



# Cover Crops

*Our Roots Run Deep*



## FORAGE CABBAGE AFRICAN

African Cabbage is an open leaf cabbage used for cover crops and grazing. It has some cold tolerance (still being investigated), and because it has a different spectrum of alkaloids, it compliments other brassicas used in mixtures. African Cabbage has many deep growing tap roots that break up hardpans and open up heavy soils. A C: N ratio of 14-25:1 means that dead plant material will not deteriorate until Spring. African Cabbage is excellent at sequestering nutrients and releasing them in the next growing season. An excellent fertility builder, African Cabbage sequesters Sulphur and is capable of releasing phosphorous once thought tightly held by the soil colloid.

<b>BENEFIT RATINGS</b>	EROSION CONTROL	
	FORAGE QUALITY	
	NITROGEN SOURCE	
	NUTRIENT SCAVENGING	
	QUICK GROWTH	
	SOIL BUILDING	
	WEED SUPPRESSION	
	WINTER HARDINESS	
	<b>PLANTING INFO</b>	SEEDING RATE LBS/A
SEEDING DEPTH		0.25 - 0.5"
MIN. GERM. TEMP		45 F
INTERSEED		NO
SEEDS/LB		180,000