

Green manure crops – www.myfoodgarden.com.au

Name	Season	Group	Description	Innoculant	Biofumigant	Minerals	Season	Season	Season
	Group						Temperate	Sub tropical	Tropical
Fava Bean	cool	Legume	As a green manure it adds a large amount of organic matter to the soil.	yes	no	Nitrogen	Feb to Jun or Aug to Oct	Mar to Jun	na
Sub clover	cool	Legume	Self-sowing, adds nitrogen, used to create an on-site mulch that doesn't need cutting; in temperate areas, subclover will die back in summer and regrow in autumn; does well in acid soils.	no	no	Nitrogen	Mar to Apr	May to July	na
Fenu Greek	cool	Legume	Adds nitrogen, germinates in very cold soils, excellent for loosening heavy clay soils;	yes	no		Feb to Jun	Apr to Jun	na
Lupins	cool	legume	long taproot opens and aerates the soil; accumulates phosphorus; flowers are attractive to bees and other beneficial insects	yes	no	Nitrogen and Phosphorus	Autumn and Spring	Apr to Jun	na
Oats	cool	Grain	Combines well with all cool season green manures; helps control nematodes; produces bulk organic matter, suitable for a wide range of soils.	no	no	carbon	Feb to Jun	Mar to Jun	na
Woolly pod vetch	cool	legume	Adds large quantities of nitrogen, builds organic matter; combine with oats for support; can be slashed to provide "in situ" mulch for spring vegetables, especially beneficial for tomatoes; attracts predatory insects.	yes	no	Nitrogen	Feb to Jun	Mar to Jun	na
BQ Mulch	cool	Brassica	Similar to rapeseed/canola in growing requirements but a selected seed blend containing the highest levels of bio-fumigant compounds combined with high organic matter production; helps to control soil-borne diseases including fungi and nematodes; also breaks up clay soils with its strong taproot and chokes out weeds.	no	yes	mixture of minerals	Early autumn and early spring	Mid to late Autumn	na
Cow pea	warm	Legume	Adds nitrogen, builds organic matter, smothers weeds and controls nematodes; combine with Japanese millet; use as a living mulch under corn; good animal forage; some drought tolerance.	yes	yes	Nitrogen	Nov to Feb	Sep to mar	wet season
Mung Bean	warm	Legume	Quick growing and hardy, adds nitrogen, builds organic matter; combine with buckwheat or Japanese millet; produces edible seeds.	yes	no	Nitrogen	Nov to Feb	Sep to mar	wet season

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French Millet	warm	Grain	Fast growing clumping grass to 1m;, excellent used with legumes as a green manure, builds soil structure and adds bulk organic material.	no	no	carbon	Oct to Feb	Sep to Apr	All year
Japanese Millet	warm	Grain	Fast growing clumping grass, good used with legumes as a green manure, adds bulk organic material.	no	no	carbon	Sep to Feb	Sep to Mar	wet season
Soybean	warm	Legume	Good for hot, humid areas, adds nitrogen, builds organic matter, controls weed and nematodes;	yes	yes	Nitrogen	summer	Nov to Feb	Nov to Feb
Lablab	warm	legume	Adds nitrogen, likes it hot, very vigorous vine; suits a wide range of soils and wet weather;	no	no	Nitrogen	na	Oct to Feb	All year
Buckwheat	warm	Grain	It makes a useful, fast growing, warm season, green manure that accumulates phosphorus and builds organic matter quickly. Use it as a fill-in between other crops.	no	no	phosphoru	Sept to Feb	All year other than frost times	na

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