

1 **Cover crops do not increase soil organic carbon stocks as much as has** 2 **been claimed: what is the way forward?**

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10

11 **Abstract**

12 When compared to virgin land (forest and grassland), croplands store significantly lower
13 amounts of organic carbon (OC), mainly as a result of soil tillage, and decreased plant inputs to
14 the soil over the whole year. Doubts have been expressed over how much reduced and zero
15 tillage agriculture can increase OC in soils when the whole soil profile is considered.
16 Consequently, cover-crops that are grown in-between crops instead of leaving soils bare,
17 appears as the “last man standing” in our quest to enhance cropland OC stocks. Despite the
18 claim by numerous meta-analyses of a mean carbon sequestration rate by cover crops to be as
19 high as 0.32 ± 0.08 tonne C ha⁻¹ yr⁻¹, the present analysis showed that all of the 37 existing field
20 studies worldwide only sampled to a depth of 30 cm or less and did not compare treatments on
21 the basis of equivalent soil mass. Thirteen studies presented information on OC content only
22 and not on OC stocks, had inappropriate controls (n=14), had durations of 3 years or lower
23 (n=5), considered only one to two data points per treatment (n=4), or used cover crops as cash
24 crops (i.e. grown longer than in-between two crops) instead of catch crops (n=2), which in all

25 cases constitutes shortcomings. Of the remaining 6 trials, 4 showed non-significant trends, one
26 study displayed a negative impact of cover crops, and one a positive impact, resulting in a mean
27 OC storage of 0.03 tonne ha⁻¹ yr⁻¹. Models and policies should urgently adapt to such new
28 figure. Finally, more is to be done not only to improve the design of cover-crop studies for
29 reaching sound conclusions but also to understand the underlying reasons of the low efficiency
30 of cover crops for improved carbon sequestration into soils, with possible strategies being
31 suggested.

32

33 **1. Introduction**

34 Concerns about increasing land degradation and atmospheric CO₂ levels that cause climate
35 change have increased interest during the last decades in the sink potential of soil organic carbon
36 (SOC). Despite the world's soils containing with 1500 Gt of SOC to a depth on 1 metre, a much
37 smaller amount of carbon than the oceans (38,000 Gt of C), they attract attention because they
38 are responsive to shifts in land management. Several initiatives have been launched to increase
39 SOC stocks to compensate for the global emissions of greenhouse gases by anthropogenic
40 sources and to enhance ecosystem sustainability.

41 Sequestration of atmospheric carbon into soils has been considered as a possible solution to
42 mitigate climate change, as soil stores two to three times more carbon than the atmosphere, and
43 this store has been largely depleted by past agricultural uses. As a consequence, a relatively
44 small increase in SOM stocks could play a significant role in mitigating greenhouse gases
45 emissions. Transferring more carbon into soils is also seen as a means to enhance ecosystem
46 sustainability, as SOM (of which C is the main constituent), is a reservoir of plant nutrients and
47 a source of energy for microorganism, and also improves soil structure, which is key for
48 improving soil infiltration by water, storing and filtering water, and protecting soils from
49 compaction and erosion.

50 It has long been recognised that agricultural practices deplete organic carbon stocks compared
51 to pristine ecosystems. Long before the modernization of agriculture, Swanson and Latshaw
52 (1919) had demonstrated that cultivation of prairies in Arkansas for decades had depleted SOM
53 content of the 0-20 cm layer by 30% and of the 20-50 cm layer by 6%. Recently, Mazzoncini
54 et al (2011) in central Italy pointed to a current decrease of 0.06 ton ha yr⁻¹ for the 0-30 m layer.
55 Several shifts in land management have been suggested to reverse the decline in soil C stocks
56 while ensuring sustained levels of food production and incomes for farmers. Soil fertilization,
57 reduction of the intensity of tillage and introduction of cover crops have been suggested as the
58 most promising (Khan et al., 2007; Poeplau and Don, 2015; Dignac et al. 2017) and numerous
59 *in-situ* investigations and meta-analytical studies seem to support this.

