

MONOTOR AND A CONTRACTOR OF A

COOL SEASON LAWN PLAN

A DIY Guide for Homeowners

If you do nothing else this year, do these 3 things...

There's a lot of information in this guide. There's also a lot of information online. For someone starting out it can be overwhelming and confusing. If this is your first year caring for your lawn or just want to learn more about what you can do, you can improve your lawn by doing these 3 things. If you're intimidated by the avalanche of information, have a set budget or simply not enough time, start with this and build upon it as you're able to.



USE MOWING BEST PRACTICES

Raise your lawn mower to at least the second highest setting it has, if not the highest. Leaving the grass longer will make your lawn look better, make it thicken-up, reduce weeds and help build a stronger root system.

Mow at least twice per week. Frequent mowing avoids stressing the grass when you cut it and prevents the excessive buildup of grass clippings.

2

APPLY A PRE-EMERGENT

Pre-emergent is a preventative herbicide that is usually applied to the lawn in early April to stop weeds from growing. Using a pre-emergent is the best, and easiest way to prevent weeds for most of the lawn growing season.

Look for a product that contains either the herbicide prodiamine or dithiopyr and follow the label to make sure you apply it correctly.

3

FERTILIZE REGULARLY

Using a balanced fertilizer every 45 to 60 days will promote growth and make the lawn better looking. A thick lawn will help to choke out weeds and better withstand disease, bugs and drought.

If separate fungus and bug control applications aren't part of your lawn plan, there are many fertilizers that include "all-in-one" solutions for pests and disease.

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ANNUAL LAWN PLAN FOR COOL SEASON LAWNS

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This plan is intended as a general guide for areas that have "cool season" grasses. Adjust accordingly depending on your specific location and weather.

All recommended products (with active ingredients) are available online or at major retailers.

Please make sure to read and follow all instructions. Do not exceed the annual active ingredient quantity per acre as listed on the label.

Always wear appropriate personal protective equipment. This includes eye, and skin coverings and respiratory masks. Be cautious of children and pets.

Please be aware of the environment. Know the impact before you spray or spread herbicides and insecticides.

If you have any questions, reach out to us on social media, or go to our website www.TurfandStem.com.

THE 5 PRINCIPLES OF AN EFFECTIVE LAWN PLAN

These are the five essential principles that you must become familiar with to have a green, healthy lawn. Each one forms a foundation for the other, and without all of them working together you'll never get to your lawn goal. Every lawn will face challenges, from insects, disease and fungus to invading weeds and crabgrass. The best looking lawns have owners that develop a plan to address these problems before they happen.

Using standard principles and practices for mowing and providing good nutrition to the lawn will help prevent future problems. Focusing on these five areas will give you the best chance for the lawn you're working towards.

PREVENT DISEASE AND FUNGUS

Lawn fungus and disease are natural to any lawn and thrive when the conditions of your grass is poor. Too much moisture, poor nutrition, heat stress and accumulated debris can all cause an outbreak of fungus. The best defense against disease is a balanced lawn plan. A regular rotation of fungicides are also helpful to keep disease away.

KILL INSECTS

Every lawn is going to deal with bugs at some point, especially grubs, which can do significant damage to grass by feeding on the root system. It's best to prevent bugs by using an insecticide targeted at what you're trying to prevent. Regularly look for bugs in your soil by digging a few small portions on a regular basis and look for activity.

REDUCE WEEDS

Weeds are ugly. They steal nutrients from your lawn and they push out the grass you want. The best, and easiest, way to prevent weeds in your lawn is with a strong pre-emergent plan during the early spring. If it's too late to use a pre-emergent, pull the weeds out or use a weed killer meant for spot spraying.

FERTILIZER & NUTRITION

Giving your grass the right diet is essential to getting it growing. A soil test is recommended to discover what nutrients your lawn is lacking, but it's not always necessary. Feeding your lawn with a balanced fertilizer consistently throughout the year will help it to get healthy and stay green.

