Frost Seeding Checklist

A checklist for frost seeding legumes and grasses into pastures, helping producers prepare fields and equipment. Print it, take it on your rounds, and mark each item as you check it so nothing gets missed.

Farm / unit: _____ Date: _____ By: _____

ITEM	OK	FIX	N/A
Select fields with thin stands	☐	☐	☐
Choose species suited to frost seeding	☐	☐	☐
Check seed quality and inoculation	☐	☐	☐
Prepare the seedbed per guidance	☐	☐	☐
Calibrate the spreader	☐	☐	☐
Time seeding to weather	☐	☐	☐
Plan grazing after seeding	☐	☐	☐
Record seed lot and results	☐	☐	☐

NOTES / REPAIRS NEEDED

TIP Ask your extension office for local timing and species suited to frost seeding.