60 Cropland soils have lost large amount of organic carbon compared to natural ecosystems,
61 because a large fraction of the net primary production (NPP) is harvested and exported from
62 the land while in natural grasslands for instance, most of the plant C goes to the soil for building
63 SOM. Secondly, croplands often have a fallow period after harvest and before the next crop is
64 planted, which means there is no carbon input to the soil for this part of the year. Consequently,
65 increasing NPP through the inclusion of cover crops in agricultural systems, instead of letting
66 soils lay bare for several months, has been suggested as a way to enhance NPP and to input
67 greater amounts of fresh organic matter to soils. Cover crops, also named “catch crops” when
68 used to prevent nitrate leaching, are grown in between two cash crops instead of letting the soil
69 lay bare for several months, such as following the harvest of a winter cereal in summer to the
70 planting of a spring crop in the following spring. The premise is that cover crops, by enhancing
71 the amount of fresh organic carbon inputs to soils, will have a positive impact on C storage
72 (Paustian et al. 2016; Janzen et al., 2022). It has been argued that widespread adoption of cover-
73 crops would result in a soil carbon sequestration rate of 0.24 PgC yr⁻¹ in the top 30 cm or 12
74 PgC over the next 50 years (Kaye and Quemada, 2017). This makes cover-cropping one of the

75 most promising strategies for preventing and reversing land degradation, as carbon is the main
76 constituent of organic matter, the most important determinant of soil quality. This view has now
77 reached general acceptance and numerous governments have started to distribute carbon credits.
78 For instance, the *Build Back Better Bill* in the USA will offer farmers payments of \$25 an acre
79 for planting cover crops, and the *Loi bas carbone* in France will offer about \$35 per hectare,
80 with millions dollars if not billions dollars at stake, worldwide.

81 Not long ago, the widely adopted statement that zero tillage (a minimum tillage practice in
82 which the crop is sown directly into soil not tilled since the harvest of the previous crop)
83 increases SOC storage, has been revised. For instance, since Pacala and Socolow (2004) had
84 estimated that conversion of all croplands to conservation tillage would sequester 25 Gt C over
85 50 years, farmers had received payments through the Chicago Climate Exchange, in return for
86 practicing zero tillage. However, studies since then, including Baker et al (2007) and several
87 other global studies, suggest that the potential of conservation tillage to SOC stock has been
88 overestimated. Despite the general and accepted consensus in favor of cover crops, the objective
89 of this paper is, similarly to what has been previously done for tillage, to offer examine the
90 evidence base and reevaluate the conclusions drawn from the literature.

91 **2. Estimating the impact of land management on soil carbon stocks**

92 The historical method to estimate soil organic carbon (SOC) stocks is based on field sampling
93 at a fixed depth. This methodology, which has been promoted by the Intergovernmental Panel
94 on Climate Change (IPCC) since its first report (IPCC, 1995) presents SOC stocks as the
95 product of soil bulk density, soil depth and SOC concentration. Since then, authors such as
96 Ellert and Bettany (1995), and more recently, Wendt and Hauser (2013), have demonstrated
97 that this methodology yields substantial bias when soil bulk density differs between treatments
98 and/or when it changes over time. This was typically the case for no-till soils for which SOC
99 stocks were systematically overestimated because of a greater soil bulk densities than for tilled

100 soils, thus exaggerating the benefits of tillage abandonment. To avoid any bias, SOC stock
101 comparisons should be thus based on equivalent soil masses. Wendt and Hauser (2013)
102 concluded that “*a considerable body of past research should be re-evaluated*”. These studies
103 should however not be dismissed for that reason.

