

Effects of Cover Crops

BENEFITS	DISADVANTAGES
Conserve/add nitrogen	Take up Nitrogen
Decrease soil erosion	Compete for water and nutrients
Add organic matter	Increase frost hazard
Weed suppression	Increase pests and diseases
Increase soil structure	Allelopathy
Increase traction	Increased cost and management
Increase water penetration	
Decrease dust	
Increase beneficial arthropods	
Decrease pests	
Prevent soil compaction	
Conserve species	
Enhance aesthetics	