

# SUNN HEMP

## Key Features

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Sunn Hemp has the potential to sequester carbon and build organic matter levels. Also, as a legume it can fix large amounts of nitrogen. Used as a cover crop, Sunn Hemp can improve soil properties, reduce soil erosion, conserve soil, as well as moisture, and recycle plant nutrients. Sunn Hemp is resistant to plant root nematodes and actively suppresses them.

Sunn Hemp has deep yellow terminal flowers and the light brown pods are small and inflated. It has a well-developed root system with a strong taproot.

Sunn hemp is highly palatable and recovers quickly from grazing. In its leaves, the neutral detergent fiber (NDF) reaches 22-28 percent, acidic detergent fiber (ADF) 22-27 percent and crude protein 25-30 percent. These numbers rival the nutritive value of other forage legumes, including crimson clover.

## Application

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Forage  
Cover Crop  
Pollinator

## Planting Time

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Spring  
Summer  
Early Fall

## Establishment

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To establish a successful stand, seed should be broadcast or drilled and covered ½ to 1 inch deep. Plant when soils reach above 50°F and at least four to five weeks before frost. Plants will be killed when temperatures dip below 28°F.

## Management Keys

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The stems of Sunn Hemp are of lower forage quality, so the key to Sunn Hemp management is grazing it early before the lower leaves begin to drop. Removing the top shoot also promotes branching, which increases leaf production.

Plants can be grazed when they reach 1.5 to 3 feet tall and can be eaten down to within about a foot of the ground without suffering mortality. After four to six weeks, forage quality declines rapidly. As long as animals can still reach its leaves, Sunn Hemp remains suitable for grazing until flowering.



## Seeding Rates

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Drilled	15-18#
Precision Planting	8-10#
Broadcast	18-20#
Aerial	NR

## Attributes

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N Fixation	5
Nutrient Scavenging	2
Nutrient Release	5
Wind Erosion	3
Water Erosion	3

Scale 1-5 (1 = Poor, 5 = Excellent)