104 Further, Baker et al (2007) had pointed out that studies on land management, such as on tillage
105 should consider entire soil profiles instead of to a depth of 0.3 m or less as shallow sampling
106 yielded inaccurate conclusions. Indeed, when sampling is performed deeper than 0.3 m, studies
107 show that the abandonment of tillage do not result in an SOC stock increase but merely a SOC
108 redistribution with higher SOC concentrations building up near the soil surface at the expense
109 of SOC losses deep in profiles. This was further confirmed by Luo et al (2010) using 69 paired
110 till and no-till experiments, Ogle et al (2019) (n=178 worldwide) and Liang et al (2020) (n=52
111 in Canada).

112 Studies that don't have deep measurements should not simply be dismissed for that reason but
113 their conclusions should be taken with caution.

114 Moreover and most likely for any land management practice, experimental trials should be
115 implemented long-term to test the level of significance of the differences because organic
116 carbon inputs to soils and changes in SOC stocks are usually relatively small relative to: (1)
117 total SOC stocks; and (2) errors in estimating SOC stocks. Moreover, longer term there might
118 be a decrease in SOC storage as soils saturate in SOC. A certain number of data points should
119 also be collected to test the level of significance of the differences in SOC stocks between two
120 treatments with optimal sampling strategies minimizing the sample size (Conen et al., 2004).
121 Finally, the selection of a control, i.e. plot replicates that have identical management to the
122 treatment group in all aspects that affect the outcome except the intervention of interest, is a
123 significant criterion for conducting a study in evidence-based research.

124

125 **3. Cover crop studies**

126 Poeplau and Don (2015) compiled data from 30 experimental sites worldwide and concluded
127 an average increase of soil C stocks by 0.35 ton C ha⁻¹ yr⁻¹ to a mean soil depth of 22 cm.
128 Several other published meta-studies confirmed these trends such as by McDaniel et al. (2014),
129 who pointed to an average 3.6% increase in soil OC stocks, Blanco-Canqui et al. (2015) (OC
130 stock increase by 0.1 to 1 ton ha⁻¹yr⁻¹) and Blanco-Canqui (2022) (average of 0.41 ton C ha⁻¹yr⁻¹
131 ¹ in the US), but also Tellatin and Myers (2018), Abdalla et al. (2019), Bolinder et al. (2020),
132 Jian et al. (2020), and Joshi et al. (2023).

133 . A literature search was conducted on electronic academic databases using search engines such
134 as Google Scholar, Refseek, Science Direct, SciFinder, Scopus, Springer Link and Web of
135 Science. Key words such as carbon storage, carbon stocks, carbon sequestration, cover crops,
136 catch crops, were used to search for further journal articles. Excluding publications not in
137 English, and reports and other publications which were not published in ISI journals, a total of
138 37 experimental studies were found and were listed in Table 1.

139 Despite these meta-analytical studies concluding a positive impact of over-crops on SOC
140 stocks, which helped build a positive opinion towards over-crops and policies aiming at their
141 compulsory inclusion into agricultural systems, there are large discrepancies between
142 individual field studies and/or within field studies. For instance, the field study by Constantin
143 et al. (2010) that was included in Poeplau and Don (2015) and several other meta-analytical
144 studies reported a significant increase in SOC stocks at only one of the three French sites under
145 study. In contrast, Thomsen and Christensen (2004) reported a significant negative impact of
146 cover crops from the Askov Experimental Station, Denmark.

147 For further assessing the evidence base provided by the individual studies, Table 1 informs on
148 best practices for the estimation of the impact of a given land management on OC stocks (e.g.
149 Xiao et al., 2020) such as the use of : (1) soil samples from entire soil profiles, or at least to 1m;
150 (2) soil carbon stocks estimates on the basis of equivalent soil mass (ESM); (3) information on

151 both the OC concentration and the bulk density of a given soil layer, for computing OC stocks;
152 (4) an adequate reference treatment; (5) a sufficient number of data points and duration of trials
153 for the significance of the trends to be tested.

