

# TIPS FOR IMPROVING THE LONG TERM HEALTH OF YOUR LAWN.

Proper care of an established lawn does more than affect the immediate appearance of the turf; it also affects the turf's long-term health and ability to resist pest attacks. Follow this tip to help meet these goals.

## AERATING and OVERSEEDING

**Aerating** (or aerification) is a mechanical cultivation method that usually involves removing cores of soil from the lawn and placing them on the surface. These cores contribute to stimulating microbial activity which greatly benefits the overall health of the turf. The term may also refer to using equipment with solid spikes or blades to punch holes in the underlying soil.

The process relieve soil compaction and allows for a better flow of water, air and vital nutrients to the turf roots, making it easier for them to grow. It can also be used to reduce the build-up of thatch.

**Overseeding** is the application of grass seed to an existing lawn. It is done to repair thin or damaged areas or to introduce new species or cultivars to an existing stand of turf.

Regular overseeding will ensure a thick and dense lawn and will greatly reduce the ability of weeds to grow and compete in the lawn. ***The best defence against weeds is a thick and dense lawn.***

Overseeding is most successful before mid-June or in early September when there is enough natural moisture to ensure establishment.

Using aeration with overseeding and topdressing can improve results by increasing the contact between the seed or topdressing and the underlying soil.

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