MOWING BEST PRACTICES

Most lawns should be mowed at a height of at least 3 inches. This is going to help photosynthesis in the plant, prevent smaller weeds from growing and encourage root development which will help with drought and heat resistance. Also, frequently cutting your grass two or more times per week will promote strong growth.

INTRODUCTION

This guide is for "cool season" grasses, those with lawns in seasonal climates and with grasses such as perennial rye, bluegrass, tall and fine fescues.

Lawn care can be an escape, a hobby, a chore or a profession. But no matter where it falls, our lawns mean something to us as a reflection of our hard work and dedication.

Your lawn is unique. You will not find a lawn that is like it anywhere in the world. What you will find is a flood of information, advice and suggestions from your neighborhood garden center, YouTube and online social media, and your neighbors. Some of it is good. Most of it is...not so good.

The best lawn care plan, that will yield the greatest results, is not going to be a generic plan from a corporation or YouTube creator. The most effective plan will be the unique blueprint created by you that addresses the specific needs and problems of your own grass.

Learning is a process, and so is developing your own unique lawn plan. As you learn, you gain valuable knowledge and experience specific to your lawn.

You first need to establish a lawn care philosophy and learn the basics that go along with it.

The purpose of the Turf & Stem lawn plan and philosophy is to act as a guide, not an instruction manual. The idea is for you to learn the basics so you can make your own lawn plan customized for what works for your grass.

You need to experiment, form a hypothesis and test techniques and products out. See how different weather patterns affect your lawn. And most importantly, learn how to overcome and conquer any mistakes, obstacles or mishaps that happen along the way.

Great grass doesn't happen overnight.

PHILOSOPHY: PLAN, ADAPT, LEARN

The idea behind this lawn plan is to provide you a framework for you to adjust to your individual environment and conditions. There is no "one size fits all" lawn plan. In fact, you will never have the same two seasons, months, or weeks in your lawn care journey. There are just too many variables for any lawn care plan to be set in stone.

PLAN

You can always plan on certain events happening to your lawn throughout the year, and learn how to overcome them. You're going to get fungus and disease. You're going to get grubs and bugs. At some point you're going to have to water it. Crabgrass and dandelions will pop-up somewhere no matter how diligent you are at pulling them out or applying a pre-emergent.

The offseason is the time to do some research and expand your knowledge. Try learning a little more about each foundational subject; cultural practices, disease and pest management, fertilizing your lawn and how to stop weeds.

You also need to decide what your goals are for your lawn. Lawn care isn't about when to mow next. It's about what you're doing next week, next month, next season and next year. What you do in June influences what you can do in September. You need to have some idea of where your journey is leading you.

ADAPT

"Plan for the worst. Hope for the best."

- Lee Child

Just because you have a plan, doesn't mean nature is going to follow it. Planning in February for activities that are weather dependent in July and August will not work. Your lawn plan is nothing more than a guide, a basic roadmap to a destination. Expect detours and breakdowns along the way.

The best lawn plan allows you to change with your needs. And like a chain reaction, one change will lead to another, so be prepared.

LEARN

It is ultimately more important to know *why* we put certain products down, *what* they do and *how* they do it rather than just following a schedule of *when* we put them down.

We learn from experiencing, experimenting, and making mistakes. Great lawns are not easy, and they don't just happen. If they did, everybody would have one.

THE FIVE BASICS OF A LAWN PLAN

If you want a green, healthy lawn, you need to learn the five basic components of how to care for it; feeding and fertilizing, weed and undesirable grass elimination, insect control, fungus and lawn disease prevention and mowing best practices. Do well in these five areas, throw in some water, and you have the recipe for a fantastic lawn.

MOWING BEST PRACTICES

The easiest, most cost-effective and fastest way to improve any lawn is to simply mow better. Often a lawn mower is set too low, and the grass is cut too short, which prohibits the grass blades from retaining water and undergoing photosynthesis. The lawn can also become stressed if it isn't mowed regularly.

