# Cover Crop Water Quality Benefits Guide

Guide explaining how cover crops can help protect water quality, with steps for choosing and managing a cover to reduce nutrient and sediment loss. Work through the steps in order and keep notes on what you find along the way.

Farm / unit: _____ Date: _____ By: _____

1. Identify water quality concerns on the farm
2. Note where runoff leaves the field
3. Select a cover crop suited to the goal
4. Plan seeding date and method
5. Manage nutrients alongside the cover
6. Plan termination details
7. Watch fields during heavy rain
8. Record cover growth and results

## YOUR NOTES

**TIP** Pair cover crops with other practices like buffers, since no single practice solves every water problem.