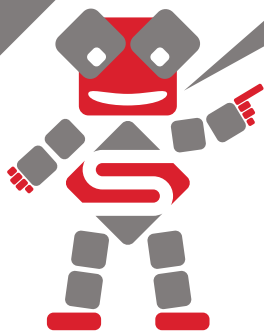


# CHIA



## Excellent rotation break !

- ◆ Ensure an effective break in cereal crop rotations : Family of plants absent from our rotations
- ◆ Rapid development after sowing and strong competitive effect on weeds
- ◆ Well suited to summer conditions and early post-harvest sowing - Resistant to High temperatures and water stress
- ◆ Sensitive to frost (-1°) and easy to destroy

### SPECIES

*Salvia hispanica*

### FAMILY

Lamiaceae

### CYCLE

Short (± 3 months)

### Plant port & Height

Erected - Up to 1 m

### Root system

Taproot

### Ease of integration in mixtures

Excellent



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# CHIA



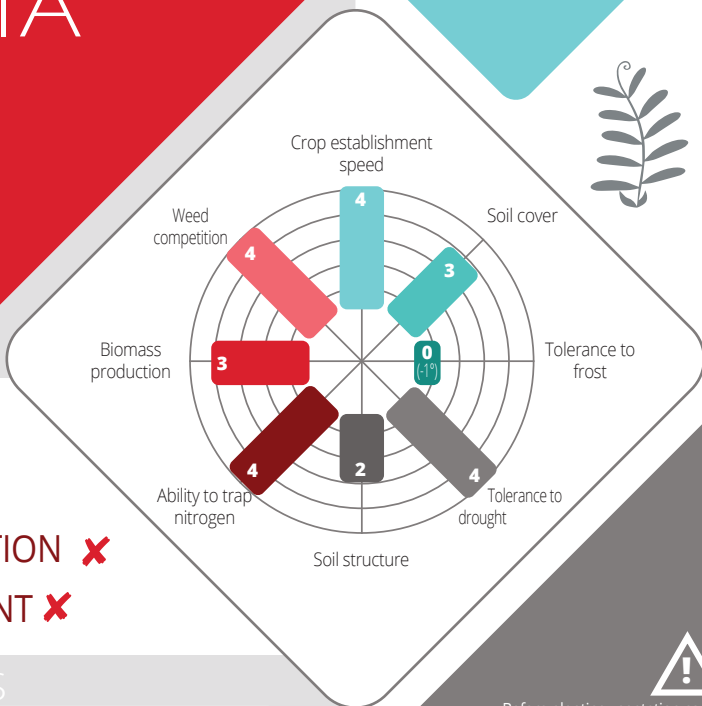
## USES

COVER CROP ✓

GRAZING ✓

BIOGAS PRODUCTION ✗

COMPANION PLANT ✗



## GROWING TIPS

**Crops benefiting from the intercrop :** A plant family that does not feature much in rotation. Possible in front of any crop.

**Ease of implantation :** +++

**Sowing date :** Well-suited to early sowings

**Sowing depth & TGW :** 1/2 cm - Approx. 1.3 g

**Sowing rate in pure & targeted density :**

+/- 5 kg/ha  
+/- 380 plants/m<sup>2</sup>



Seeding techniques	Under the combine cutterbar	Direct seeding	SCT	After ploughing
Adaptation	-	++	+++	+



Destruction method	Soil preparation tools	Ploughing	Frost	Rolling on frost	Crimping	Chemistry	Rolling	Tine cultivators
Efficiency	+++	+++	++++	++++	+++	++++	+++	+



Before planting vegetation cover, find out about the regulations in force in your region (Nitrate Directive), particularly as regards the choice of species and the dates and method of destruction.

- ◆ Very dry-resistant
- ◆ Botanical family different from cultivated plants
- ◆ Honey plant

Data sources :  
CTPS/ARVALIS - \* data from breeder / partners  
The agronomic and technological information provided in this document may vary from one year to the next depending on the region and agroclimatic conditions.



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