How fast your lawn grows, recovers and thickens depends on how often you mow it. Regular mowing, at least twice per week, will help with unwanted debris build-up in the grass, stop some weeds from going to seed and encourage your grass to establish better, deeper roots.

However, consistent mowing also means you don't cut too much off the lawn at once. This is generally referred to as the "1/3 Rule". Simply

stated, you never want to cut more than 1/3 off your lawn height at once.

If your lawn is 3", don't cut more than 1" off of it. Don't drop the cutting height below 2". If you let your grass grow too high because you missed a mowing, gradually reduce the height of your lawn mower until you reach the desired height. Don't cut it down all at once.

This prevents a build-up of large clippings that will take longer to decompose as well as keeping the grass from experiencing shock. Sticking to the "1/3 Rule" is a best practice observed by turf professionals for decades.

Now that you're mowing regularly, you want to make sure you're cutting the grass at the proper height. Most grasses do well with a cutting height between 2.5" and 3.5".

Finally, keep your blades sharp and change them as needed. Lawn mower blades dull over time. When they're not sharp, they rip the grass rather than cut it. This leads to problems such as the grass being more susceptible to fungus and disease. A dull blade also gives the lawn a brownish cast because of the frayed edges of the blades of grass.

Sharpening is easy and is something anyone can do. You can bring them to a local service shop who will sharpen them for a few bucks. Or you can use a bench grinder, angle grinder or even a metal file. Just make sure that you try to keep the same angle of the blade. You also will want to make sure the blades are balanced by hanging them on a nail in the wall and seeing how horizontal the blade is to the floor. If it tilts to one side, take a little material off that side until both sides are even to the ground.

You also may be used to mowing in a certain pattern. Make sure to change up the pattern every now and then to prevent the formation of horizontal growth patterns. Simply mow perpendicular to your regular patten every once in a while.

FERTILIZER & NUTRITION

The foundation to a thick, healthy lawn will be fertilizer. But before you put just anything down, you need to understand what type of fertilizer to put down, when to put it down and why. Always read the label and follow the instructions.

Lawn fertilizer provides three nutrients that are vital for grass to grow: nitrogen, potassium and phosphorus. Different fertilizers will be made up of different ratios of nitrogen, potassium and phosphorus, otherwise shown on the label as the N-P-K. If you look on a bag of fertilizer, you'll see three numbers like 18-24-12, 32-0-5 or 6-0-4. This is the N-P-K value.

The first number tells you what the percentage of nitrogen is in the bag. Nitrogen is the nutrient your lawn needs the most of and is responsible for the top growth and color of your grass.

The second number is the percentage of phosphorus, which is responsible for healthy and strong roots. This nutrient is especially important for new or recently seeded lawns.

Finally, the last number is potassium. Grass will need the proper amount of potassium to use water efficiently, reduce stress from heat and disease and build cold tolerance.

Once you feel more confident and gain more knowledge about feeding your lawn, think about getting a soil test to help identify the specific nutrients your grass may be lacking or have too much of.

A soil test can provide valuable insight as to the current fertility and health of your soil. By measuring both the pH level and determining nutrient deficiencies, a soil test can provide the information necessary for maintaining the most optimal fertility each year.

You can purchase a soil test kit online or check with your local gardening centers. Soil tests may

also be available for free or at a low cost at your local university extension.

If you didn't do it at the end of the previous year, at the beginning of your season, you want to use a fertilizer with higher nitrogen. This means you should use a product with an analysis for nitrogen above 20%. When you read the bag, the number should be around, or greater than 20 for the first of the three numbers.

The early boost of nitrogen will help your grass come out of dormancy and revive its green color earlier. It will also help to promote the growth of the grass blades so you can clear away any old growth from over the colder months.

