

**What is core aeration?**

Core aeration is the process of mechanically removing plugs of compacted soil from your lawn with a specialized piece of equipment. The plugs are usually 3/4" in diameter and up to 3" long and are distributed along the top of the lawn. This process will loosen the soil and break up the thatch layer so that water, oxygen and nutrients can reach the roots of the grass.

Why is core aeration so important?

Core aeration is important because the soil beneath your grass can become compacted due to foot traffic, lawn tractors and equipment or because the soil structure is poor. This is bad because it makes it difficult for grass to thrive. Compacted soil makes it hard for water, oxygen and nutrients (fertilizer) to make it to the roots of your lawn. It can also make it hard for grass roots to spread. These areas can often be spotted when the weather becomes dry because they will be the first place the grass will show signs of drought stress or browning. Soil that is compacted is usually not able to absorb the nutrients as fast as the fertilizer breaks down which can lead to undesirable runoff.

When should core aeration take place?

The best time to do core aeration is when grass is actively growing and the soil contains higher moisture. We recommend core aeration is completed in the fall because the roots are actively growing and can recover quickly. Fall is also the best time of year to over seed and once the soil and thatch have been broken up by aerating what is left is the ideal bed for grass seed to germinate in.