



## How To Core Aerate & Compost Topdress a Lawn

Core aeration and *Compost Topdressing* are two cultural practices that provide multiple benefits for your lawn.

One of the most beneficial things you can do for your lawn this is “core aeration.” Core aeration removes plugs of soil  $\frac{3}{4}$  inch wide and 2  $\frac{1}{2}$  to 3 inches long. Core aerators can be rented at rental equipment stores or many landscaping companies also provide this service. One concern with aeration is to ensure the soil is moist several days prior to aerating. If your soil is of poor quality, such as high clay content, remove the cores. If the soil is loamy, leave the cores on the surface to break down naturally. Another way to improve your soil quality is to Compost Topdress after core aeration. *Compost Topdressing* the lawn is the process of adding a fine layer of certified compost to the lawn surface. It has been performed on golf courses for years, but has only recently become popular on home lawns. If you have a cool season lawn you should perform these practices in the fall months of September-November. Warm season lawns are renovated in April-June.

### Benefits of *Nature's GREEN-RELEASE Compost Topdressing*:

- Adds organic matter to soils
- Builds up the soil flora
- Helps improve soil structure
- Helps reduce lawn diseases
- Reduces traffic stress and relieves compaction problems
- Helps with water retention
- Reduces the need for fertilizer
- Can help reduce thatch
- Increases Cation Exchange Capacity of your soil
- Evens out the lumps and bumps that are present on an uneven lawn

### Instructions Steps

---

They are listed in the order they should be performed.

1. Mow lawn to  $\frac{3}{4}$  inch in height.
2. Bag or remove all of the grass clippings and debris.
3. Water lawn 48-24 hrs before aeration to insure good core removal.
4. Core aerate the lawn. If you have poor soil, consider removing the cores. If the soil is not too bad, leave them on the grass to break down naturally.
5. Spread *Compost Topdressing* over lawn to a depth of  $\frac{1}{4}$  to  $\frac{1}{2}$  inch. It is okay to fill in holes, especially if you have poor soil.



## How To Core Aerate & Compost Topdress a Lawn

6. Lightly brush the grass with the backside of a rake. The object is to get as much top dressing touching the soil as possible.
7. If you plan on over-seeding, do this after the topdressing is down.
8. Remember to keep the soil moist, but not too wet, until seeds have germinated.
9. Keep traffic off these areas and avoid using any herbicides for one month.
10. Begin mowing as soon as the new grass has grown to 2 to 3 inches.
11. Fertilize entire lawn with organic fertilizer based on your type of grass.

Compost is too heavy to spread in a fertilizer spreader. Find the easiest method that works for you. You can use a light-weight, wide-faced shovel to fling compost in a fan shape. Special equipment for spreading compost is available at some rental companies. And some mulch blowing companies are now specializing in compost topdressing and over-seeding lawns.

### **Over-seeding**

Cool season fescue lawns need to be periodically seeded to give your lawn that uniform look. In September we'll begin to experience cooler temperatures and better conditions for seed germination. This allows plenty of time to develop deep roots before the following summer. Select a seed variety that suits your particular needs. Warm season lawns should be seeding in the months of April-June.

### **List of Materials & Equipment**

---

1. Lawn mower
2. Core aerator
3. Wide faced shovel
4. Leaf and bow rake
5. Wheel borrow
6. *Nature's GREEN-RELEASE Compost Topdressing*
7. Seed spreader
8. Seed

To find Nature's GREEN-RELEASE Products go to [www.naturesgreenrelease.com](http://www.naturesgreenrelease.com)

For more information on Carolina lawns go to [www.turffiles.ncsu.edu](http://www.turffiles.ncsu.edu).