Best Green Manure Plants | Green Manure Crops

They play a crucial role in enhancing soil fertility, structure, nutrient content, weed suppression, and erosion reduction.

Legume Varieties

Clover, a popular green manure crop, excels in fixing nitrogen in the soil through its symbiotic relationship with nitrogen-fixing bacteria in root nodules. Similarly, Common vetch and hairy vetch, both legume crops, effectively fix nitrogen and provide ground cover, particularly in cooler climates.

Grasses and Pseudo-Cereals

Rye, with its extensive root system, contributes to improved soil structure and prevents nutrient leaching, especially during winter cover crop seasons. Buckwheat, though not a true grass, serves as a rapid-growing pseudo-cereal with remarkable soil improvement and weed suppression abilities.

Brassicas with Benefits

Mustard, a rapid-growing Brassica crop, aids in pest and disease suppression, releasing glucosinolates with natural biofumigant properties. Rapeseed, another Brassica, efficiently scavenges soil nutrients, notably phosphorus, benefiting subsequent crops.

Legume-Grass Combinations

A legume-grass mix such as Alfalfa offers a blend of benefits, combining nitrogen fixation from the legume and enhanced soil structure from the grass component. Faba beans, another nitrogen-fixing legume, enrich the soil with nitrogen and

contribute to improved soil structure.

Warm-Season Legumes

Cowpeas, thriving in hot, dry conditions, stand out for their nitrogen-fixing abilities and effective weed suppression. Sun hemp, a fast-growing legume in tropical and subtropical regions, not only fixes nitrogen but also enhances soil organic matter and moisture retention while effectively suppressing weeds.

Nitrogen Fixing Trees

Gliricidia, a fast-growing nitrogen-fixing tree, is utilized in agroforestry systems, enriching the soil with nitrogen and organic matter. Sesbania Aculeata, known for rapid growth and nitrogen-fixing abilities, aids in soil enrichment for subsequent crops.

Tropical Green Manure Crops

Daincha, a variant of Sesbania, thrives as a green manure crop in tropical regions, enhancing soil structure and nitrogen content. Cluster Beans, known for nitrogen-fixing properties, are grown in arid and semi-arid regions, thriving in low-water conditions.

These diverse green manure crops contribute significantly to sustainable farming practices, enhancing soil health and fostering robust crop growth across varying climates and conditions.