1. Two weeks prior to germination of your cover crop, collect fresh cover crop biomass using 1-ft² quadrant. Dry the biomass under sun and weigh. Estimate cover crop dry biomass (lbs/ft²).

2. Send dried cover crop tissues to analyze for tissue N content (%) [e.g. ADSC* at University of Hawaii or other equivalent labs].

3. Find a location in Cover Crop Calculator at http://www.ctahr.hawaii.edu/WangKH/cover-crop.html. Go to the 3rd data sheet that labeled “By Location”, find a location close to your area.

4. Key in the dry weight and tissue N (%) in the designated columns. You will obtain the estimated plant available nitrogen (PAN) rate (%) for 28 and 70 days after cover crop was incorporated into the soil.

5. The calculator estimates the actual PAN for 28 and 70 days after cover crop was incorporated into the soil.

6. The estimated actual PAN is the amount of N fertilizer you can cut back.

7. For maximum nutrients recovery, plant cash crop soon after termination of the cover crop unless the cover crop possesses allelopathic (suppressive) effect against the cash crop. If allelopathic effect occurs, simply delay one week to direct seed small seeded cash crop. Transplanting of cash crops will avoid the allelopathic effect. If additional fertilizer is needed to fulfill the recommended N rate for the cash crop, then apply the fertilizer at least one month after termination of cover crop, as most of the PAN is released during the first 28 days after cover crop termination. Various factors can affect PAN release rate from a cover crop. Please see more information from: http://www.ctahr.hawaii.edu/WangKH/Downloads/2016_Cover_crop_calculator_Updates.pdf

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