RECOMMENDED PRODUCTS:

Scott's Turf Builder 32-0-4

Lesco 30-0-10

Sta-Green 29-0-5

Vigoro 29-0-4

GroundWork 29-0-5

Expert Gardener 30-0-4

For your next application of fertilizer, you will want to focus on the overall health of the grass. This means a higher dose of potassium and phosphorus. Most fertilizers have higher nitrogen percentages, with the last two numbers of the N-P-K equation being very low. In order to put down a decent dose of potassium and phosphorus along with nitrogen, it's recommended to use a product labeled as "starter fertilizer". Newly seeded lawns require more potassium and phosphorus to encourage root and plant development, that's why you will find significantly higher percentages of P and K in the formula on starter fertilizer.

Another option if starter fertilizer isn't available is to use a balanced general garden fertilizer with an N-P-K pf 10-10-10, 12-12-12 or 19-19-19. These

types of fertilizers will work just fine and are often very cost effective.

RECOMMENDED PRODUCTS:

Scott's Turf Builder Starter 24-25-4

Lesco Starter Fertilizer 18-24-12

All Purpose Lawn Fertilizer 10-10-10

Gordan's Liquid 10-10-10

Sta-Green Lawn Starter 18-24-6

Vigoro Starter Fertilizer 23-23-3

In the weeks leading to the end of spring, switch back to the high nitrogen fertilizer. However, be careful to read the labels. Many fertilizers have "all-in-one" or "weed and feed" which contain chemicals that target crabgrass and weeds. These types of additives might react with other products you will be using or prevent seeding in the future. It's recommended to use weed and crabgrass control products separately rather than together in one product, so you have more control over the amount and type of chemicals that you use. Additionally, using fertilizers with weed control mixed in usually comes with restrictions on the weather. Reading the label of any product you use before you use it is a must.

Once you reach the heat of late June, July and August, it's important to transition to a lower nitrogen fertilizer. This will reduce stress on the plant and slow growth. Look for products that contain the word "biosolids" which are usually accompanied by "natural" or "organic". This type of fertilizer releases very slowly and has a lower percentage of nitrogen, usually under 10%, which is what you want to look for in your N-P-K analysis.

You can also look for the term "slow release" which allows the nitrogen to be absorbed into the plant at a much slower pace. If this is what you have, you may want to consider using a lighter

application than what is recommended on the label.

RECOMMENDED PRODUCTS:

Milorganite 6-4-0

Procare 4-3-0

Moorganite 5-1-1

EcoScraps 4-2-0

Purely Organic 10-0-2

Lawn Restore 9-0-2

Jonathan Green Organic 10-0-1

If these types of fertilizers aren't available, just look for a product with a lower N, or nitrogen. Then, just use a lower amount of product than the label recommends.

When you're ready to finish out the year, switch back to a starter fertilizer after the summer heat. The starter fertilizer will help with any repairs to damaged turf or seeding that you're doing in the fall.

Finally, you want to put your lawn to bed with a last dose of high nitrogen. Look for a "winterizer" fertilizer, these usually have a slightly higher percentage of nitrogen in them.

WEED AND CRABGRASS CONTROL

The first line of defense to weeds and crabgrass will always be a thick, healthy lawn. But to get to that point, you're going to need a little help. You will stop and kill weeds two ways, before they grow and emerge from the soil by using a chemical called a pre-emergent, and after they started to grow and have emerged from the soil by using a chemical called post-emergent.

Pre-emergent is used to stop weeds and crabgrass from ever becoming visible. They stop them from reaching the surface of the lawn by forming a

barrier which kills the weeds when they sprout from their seeds. Pre-emergent chemicals are very effective for controlling undesirable grasses and plants in your yard, but you have to put it down at a specific time early in the year before the weeds start to grow.

If you put pre-emergent down too late, and the weeds have grown past the barrier, it won't kill the weeds. The optimal time is to put it down right when soil temperatures are reaching around 55 degrees Fahrenheit consistently.

There are two types of pre-emergent that are commonly used, prodiamine and dithiopyr. They can be found in various forms and in several commercially available products. However, they prevent more than just weeds from growing.

