Best green manure plants for organic farming

Green manure crops are grown specifically to improve soil fertility and soil structure. Green manures improve soil nutrient content, suppress weeds and reduce erosion. Green manures are usually ploughed under or incorporated in to the soil.

Green manure crops

Clover. This is one of the most popular green manure crops due to its ability to fix Nitrogen. Clover improves soil nitrogen and boosts the growth of subsequent crops.
Rye. This is a popular grass used as a common green manure crop due to its extensive root system which helps improves soil structure and prevents nutrient leaching.
Mustard. This is a quick growing green manure crop that helps suppress soil borne pests and diseases.

Legume crops

Alfalfa. This is a legume grass that offers combined benefits of nitrogen fixation from the legume and improved soil structure from the grass component. Alfalfa roots penetrate deep into the soil, bringing up nutrients from the lower layers.
Faber beans, also known as broad beans add nitrogen in the soil and also help improve on soil structure.
Cow peas. They are warm season green manure crops that can survive in hot and dry conditions. They are valued for their nitrogen fixing abilities and their ability to suppress weeds.
Gliricidia. Is a first growing nitrogen fixing tree used in agroforestry practices. Their leaves and branches can be incorporated in the soil to fix nitrogen and improve soil structure.
Sesbania aculeata. This is a leguminous crop used a s a green manure crop. It is known for its fast growth and ability to fix nitrogen which benefits the soil and subsequent crops.