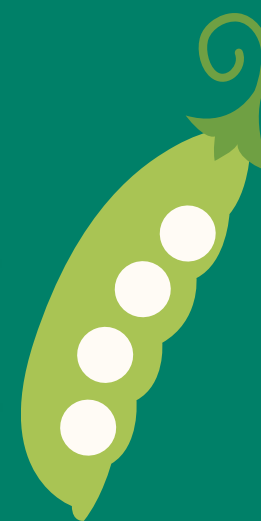




GREEN MANURE



Sowing Oct-Nov

- **Grains:** Winter Spelt, Winter Wheat, Winter Rye
- **Palmaceae:** Bird's-Foot Trefoil, Hop Clover, Crimson Clover, Red Clover, White Clover, Sweet Clover, Rough Vetch, Hungarian Vetch, Winter Vetch, Alfalfa, Blue Lupine, Field Bean, Sainfoin
- **Cruciferous:** White Mustard, Fodder Radish
- **Others:** Phacelia, Spinach



- **Grains:** Summer Oats, Millet, Buckwheat, Flax
- **Palmaceae:** Roller Trefoil, White Clover, Honey Trefoil, Incarnate Trefoil, Summer Vetch, Alfalfa, Blue Lupine, Sainfoin
- **Cruciferous:** White Mustard, Fodder Radish
- **Others:** Phacelia, Spinach



Sowing March

If sowing green manure in your vegetable garden, avoid perennial varieties such as clovers, alfalfa and sainfoin.