Once you put your pre-emergent down in an area, it will also prevent any grass seed from growing as well. Plan ahead if you want to do seeding later in the year and calculate from the instructions on the bag when seeding is recommended after application.

Make sure to read the label to find out when it is best to apply and what restrictions there are.

RECOMMENDED PRODUCTS:

Prodiamine 65 WDG Generic Barricade

Lesco Stonewall 0-0-7 .068%

Scotts Halts Crabgrass & Grassy Weed

Lesco 19-0-7 Dimension Preventer

Lesco Dimension 30-0-5.21%

Expert Gardener Crabgrass & Weed Preventer

Jonathan Green Season-Long Weed Preventer

If you missed the window to put down preemergent, and you notice a significant amount of weeds and crabgrass sprouting, the next step to keep the undesirable growth under control would be the use of a post-emergent. These are used to kill weeds in the early stages of visible growth when they haven't fully matured. If it is early enough in the season, weather and temperatures permitting, you can blanket spray the product using a pump sprayer or a hose end sprayer. Many products today come with a built-in applicator.

Once the weather gets into the 70's and 80's, you want to be careful when you apply the postemergent and switch to spot spraying for the summer months. Spot spraying can be done through a pump sprayer, or again, most products are available in smaller, pre-mixed spray bottles. Post-emergents will prevent new growth, including grass seed, anywhere from 30 to 60 days after application. So if you plan on overseeding in the fall, you need to be careful how much, and where you are spraying your products during this time of year.

Pulling weeds and crabgrass by hand is always the safest method, but if there are too many, spot spraying is the next best way to eliminate those nuisances. If your lawn is overrun, and preemergent was put down too late, or didn't work, blanket spraying is the best option with the hope of pushing growth of your existing desirable grass.

Remember, read the labels, and follow all instructions. Do not use anything labeled "grass killer" or with the ingredient "glyphosate". Most weed killers will be labeled as having Dimethylamine Salt of 2, 4-D, Quinclorac or Triclopyr.

RECOMMENDED PRODUCTS:

BioAdvanced All-In-One Weed Killer

Spectracide Weed Stop for Lawns

Ortho Weed-B-Gon

Image All-In-One Weed Killer

Gordon's Trimec Concentrate

Compare-N-Save Weed Killer for Lawns

FUNGUS & DISEASE CONTROL

There are two tips that you need to know to control lawn fungus and disease. The first is that prevention is much easier, and cheaper, than curing fungus. The second is to always make sure to rotate the chemicals that you use in your prevention plan.

Your main objective will always be to prevent lawn fungus from ever starting. It costs less, you use fewer chemicals, it stops damage from ever occurring to your lawn and its less work. This means you need to apply your preventative products on a consistent basis and before the ideal conditions for lawn disease start to occur.

If you look on the back of fungicides, you will see that the application rates are labeled as "preventative" and "curative". Those terms do exactly what they say they do, they prevent, and they cure. When you compare the amount of product necessary to cure or prevent lawn disease, the curative application rate is usually double the preventative. Fungicide isn't cheap, so a little planning and foresight can save you some money and your lawn season.

You will want to start applying your fungicide when it becomes a little warmer, usually in the 70's and 80's, with high humidity. Nighttime temperatures in the 50's and 60's is also a sign to begin applying fungicide.

Secondly, you will want to vary the type of active ingredient you use from application to application. You don't want to use the same product or same active ingredient, consecutively. This is because lawn fungus and diseases can begin to form a tolerance if one type of fungicide is overapplied.

The Fungicide Resistance Action Committee (yes, it's a real thing) categorizes fungicides into different groups based on their mode of action. This code is known as the FRAC Code.

Azoxystrobin, which is found in the popular Scott's DiseaseEx is categorized in FRAC Code 11. Propiconazole, another widely popular fungicide and is used in BioAdvanced Fungus Control, is categorized in FRAC Code 3. You don't want to use fungicides from the same FRAC Code consecutively in your applications. For example, don't do two applications of Scott's DiseaseEx consecutive, break it up by an application of BioAdvanced Fungus Control since each product contains a fungicide from a different FRAC Code.

