

| | Cover Crop | Full Seeding Rate lbs/acre | Ideal Seeding Depth inches | Seed Size | Nitrogen Fixation | Grazing | Ability to Reduce Soil Compaction | Salinity Tolerance | C:N Ratio | Nutrient Scavenging |
|----------------------------|-----------------------------|----------------------------|----------------------------|-----------|-------------------|---------|-----------------------------------|--------------------|-----------|---------------------|
| Brassicas | Ethiopian cabbage | 5 | 0.25 - 0.5 | Small | No | Good | Good | Good | Low | Good |
| | Graza Radish | 8 | 0.25 - 0.5 | Small | No | Good | Good | Poor | Low | Good |
| | Hunter Brassica | 5 | 0.25 - 0.5 | Small | No | Good | Good | Fair | Low | Good |
| | Kale | 4 | 0.25 - 0.5 | Small | No | Good | Good | Fair | Low | Good |
| | Mustard | 8 | 0.25 - 0.5 | Small | No | Fair | Good | Poor | Low | Good |
| | Radish | 8 | 0.25 - 0.5 | Small | No | Good | Good | Fair | Low | Good |
| | Rapeseed | 5 | 0.25 - 0.5 | Small | No | Good | Good | Good | Low | Good |
| | Sugar Beet | 4 | 0.25 - 0.5 | Small | No | Good | Good | Good | Low | Good |
| | Purple Top Turnip | 5 | 0.25 - 0.5 | Small | No | Good | Good | Fair | Low | Good |
| | Winfred Brassica | 5 | 0.25 - 0.5 | Small | No | Good | Good | Fair | Low | Good |
| Winter Camelina | 3 | 0.25 - 0.5 | Small | No | Poor | Fair | Poor | Low | Good | |
| Cool Season Legumes | Balansa Clover | 15 | 0.25 - 0.5 | Small | Yes | Good | Poor | Fair | Low | Fair |
| | Berseem Clover | 15 | 0.25 - 0.5 | Small | Yes | Good | Poor | Fair | Low | Fair |
| | Chickling Vetch | 50 | 0.5 - 1.5 | Large | Yes | Fair | Fair | Poor | Low | Fair |
| | Common Vetch | 20 | 0.5 - 1.5 | Medium | Yes | Fair | Fair | Poor | Low | Fair |
| | Crimson Clover | 15 | 0.25 - 0.5 | Small | Yes | Good | Poor | Poor | Low | Fair |
| | Fava Bean | 80 | 1 - 1.5 | Large | Yes | Fair | Fair | Fair | Medium | Fair |
| | Hairy Vetch | 25 | 0.5 - 1.5 | Medium | Yes | Fair | Fair | Poor | Low | Fair |
| | Lentil | 30 | 1 - 1.5 | Medium | Yes | Fair | Poor | Poor | Low | Poor |
| | Pea | 70 | 1.5 - 2 | Large | Yes | Good | Poor | Poor | Low | Poor |
| | Medium Red Clover | 10 | 0.25 - 0.5 | Small | Yes | Good | Fair | Poor | Low | Fair |
| | Mammoth Red Clover | 10 | 0.25 - 0.5 | Small | Yes | Good | Fair | Poor | Low | Fair |
| | Yellow Blossom Sweet Clover | 10 | 0.25 - 0.5 | Small | Yes | Fair | Fair | Fair | Low | Fair |
| Winter Pea | 70 | 1.5 - 2 | Large | Yes | Good | Poor | Poor | Low | Poor | |
| Cool Season Grasses | Annual Ryegrass | 25 | 0.25 - 0.5 | Medium | No | Good | Fair | Poor | Medium | Good |
| | Barley | 100 | 1.5 - 2 | Large | No | Fair | Fair | Good | High | Fair |
| | Barley - Forage Type | 100 | 1.5 - 2 | Large | No | Good | Fair | Good | High | Fair |
| | Everleaf 126 Forage Oat | 80 | 1.5 - 2 | Large | No | Good | Fair | Poor | Medium | Fair |
| | Italian Ryegrass | 25 | 0.25 - 0.5 | Medium | No | Good | Fair | Poor | Medium | Good |
| | Oat | 80 | 1.5 - 2 | Large | No | Good | Fair | Fair | Medium | Fair |
| | Cereal Rye | 80 | 1.5 - 2 | Large | No | Good | Fair | Good | High | Good |
| | Spring Triticale | 100 | 1.5 - 2 | Large | No | Good | Fair | Fair | High | Good |
| | Winter Triticale | 100 | 1.5 - 2 | Large | No | Good | Fair | Fair | High | Good |
| | Winter Wheat | 120 | 1.5 - 2 | Large | No | Fair | Fair | Fair | High | Fair |
| Winter Wheat - Forage Type | 80 | 1.5 - 2 | Large | No | Good | Fair | Fair | High | Fair | |
| Cool Season Broadleaves | Flax | 20 | 0.5 - 0.75 | Medium | No | Poor | Poor | Fair | High | Fair |
| | Phacelia | 5 | 0.25 - 0.5 | Small | No | Poor | Poor | Poor | Low | Good |
| Warm Season Legumes | Cowpea | 50 | 1 - 1.5 | Large | Yes | Good | Fair | Poor | Low | Fair |
| | Mung Bean | 80 | 1 - 1.5 | Large | Yes | Fair | Fair | Poor | Low | Fair |
| | Soybean | 50 | 1 - 1.5 | Large | Yes | Fair | Poor | Poor | Medium | Fair |
| | Sunn Hemp | 25 | 0.5 - 1 | Medium | Yes | Poor | Fair | Fair | Medium | Good |
| Warm Season Grasses | BMR Forage Sorghum | 10 | 0.75 - 1 | Medium | No | Good | Good | Fair | High | Good |
| | German Millet | 25 | 0.5 - 0.75 | Small | No | Fair | Fair | Poor | High | Fair |
| | Grain Sorghum | 8 | 0.75 - 1 | Medium | No | Fair | Good | Fair | High | Good |
| | Japanese Millet | 25 | 0.5 - 0.75 | Small | No | Good | Fair | Fair | High | Fair |
| | Pearl Millet | 25 | 0.5 - 0.75 | Small | No | Good | Fair | Poor | High | Fair |
| | Siberian Millet | 25 | 0.5 - 0.75 | Small | No | Fair | Fair | Fair | High | Fair |
| | BMR Sorghum Sudangrass | 20 | 0.75 - 1 | Medium | No | Good | Good | Fair | High | Good |
| | Sorghum Sudangrass | 20 | 0.75 - 1 | Medium | No | Good | Good | Fair | High | Good |
| | BMR Sudangrass Hybrid | 15 | 0.75 - 1 | Medium | No | Good | Good | Fair | High | Good |
| | Teff Grass | 10 | 0.25 | Small | No | Good | Poor | Poor | Medium | Poor |
| White Wonder Millet | 25 | 0.5 - 0.75 | Small | No | Fair | Fair | Poor | High | Fair | |
| Warm Season Broadleaves | Buckwheat | 50 | 0.5 - 1 | Medium | No | Poor | Poor | Poor | Medium | Fair |
| | Peridovik Sunflower | 7 | 1 - 1.5 | Large | No | Fair | Good | Fair | Medium | Good |
| | Safflower | 30 | 1 - 1.5 | Large | No | Poor | Fair | Fair | Medium | Good |