

Improving Soil Health with Winter Wheat



Current issue

Soil health (biological, physical, and chemical) has been a popular focus over the past decade with emphasis on utilizing no-till and cover crops in eastern Nebraska. However, **a more diverse crop rotation is often left out of the discussion as a way to improve soil health.** The corn-soybean rotation is the most widely utilized cropping systems in eastern Nebraska. Despite the potential benefits adding a third or fourth crop to this rotation to improve soil health, few farmers in eastern Nebraska have because of various adoption barriers.

Crop rotation research

Two long-term (14 & 15 years) crop rotation studies in the Midwest have shown that **including winter wheat into the corn-soybean rotation** results in the following **improvement in soil health:**

1. **Increase in water stable aggregates** (most sensitive and best single indicator of soil physical health)
2. **Higher total nitrogen**
3. **Higher potentially mineralizable nitrogen**

These aspects of soil health were increased by adding wheat into the rotation regardless of the tillage system, conventional and no-till. The dense fibrous root system of wheat and nitrogen derived from wheat root deposits is likely the cause of these measurable differences. These long-term crop rotations studies did not include cover crops.

Overcome barriers to adding wheat

Barriers producers share

- Economics of wheat grain yield only/input cost compared to corn and soybean production
- Logistics of planting and harvesting only 1 or 2 fields
- Concerns about the learning curve of growing a new crop

Overcoming these barriers

- **Improve economics** by capturing good basis in Fremont, selling straw, growing forage crop after wheat, higher soybean yield in rotation, and USDA programs
- **Improve logistics** with custom drilling and harvesting and business opportunity for you or a neighbor
- **Reduce learning curve** through new website, grower group email list, and future peer-learning group, and work with cropping systems extension educators

Grower quotes

“It (wheat) breaks up our corn-bean rotation and it creates more organic matter, because of the root mass.”

“Winter wheat gives you an additional 45 to 60 days for the cover crop to grow, which results in more material to graze if you choose to, and more root mass to help build organic matter in the soil.”

“I’m hoping the wheat residue will double as a mat for the soil and a cover crop to help suppress weeds as well. It might decrease some chemical costs.”

For more information

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[Wheat resources for eastern Nebraska at croptechcafe.org/winterwheat](http://croptechcafe.org/winterwheat)