You will essentially be switching up the active ingredients in the products; azoxystrobin and propiconazole. Feel free to use any method or product that has these.

Not only will this help stop the diseases from building up resistance, but it will also help cure anything a previous application may not be as strong against.

RECOMMENDED PRODUCTS:

Scott's DiseaseEx

BioAdvanced Fungus Control

Eagle 20EW

Quali-Pro Propiconazole 14.3

Heritage G

Spectracide Immunox

PEST & INSECT CONTROL

Insects will attack your lawn at different times throughout the year and each will have a different way. Often it will be too late to stop the damage after you begin to see it. Additionally, you want to be safe while enjoying the lawn, free from mosquitoes and ticks.

It's best to be prepared, and to provide the full protection that you need for your grass and family, it's recommended that you use a two-pronged defense.

The first line of defense is to use a product labeled as a "complete" insect killer. Generally, the label will list insects such as ants, fleas, ticks, chinch bugs and other common lawn pests. Most available products last for about 90 days, so you want to apply early in the season, and then again later on once the first application wears off. It will usually have bifenthrin, carbaryl or gammacyhalothrin listed as their active ingredient.

The next step is to set up defensive measures specifically for your lawn's greatest creepy, crawly enemy...grubs. As usual, it's easier to use a preventative chemical and kill grubs early in their lifecycle than to cure them. Such a chemical, like chlorantraniliprole, is found in the popular GrubEx and should be applied in the spring or early summer, when the grub's life cycle is just beginning.

Products marketed specifically for grub control generally tend to last a little longer in the soil than "complete" insect killers, usually up to 4 months or "all season long". However, these types of products are preventative, not curative. They only kill grubs early in their lifecycle, so it's important to get it down before they start to develop and mature past the larvae stage, which is in the spring or, at the latest, early summer.

RECOMMENDED PRODUCTS:

BioAdvanced Complete Insect Killer

Spectracide

Scott's GrubEx

BioAdvanced 24 Hour Grub Killer

Spectracide Triazicide

Sevin Lawn Insect Killer

WATERING & IRRIGATION

Water is one of the key components of healthy grass, along with sunlight and good soil. Without water, nothing grows. When it comes to what role

irrigation plays in your lawn plan, it depends on your location, budget and available time.

In some parts of the country, watering the lawn is prohibited due to water restrictions. This puts many homeowners at the mercy of Mother Nature.

The size of your yard also influences your irrigation practices. You may have 2,500 square feet and able to move an impact sprinkler around as needed throughout the day. Or you might have a full acre and watering the entire lawn would be impractical and uneconomical.

If you can provide consistent, deep waterings every week, that's fantastic. If you have to let the lawn go dormant in the summer heat, then that's fine as well. If you have to make a choice when to water, I recommend waiting for when you overseed.

When and how much to water the lawn is something each homeowner must decide based on their specific location, environment and amount of investment.

FINAL THOUGHTS AND TIPS

- Enjoy your time in the lawn. Don't let the avalanche of online information and sales overwhelm you.
- Nothing happens fast in lawn care. Everything is planning ahead for next month, next season and even next year. There are no shortcuts or instant results.
- Always take precautions and wear your personal protective equipment. Eye, ear, skin and respiratory protection is always advised.
- Read the labels. Read the instructions. Follow the labels. Follow the instructions.
- Listen to advice from reliable sources, not the comment section from Facebook or YouTube.
 When in doubt, the best resource for reliable

and accurate information is your local University Extension or Turf Program. Just search online for their website and they will usually provide an extensive library of guides, articles, and resources for the general public specific to their geographic area.

Remember, this plan should be used to guide you in developing your own. Get out there and LFM!



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TURF & STEM ON YOUTUBE