

Table 1: One-year seed mixes – can be mixed together

| Seed Mix | Seeding rate where drilled |
|----------------------------|---------------------------------------------------|
| Oats and linseed | 75 kg/ ha of oats and 15 kg/ha of linseed |
| Oats and mustard | 75 kg/ha of oats and 10 kg/ha of mustard |
| Triticale and linseed | 75 kg/ha of triticale and 15 kg/ha of linseed |
| Triticale and oilseed rape | 75 kg/ha of triticale and 3 kg/ha of oilseed rape |

Table 2: Two-year seed mixes must be planted separately beside each other in one plot

| Yr | Seed mix | Seeding rate where drilled |
|----|----------------------------------------------------------------------------------------|--------------------------------------------|
| 1 | Establish half the plot with cereal crop and half with kale | 75kg/ha of oats/triticale, 3kg/ha of kale. |
| 2 | Kale remains in situ and re-establish cereal crop in half of plot | 75kg/ha of oats/triticale |
| 3 | Re-establish half of plot as kale and half of plot as cereal | 75kg/ha of oats/triticale, 3kg/ha of kale. |
| 4 | Kale remains in situ in half the plot and re-establish half of plot with a cereal crop | 75kg/ha of oats/triticale |
| 5 | Re-establish half as kale and half as cereal | 75kg/ha of oats/triticale, 3kg/ha of kale. |