

# Contact Us

WFAN  
515-460-2477  
info@wfan.org

*Women, Food, and Agriculture Network connects women landowners to resources and information needed for cover crops and other conservation issues.*

Iowa NRCS  
515-284-4370  
Marty.adkins@ia.usda.gov

*The Natural Resources Conservation Service helps you enroll your land into cover crop programs and offers additional services and information about conversation and soil health practices.*

Practical Farmers of Iowa  
515-232-5661  
info@practicalfarmers.org

*Practical Farmers of Iowa has an array of research and cover crop information and connects you to further resources – like pilots and co-ops when necessary.*

SARE  
612-626-3113  
ncrsare@umn.edu

*The Sustainable Agriculture Research and Education offices help you find additional information about cover crops and other conservation practices.*



# Hold On to your Roots



# Cover Crops

*The roots of a family grow deep. A lack of roots in the soil can cause the land itself to fade away. Cover crops use their roots to hold on to the land when it is most vulnerable and protects the roots of your family.*

*Your farmland is more than a business.  
It preserves your family roots.*

# Cover Crop Pledge

Detach and mail and we'll send you more information on cover crops and a free gift!

- I will talk to my family about cover crops and protecting our family roots.
- I will test the benefits of cover crops on a few acres of my land.
- I will protect all of my crop land by using cover crops.

Name \_\_\_\_\_

Return Address

Street \_\_\_\_\_

City/State \_\_\_\_\_

Zipcode \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

*Roots are nature's way of holding onto what's important. Talk to your family about taking the cover crop pledge.*

*Your farmland is more than a business – it preserves your family's roots.*



# Neighbor Story



"You're not alone. There's others of us out there."

Lorraine Madsen wants to keep the farm in the family for kids and grandkids to come back to. She is interested in the Cover Crop Pledge primarily for protecting the quality of her soil.

"This is the one commodity I have, which is why I have to maintain the soil the best way that I know how." She is committed to learning more about cover crops and urges other women landowners to do the same.

# Take the Pledge

The Cover Crop Pledge is a commitment to talk to your family about putting a few acres of your land into cover crops to see how their roots can protect your family roots.

A single crop of grain sown into your existing cash crop and left standing after harvest protects your land during the harsh winter.

The practice is compatible with existing equipment and is no more complex than how you already farm. The NRCS even offers you financial help to get started.

WFAN  
P.O. Box 611  
Ames, IA 50010

*Some women landowners have never considered cover crops. Others have never spoken to their families about protecting their family roots. A simple conversation may be all it takes to start preserving the memories and histories tied to your land.*



# Benefits

- Improves soil health and quality
- Retains nitrogen – less fertilizer
- Prevents erosion
- Increases yield