

# Healthy Living Strategy: Lawn Care

## Healthy Lawn Tips

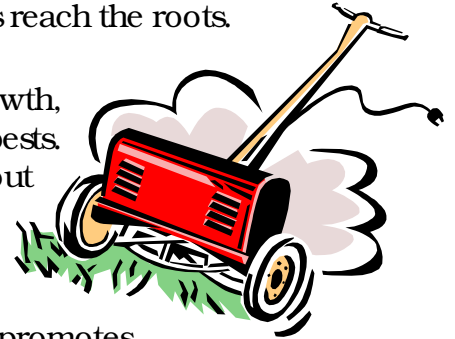
*Good maintenance practices are the key to keeping your lawn healthy without the use of synthetic chemicals.*



**FEED** your lawn with compost and leave grass clippings where they fall for nutrient recycling. Slow-release organic fertilizers can also be applied once a year, usually in late summer or early fall.

If the soil is compacted, **AERATE** in the fall before overseeding. This helps oxygen, water and nutrients reach the roots.

**MOW** high to promote vigorous growth, prevent weeds and discourage insect pests. Keeping your grass at a height of at least 3 inches will shade out weeds and keep the soil cool and moist.



**WATER** deeply (about 1 inch) and infrequently to promote deep roots. Too much water starves the soil of oxygen and promotes disease. Water your lawn in the early morning once a week.



**OVERSEED** thinned areas or choose alternative ground covers in difficult spots. Overseed at least once a year in the spring or late summer with hardy, pest-resistant grass species such as endophytic perennial ryes and fine fescues.

**RAKE** your lawn with a stiff rake to gently remove thatch, increase air circulation and discourage fungal growth. Rake after the grass dries out but before weed seeds start to germinate.

**MONITOR** your lawn for insects, weeds and diseases. A small and stable pest population in an otherwise healthy lawn is hardly noticeable and not demanding of action. However, if the problem begins to threaten the overall health of your lawn, action is required.

**REALIZE** that over time, a healthy lawn will crowd out most weeds and become resistant to insect problems. A healthy lawn is also an ideal place to relax!

