**Cover Crops and Soil Health in the Central Sands**

1. What are the three main types of cover crops?

Answer:

1. The USDA-NRCS suggests four principles of soil health management. What are they?

**Answer:**

1. What is the primary purpose of growing cover crops?

**Answer:**

1. Name one advantage of growing multi-species cover crop mixtures instead of single species.

**Answer:**

1. Name at least two (2) biological soil health indicators.

**Answer:**