



# The nitrogen value of cover crops

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*The Nitrogen Value of Cover Crops with Dr. Guillermo Marcillo | Field, Lab, Earth Podcast #133*

Cover crops are known for their ability to provide economic and ecosystem services to farmers, including, for example, impacting soil nitrogen. But how much nitrogen, exactly, can cover crops add or remove and how do we find out? In this episode of the *Field, Lab, Earth* podcast, Dr. Guillermo Marcillo discusses his work collating research data to get to the bottom of cover crop nitrogen replacement values.

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**Dig deeper**

- This episode is based on the *Agricultural & Environmental Letters* article, "The Nitrogen Value of Cover Crops: How Much N Can Cover Crops Replace?": <https://doi.org/10.1002/ael2.70006>.
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