154 Table 1 (which provides the names of authors, the year of publication and give indications on
155 the duration of the experiment (below or above 3 years), the sampling depth, the use of soil
156 bulk density to estimate SOC stocks, the use of a reference treatment consisting in a bare soil
157 in-between crops, the number of data points used to compare the treatments and the level of the
158 significance of the differences between treatments) shows that 35 out of the 37 studies did not
159 meet one or several of the prerequisites. Surprisingly, none of the studies sampled entire soil
160 profiles (i.e. to a depth of at least 1m) or estimated SOC stocks for equivalent soil masses. The
161 maximum sampling depths ranged from 0.025 m in the study in USA by Hubbard et al (2013)
162 to 0.6 m (Calegari et al., 2008) in Brazil through 0.3 m for instance for Bayer et al. (2000) and
163 Metay et al (2007) in Brazil, Campbell et al. (1991) in Canada, and Mazzoncini et al. (2011) in
164 Italy.

165 Additionally, none of the studies compared SOC stocks between treatments on the basis of
166 equivalent soil mass. This might have yielded significant bias as compaction changes the depths
167 of limits between soil layers and soil mass layers do not correspond to soil depth layers. Indeed,
168 differences in soils bulk density is likely to have occurred between cover crop treatments and
169 reference treatments because of tilling for weed destruction or chemical weeding.

170 There were five studies with a duration equivalent or of less than three years, which can be
171 judge too short for changes in soil organic carbon stocks to be detected and for the temporal
172 dynamics of the changes to be assessed, potentially leading to C storage overestimations as
173 rates of sequestration tend to decrease overtime when approaching saturation. Fourteen studies
174 (i.e. 38%) did not have a bare soil as reference treatment. For example, Campbell et al (1991),
175 Kuo et al (1997), Sainju et al (2006) or Arif et al (2021) used grassy fallows as reference

176 treatments instead of a bare soil. Amado et al. (2006) compared cover cropping included in a
177 no-till system to bare soil within a tilled system, which allowed to compare two systems but not
178 specifically the impact of cover crops.

179 Four studies had a number of samples per treatment equal or below 2, mostly because of the
180 use of composite samples, which did not allow tests of significance to be run.

181 Out of the 37 studies, 6 trials had a duration over 3 years, investigated simultaneously SOC
182 content and soil bulk density, used a number of data points over 2 and had a bare soil reference
183 treatment, which could all be considered as important requirements. Four of these trials did not
184 point to a significant impact of cover cropping on SOC stocks as pointed out by (1) statistical
185 tests (Constantin et al., 2010 in two of the trials under study; Thomsen and Christensen in one
186 out of two trials) or (2) overlap of interval confidence (case of Balkcom et al., 2013). As shown
187 in Table 1, only two trials yielded significant trends, one in France with a sequestration rate of
188 $0.29 \text{ ton C ha}^{-1} \text{ yr}^{-1}$ and one in Denmark pointing to a loss of $0.23 \text{ ton C ha}^{-1} \text{ yr}^{-1}$. The mean OC
189 storage rate by cover-crops, which was computed from these two studies showing significant
190 changes, was $0.03 \text{ ton ha}^{-1} \text{ yr}^{-1}$ (Table 1).

191 The resulting conclusion from the 37 available ISI studies is an absence of a significant impact
192 of cover crops on soil C stocks.

193

194 **4. On the possible ways forward**

195 First of all, most of the field trials need to be revisited or improved for reaching sound
196 conclusions. We need to make sure that research trials include a proper reference treatment (i.e.
197 a bare fallow for the very same period as the cropping of the cover crop in the corresponding
198 treatment), a sufficient number of plot replicates and sampling data points are set for the level
199 of the significance of the differences between treatments to be tested. Second, the entire soil
200 profile (or at least down to 50 or 60 cm where impacts of land management are mostly detected)

201 should also be considered (or at least sampling well below the plow layer), and OC stocks
202 should be in all cases estimated with data presented by equivalent soil mass. Finally, there is a
203 high level of uncertainty in the current field procedures for evaluation short-term changes in
204 OC stocks since they might not be detectable by classical methods based on soil bulk density
205 estimates and laboratory assessment of OC contents. Scientists should either favor long-term
206 field trials and/or seek alternative methods to estimate OC changes, such as those based on
207 carbon isotopes (e.g. Balesdent et al. 1990; Kuzyakov and Domanski, 2000).

