Plant sunn hemp as cover crop at 30-40lb seeds/acre.

Flail mow and no-till sunn hemp cover crop using flail mower and soil ripper.

Flail mower

3 months

Ripper

2-3 weeks

Plant the cash crop in tilled strips.

Advantages of strip-till cover cropping:
1. Protect soil from erosion.
2. Cash crop is planted in tilled strips, benefiting from rapid decomposition of cover crop residues, and the release of nematostatic compounds from sunn hemp.
3. Reduce nutrient leach in untilled strips where cash crop is not planted.
4. Prolong inputs of organic matter to the soil ecosystem.
5. Maintain a layer of organic mulch for weed suppression.
Strip-till Cover Cropping

Sunn hemp cover cropping

Flail mowing

Sunn hemp as living mulch and organic mulch

Strip-tilling
Row-Switching Technique

Advantages of row-switching:
1. Planting cover crops without sacrificing for crop rotation period at least for two cropping cycles. Could be longer if flail mower and minimum-till ripper is available.
2. Avoid planting cash crops in plant-parasitic nematode hot spots.