> ( <i>Fagopyrum esculentum</i> , annual)	Warm season; plant in spring or summer	Hardy to the first frost	Cut down within a week of budding, before planting warm-season crops; can reseed prolifically if left to drop seed
<b>Crimson clover</b> ( <i>Trifolium incarnatum</i> , annual)	Cool or warm season; plant in spring or fall	Hardy above -10°F	Fixes nitrogen; if grown in fall, no need to cut down, just plant through dead plants; if grown in spring, mow or cut just as flowers are fully developed