

Not as Easy as Rye: Managing Cover Crops to Improve Soil Health

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Dr. Darby has worked with farmers on developing feasible and practical strategies to implement cover crops on their farms in Vermont. This presentation will focus on first steps to successful cover cropping, early benefits that can be garnered from this practices, and strategies to manage successful cover crops in cool climates with short seasons.



Heather Darby is an Agronomic and Soils Specialist for the University of Vermont Extension. Being raised on a dairy farm in Northwest Vermont has allowed her to play an active role in all aspects of dairy farming and gain knowledge of the land; creating an awareness for the hard work and dedication required to operate a farm. These practical experiences, complemented by her education have focused her attention towards sustainable agriculture, and promotion of environmental stewardship. Heather is involved with research and outreach programs in the areas of fuel, forage, and grain production systems in New England.