



## SUNN HEMP

You may know that cover crops benefit the soil and agricultural operations, but do you know the benefits of each species? Each month we'll highlight a different cover crop species to provide you with the information needed to successfully grow covers or alternative forages on your operation.

### AT A GLANCE

- Sunn Hemp is excellent for nitrogen fixation, fixing around 120 lbs
- Leaves high in forage quality and stems high in fiber makes it right for grazing livestock
- Dense leaf production easily suppresses weeds

### PLANTING DETAILS

- Plant at a depth of 1/2" - 2 1/2"
- For best germination, plant when soil temps are about 65 degrees during early summer to beginning of August; min germination temp 42F
- Plant a minimum of 20 lbs/acre; 180,000-205,000 seeds/lb
- Tropical legume with a rapid growth rate
  - Can reach 6' in 60 days!

### SUNN HEMP AS A COVER CROP

- Sunn Hemp can fix up to 120 lbs of nitrogen during the growing season
- Biomass can reach up to 4 tons an acre of organic matter, making it ideal for forage and grazing
- Sunn Hemp uses its own MOA to suppress soybean cyst and root knot nematodes

### BENEFITS

#### Nutrient Management

Sunn Hemp has the ability to transfer residual potassium and phosphorus to the topsoil, as well as fix up to 120 lbs of nitrogen.

#### Weed Suppression

High biomass production and nematode resistance makes it the ideal forage to shade out weeds and keep soybean cyst and root knot nematodes at bay.

#### Grazing and Forage use

Cattle, goats, and sheep can graze Sunn Hemp around 45 days after planting, or between one and three feet tall. The stems are high in fiber, and the leaves are high in forage quality.



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