



# Turf Talk

## *Aeration & Overseeding*

### *What is Aeration?*

Core aeration is the process of removing 1" diameter core plugs 1-2" in depth by operating a commercial grade machine over your lawn. Hollow steel teeth cut into the soil and deposit the cores on the surface. The key is to extract a good core, so aeration shoes or a dethatching tractor attachment simply do not do the job properly.

### *Benefits*

Increases moisture penetration by physically opening up the lawn and creating holes • Prepares lawn for overseeding (see reverse side) • Enhances oxygen exchange, encouraging healthy roots • Reduces soil compaction, especially soils high in clay • Supports penetration of fertilizers and other lawn products • Assists rate of thatch decomposition • Aids in root development

### *Timing*

Aeration typically is done from mid-spring to late fall as long as there is adequate soil moisture to ensure good plugs. We recommend an annual aeration, preferably in the fall, or every-other-year at a minimum. A spring aeration may be recommended in addition to one in the fall for lawns that are thin, weak, or generally unhealthy.

### *After Care*

The cores do not need to be raked up, as they naturally breakdown over several weeks, filtering back into the lawn. Just leave the plugs where they are and mow as usual at the recommended 3" height.

### *In Combination with Overseeding & Soil Restoration*

Any lawn can be overseeded after aeration to add our custom grass seed to help thicken a thin lawn. Aeration, overseeding and our soil restoration services (see reverse side) are the most beneficial services for your lawn and are 100% organic.

### *What is Overseeding?*

Overseeding is the process of adding superior grass varieties into an existing lawn after core aeration to address thin areas. We typically apply 1-4 specific types of grass seed from a broadcast spreader over the surface of the lawn depositing them into the aeration holes. In some cases we will aerate the lawn 2-4 times on the same visit to create sufficient holes for increased overseeding results.

## **Benefits**

Aids in resisting disease and insect damage by utilizing endophytic (enhanced with beneficial fungi) turf varieties • Improves overall appearance with better color and growth characteristics • Regains lost turf in the spring due to winter or ice damage and in the fall due to insect, disease or drought damage • Replaces lost turf in shady areas

## **Variety of Grass Blends**

Your seeding will be customized to your individual lawn, not a cookie cutter single-use grass blend not suited for most situations. A lawn in the shade requires distinctly different grass than turf growing on a sandy slope in the full sun.

## **After Care**

You can mow any time because the seeds are an inch or two below ground.

## **Timing**

The best results are achieved in the fall when the soil temperature is warm, the air temperature is decreasing, and annual weeds like crabgrass are dead or dying. A spring aeration with overseeding may be warranted for lawns that are particularly thin or sustained winter damage.

## **In Conjunction with Soil Restoration**

In the case of thin, weak, new, or sandy lawns our soil restoration service in the spring and/or fall adds a food source for a healthier soil environment. This granular application is an organic source of carbon much like that found in forest soils with years of decaying leaves and plants. Our soil restoration service is ideal when used not only in conjunction with aeration and overseeding, but with our compost tea and seaweed sprays as part of an organic soil improvement system. Healthy soil is literally the foundation for a healthy lawn.

*Our Estimates  
Are Always  
Complimentary*



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**Website & Blog [chippersinc.com](http://chippersinc.com)**

**Woodstock VT 802.457.5100 • Concord NH 603.225.9600**

**Enfield NH 603.448.4800 • Meredith NH 603.279.7400**

**New London NH 603.526.4500 • Email [turf@chippersinc.com](mailto:turf@chippersinc.com)**