208 Overall, and based on the 6 trials meeting the most basic requirements for reaching sound
209 conclusions, cover-crops did not lead to a significant increase in C stocks. The low efficiency
210 of cover crops confirms that significantly increasing soil C inputs, as by adding cover-crops
211 into cropping systems, does not necessary translate into greater soil C storage as previously
212 show by Dignac et al. (2017). Indeed, fresh C inputs to soils can stimulate the decomposition
213 of the old and stable soil organic matter through “priming” for bacteria to acquire key nutrients
214 for their development (e.g. Fontaine et al. 2004, 2007; Blagodatskaya and Kuzyakov 2008)
215 rather than building OC stocks. Such an absence of cover crop impact on soil C stocks puts into
216 question the “Photosynthetic limits on carbon sequestration in croplands” suggested by Janzen
217 et al (2022), thus calling for other limiting factors.

218 As Kirby et al. (2013, 2014) and Poeplau et al. (2016) have shown, supplementing crop residues
219 with nutrients could increase organic matter formation from fresh inputs by up to 3 fold, so soil
220 fertilization thus appears as the “last man standing” in our quest to enhance soil carbon stocks.
221 Kirby et al. (2014) revealed that post-harvest fertilization might increase the conversion of
222 wheat straw into stable organic matter from 7% (control) to 29% when adding 10 kg N, 4 kg P
223 and 2.6 kg S per ton of straw. The increase in fresh residue conversion to organic matter was
224 further confirmed in field trials by Poeplau et al. (2016), thus pointing to nutrient deficiencies
225 as a main limiting factor of organic matter formation in croplands. Nutrient deficiency, whose

226 origin in croplands is likely to be due to the staggering amounts of nutrients exported by grains
227 and other agricultural products and the need of nutrients by decomposers that are not accounted
228 for in fertilization programs, thus leads to low humification rates and organic matter destruction
229 (e.g. Chaplot and Smith, 2023; Zeng et al., in press). More work must be done on investigating
230 the dual increase of C and nutrient inputs by agricultural practices to soils for enhancing their
231 long term C stocks for sustainable agriculture and a series of environmental benefits, while
232 balancing the climate change and other environmental risks of adding more nutrients to the soil.
233 The significant increase in OC stocks found by Constantin et al. (2010) at a former cattle farm
234 shows that in a nutrient rich environment, using cover-crops to add C-rich fresh organic material
235 might yield significant sequestration.

236

237 **5. Conclusions**

238 There are many good reasons to introduce cover crops in agricultural systems, such as to reduce
239 soil erosion and nutrient leaching to water tables, to increase soil infiltration by water, and to
240 increase biodiversity, and this paper should not be construed as a defence of bare soils. While
241 these benefits have been well documented, and are in themselves sufficient to justify the
242 promotion of cover cropping, we challenge the widespread assumption that cover crops will
243 increase soil OC levels. We show that the apparent evidence may simply be an artefact, as most
244 current studies do not allow significant trends to be concluded. Further research from long-term
245 trials with adequate sampling methodology and/or investigating the combined impact of
246 nutrient supply might clarify this issue. Until then, it is premature for the scientific community
247 to communicate figures on the C sequestration rate of cover crops to policy makers. It is not
248 only a question of potentially wasting public money, as millions of dollars are distributed
249 worldwide as carbon credits, but also a question of credibility for the scientific community.

250 Overestimations of the impact of cover crops will need to be urgently considered by models,
251 future science and policy.

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