

## Cover Crop Vegetables and Flowers

Kale  
Broccoli  
Beets  
Carrots  
Radish  
Cabbage  
Cauliflower  
Brussel sprouts  
Turnips  
Kohlrabi  
Spinach  
Marigolds  
Sweet alyssum  
Nasturtium  
Borage  
Bee balm  
Bee friend  
Sunflowers  
Tomatoes  
Basil  
Eggplant  
Cucumbers

Cover crops are an important aspect of gardening.  
And it's important to understand why.

The articles below begin laying the foundation for  
understanding.

But in short, every inch of a garden needs to be  
covered by either mulch or vegetables to keep  
weeds, pests and disease at bay.

And the vegetables to the left can  
all be used to help out.

The great part? The vegetables can be eaten, the  
flowers can be admired and the roots and root  
crops can be left in the ground to add organic  
matter and help break apart compacted soil.

### [Gardening Tips](#)

[Why Does My Garden Have Weeds?](#)

[The No-Till Method—Why it is so important](#)

[The Importance of Heirloom Seeds](#)

Plant a trap crop for flea beetles, like Dikon Radishes.

Buckwheat can be also be planted in late summer.