



Green Manure

To prevent the nutrients being washed away from our gardens, we can cover it with a carpet of certain plants. These plants can grow between crops; after winter they remain in the garden and are incorporated in the ground.

The benefits of green manure are:

- Nutrients are retained in the soil and are available to the next crop;
- The light does not reach the ground which inhibits the growth of weeds;
- The flowers of the manure attract beneficial insects to control the pests;
- Water is held in the soil; and
- Green manure can be used for mulching; its decomposition in the soil provides the natural compost.

How to use green manure?

The plants can be planted throughout the season: they can grow before vegetables are planted, between the rows of vegetables or post-harvest to cover the soil throughout the year. Green manure can even be sown under plants to prevent the growth of unwanted plants.

Which plants are used as green manure?

Green manure plants should not belong to the same family as the vegetables you want to plant as you will risk having family-specific diseases in the soil. For this reason, phacelia, which is not related to any of our vegetables, is a great green manure plant.

With their root nodules, the fabaceae fix atmospheric nitrogen and after their decomposition they make the nitrogen available to the vegetables that follow.

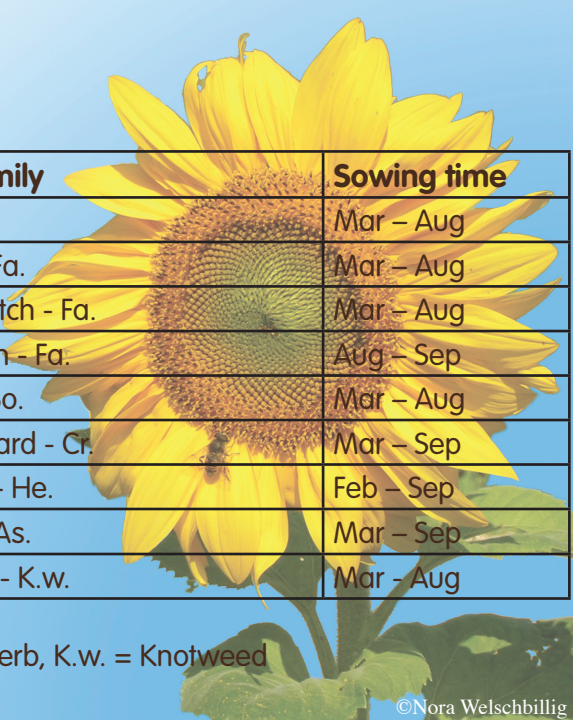
Cruciferous vegetables grow very fast and their highly developed roots make the ground soft.

Vegetables such as corn, salad or spinach can be sown as green fertiliser between rows of other vegetables.

Some green fertiliser plants with their sowing date:

| Plant - Family | Sowing time | Plant - Family | Sowing time |
|-----------------------|-------------|---------------------|-------------|
| Blue Lupin - Fa. | Mar – Sep | Alfalfa - Fa. | Mar – Aug |
| Yellow Lupin - Fa. | Mar – Sep | Blue pea - Fa. | Mar – Aug |
| Yellow Clover - Fa. | Mar – Jul | Summer Vetch - Fa. | Mar – Aug |
| Common Sainfoin - Fa. | Mar – Aug | Winter Vetch - Fa. | Aug – Sep |
| Crimson Clover - Fa. | Jul – Sep | Phacelia - Bo. | Mar – Aug |
| Fodder radish - Cr. | Apr – Sep | White Mustard - Cr. | Mar – Sep |
| Winter rapeseed - Cr. | Mar – Jul | Winter Rye - He. | Feb – Sep |
| Sunflower - As. | Mar – Jul | Marigold - As. | Mar – Sep |
| French Marigold - As. | Apr – Aug | Buckwheat - K.w. | Mar – Aug |

Fa. = Fabaceae, Cr. = Crucifer, As. = Aster, Bo. = Boraginaceae, He. = Herb, K.w. = Knotweed



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