



Core Aeration and Overseeding

This is the time of the year to again consider Core Aeration and Overseeding. These are two of the best ways to improve the overall health and appearance of your lawn.

A stronger root system with more nutrient storage capacity translates into a greener and healthier lawn.

Core Aeration is the process of removing small plugs of soil and thatch from the lawn area. Two important reasons for regular Core Aeration are Thatch decomposition, and Soil compaction relief.

1. Thatch decomposition. Thatch is the decaying area of material between the soil, and the green part of your grass. Some thatch area is normal and good; however ½" or more is not. It hinders light, water, air, and vital nutrients from getting deeper to the root area of your turf. Some problems created by excess thatch are shallow root development, increased susceptibility to disease and insect related problems, more frequent need for water, and less tolerance to heat and drought.

Core Aeration, promotes the break down of the thatch layer.

2. Soil compaction relief. Compaction is the natural process of settling that occurs in soil. This is a particular problem when soil is clay based, as it generally is in our area. When soil is compacted, water runs off the top more easily, air and nutrients are unable to reach into the soil as deeply, and it is a difficult environment for turf roots to expand and strengthen.

Root development is enhanced due to the fall being the time of the year when your turf is establishing a more vigorous root system. The holes created through Core Aeration allow turf roots to more easily expand during this stage of root development.

Overseeding is simply the spreading of new seed over the lawn area after Core Aerating.

1. As the plugs of soil on the lawns surface break down, they come in contact with, and protect the new seed.

2. Other seed finds a safe place in the empty plugholes, and in a few weeks, you have new grass establishing itself in your turf area.

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