








Green Manures




Are plants

- grown specifically for recycling
- forming a 'living mulch'
- best used just before flowering
- to leave on the ground, dig in, compost, or use to make liquid feeds
- to fit into time and space in the garden

If digging in the plant material, allow rotting down time before planting or sowing

Here are some examples of varieties to use

	Variety	Timing	Type	Cut and leave	Dig in	Compost	Make liquid feed
	Alfalfa	Sow Spring and Summer	Perennial legume		✓	✓	
	Buckwheat	Sow Spring and Summer	Frost sensitive annual	✓ or leave to be killed by frost	✓	✓	
	Clover	Sow Autumn or Spring	legume	✓	✓	✓	
	Comfrey	Establish in permanent area	Perennial	✓	✓ leaves only	✓	✓
	Field beans	Sow Autumn or Spring	Annual legume	✓	✓	✓	
	Grazing rye	Sow spring, summer Autumn	cereal	✓	✓	✓	
	mustard	Sow Spring, Summer, early Autumn	Frost sensitive brassica	✓ or leave to be killed by frost	✓	✓	

	sunflower s	Summer	annual	✓	✓	✓	
	vetch	Sow Spring, Summer, Autumn	Annual legume	✓	✓	✓	
	Weeds before flowering	any	various	✓	✓ annual	✓ annual	nettles
	phacelia	Sow Summer, Autumn	Frost sensitiv e	✓	✓	✓	