

Many different Green Manures are grown. Here are some available today. Other Green Manures used include Phacelia, Lupin, Buckwheat and Fenugreek.

Green Manure	Comments	Sowing time	Overwinter	Nitrogen fixer
White Clover Hardy Perennial	Use in longer term leys, when established can last up to 5 years. It can be sown between soft fruit bushes and other long lived perennials. A legume when planning the crop rotation.	Mar-Aug	Yes	Yes
Crimson Clover Annual	Can be sown with Grazing Rye. A legume when planning the crop rotation.	Apr-Sept	Possible in mild winters	Yes
Field Beans Hardy Annual	Can be sown with Grazing Rye. Root nodules fix Nitrogen, incorporate into the soil before beans form on the plants. Can be sown all year round	Feb-Apr Sept-Nov	Yes	Yes
Winter Tares / Vetch Hardy Annual	Can be sown with Grazing Rye. Grows well in heavy soil. A legume when planning the crop rotation, plant with or after legumes.	Mar-May Jul-Sept	Yes	Yes
Forage Pea Hardy Annual	Germinates late in Autumn. Could be sown with Red Clover to increase weed suppression. A legume when planning the crop rotation.	Sept-Nov	Yes	Yes
Grazing Rye Hardy Annual	Can be sown with Tares / Vetch Difficult to incorporate into the soil. Can be used anywhere in a crop rotation plan.	Aug-Oct	Yes	No
Fodder Radish	Quick growing. Slower to flower than Mustard. Deep roots break up soil. A Brassica when planning the crop rotation.	May-Aug	Possible in mild Winter	No
Mustard Half Hardy Annual	Rapid growing, producing large amount of foliage. A Brassica when planning the crop rotation.	Mar-Sept	No	No



Benefits of the Green Manures Grown at Inspire Organic Garden



The Green Manure stimulates soil activity of microbes and other organisms for a more productive soil.



Legumes such as Tares and Field Beans fix Nitrogen in the roots which is added to the soil. Companion planting with Grazing Rye helps to feed the Rye adding more Organic matter.



The Green Manure helps protect the soil from heavy rain. Nutrients are held in the soil to reduce them being washed away.



The cover provided by the Green Manure keeps weeds down.



Field Beans



Phacelia



Mustard



When the ground is needed for planting they can be lightly dug in, or cut down with a hoe and left on the surface as a mulch, and / or covered with a further mulch.



Insects benefit from the ground cover and flowers of Phacelia and Clover.



Deeper Green Manure roots will help to loosen the soil.

Green Manure

Green Manures are plants that are grown to improve soil fertility. They are not harvested for food and are added to the soil before they flower or produce seed. Many will improve the soil structure as well as its ability to hold nutrients. Here we are introducing some of the benefits of their use and different varieties available.



Rye and Tares grown together in drills, to weed in between rows

At [Inspire Organic Garden](#) we are learning how to use Green Manures in our crop rotation to improve soil fertility and ensure we are putting something back to improve the soil and our crops.