

Corn



Mentor Proven Practices for Planting Corn Into Cereal Rye

- **Cereal Rye Seeding Rates**
 - 30-40 lbs if planting early (before Oct 15)
 - 40-50 lbs if planting late (after Oct 15)
- **Add Diversity into the mix**
 - **Examples: Oats/Vetch/Clover**
 - **Could add Winter Trit or replace rye with Winter Trit**
- **Front load your Nitrogen 75-100 lbs**
- **Let the rye grow at least 6-8 inches**

Benefits of Growing Cover Crops

- Holds soil in place, preventing erosion
- Feeds the biology
- Provides a good source of feed for livestock
- Intercepts raindrop impact
- Suppresses weeds
- Conserves soil moisture
- Promotes nutrient cycling
- Reduces expenses for synthetic fertilizers
- Positive impacts on carbon-to-nitrogen ratio
- Increased water infiltration
- Helps to maintain viable soil temperatures
- Creates a habitat for the soil food web
- Creates habitat for wildlife
- Regenerates the soil
- Sequesters carbon
- Builds organic matter
- Improves soil aggregate stability

PRINCIPLES OF SOIL HEALTH



1. CONTEXT

Consider the context of your own farm when applying the soil health principles.



2. MINIMIZE SOIL DISTURBANCE

Tillage breaks down soil aggregates and facilitates the consumption of biologic glues that hold the aggregates together which reduces the capacity to infiltrate, filter and store water.



3. ARMOR YOUR SOIL

Keep the soil covered at all times. This protects it from erosion, moderates soil temperatures, reduces water evaporation, suppresses weed growth and feeds the biology.



4. PLANT DIVERSITY

Expand crop rotations and use diverse cover crop mixes. This will increase plant, insect, wildlife and biological diversity.



5. KEEP A LIVING ROOT

Keeping a living root in the soil as long as possible feeds the soil biology, thus feeding our plants.



6. INTEGRATE LIVESTOCK

Plants and livestock have a synergistic relationship. When livestock graze on plants, photosynthesis increases and releases root exudates that feed the biology and supply nutrients for regrowth.

WANT TO LEARN MORE? REACH OUT TO US!

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HOW...

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OR

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