

## At a Glance Guide to Green Manures

Green Manure	When to sow	When to dig in	Perennial/ Annual	Legume	Overwinter	Special Notes
Alfalfa	April–July	2–3 months after sowing; 1–2 years	Yes	Yes	Yes	Alkaline soils; Nitrogen fixing may depend on inoculation with nitrogen fixing bacteria
Alsike Clover	April–August	2–3 months after sowing; 1–2 years	Perennial	Yes	Yes	Wet, acid soils
Bitter Blue Lupin	March–June	2–3 months after sowing	Perennial	Yes		Light, sandy, acid soils
Buckwheat	April–August	2–3 months after sowing	Half-hardy annual	No	No	Nutrient poor soils
Crimson Clover	March–August	2–3 months after sowing	Perennial	Yes		Light soils
Essex Red Clover	March–August	2–3 months after sowing; 1–2 years	Perennial	Yes	Yes	Loamy soils
Fenugreek	Spring	Summer	Annual	Yes	No	Unlikely to fix nitrogen in UK
Grazing Rye	August–November	Following Spring	Annual	No	Yes	Good for soil structure
Mustard	March–September	2–3 months after sowing	Annual	No	No	Brassica so avoid growing where other brassicas have grown
Phacelia	April–August	2–3 months after sowing	Annual	No	In mild areas	Flowers loved by insects
Trefoil	March–August	2–3 months after sowing; 1–2 years	Annual; Biennial	No	Yes	Dry, alkaline soils
Winter Field Bean	September–November	2–3 months after sowing	Annual	Yes		Heavy soils
Winter Tares	March–August; July–September	2–3 months after sowing	Annual	Yes	Yes	Heavy Soil