

Soil Health Benefits of Common Crops

Sustainability Benefit	Alfalfa	Corn	Soybean	Cover Crops
Carbon Sequestration	+	0/-	0/-	+
Improved Soil Structure	+			+
Nitrogen credits	++		+	+*
Decreased Erosion	+			+
Decreased Surface Nutrient Leaching	+			+ ^a
Decreased Subsurface Nutrient Leaching (> 4 ft)	+			
Increased Soil Microbial Diversity	+			+

++ = maximum potential

+* = some, but not all, cover crop species have this ability (annual legumes only, and reduced compared to alfalfa)

0/- = net neutral or negative

^a = large amount of species variability in ability and degree of impact

JOIN THE REGENERATION NATION

**ALFALFA IS THE ULTIMATE REGENERATIVE
CROP WITH IMPRESSIVE ROI QUALITIES.**

REGENERATION-NATION.ORG

Alfalfa is the ultimate regenerative crop that benefits not only the environment, but grower profitability as well. Known for its nitrogen-fixing abilities in crop rotations and its deep root structure, this perennial crop helps farmers sustain their land for years to come. Alfalfa also provides a high-quality forage with serious protein power for their livestock.

WHY ALFALFA?



Produces more protein per acre than any other crop.



Helps build organic matter in the soil, improving water filtration and reducing tillage needs.



Helps boost milk production with its protein, calcium and high-quality fiber that are efficiently used by cows.



Fixes nitrogen to boost the yields of other crops in a farm's rotation.



Provides year-round living cover for fields.

LEARN MORE ABOUT ALFALFA AND ITS MANY ROI QUALITIES.

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GET THE MOST OUT OF YOUR FIELDS WITH ALFALFA.

Alfalfa is key to healthy soils and provides more protein per acre than other cropping choices. It is the ultimate regenerative crop, increasing biodiversity and enhancing ecosystems. Quality alfalfa rations enhance your dairy operation's overall ROI while strengthening your environmental footprint.

