

## Fall Overseeding

Although logic might suggest that spring is the best time for seeding your lawn since that is when new growth occurs, that actually is not the case around here.

In our Learning Center article ["The Problems with Spring Seeding."](#) we go into a lot of detail on why this is so, but here, we're going to summarize it with two basic points:

- **Summer heat--** In summer, grass growth slows dramatically, and drought conditions often exist. Because of those factors, newly planted grass has a very difficult time surviving the summer.
- **Weeds--** While spring is a great time for grass to grow, it's also a great time for weeds to grow. Unless one is very careful, treating a lawn with herbicides at the same time seeding and fertilization are taking place will backfire because it will also stop grass growth. If you apply herbicides first and then seed a few weeks later, there is not enough time for new grass to be strong enough for the summer, and it most likely will die.

You can fight weeds and unwanted pests with herbicides and pesticides, and we perform those services, but, as the saying goes, the best offense is a good defense, and **a lawn thick with desirable grasses is the best defense against weeds**. Thick, healthy grass without weak spots or bare patches simply does not provide much room for weeds to grow. Such a lawn is also the best way to prevent invasions and damage by harmful insects and fungi.

Our preferred way to establish this strong prevention is a combination of seeding and aeration in the fall. The article ["When and Why to Aerate"](#) in our Learning Center provides an in-depth look at this, but here is another brief summary:

- Aeration is a process in which we create small, temporary "holes" in the lawn.
- It manages the thatch, a layer of decaying organic matter that, when it gets too thick, prevents essential nutrients, air, and water from reaching the soil.
- The holes allow those nutrients, the water, and the air to penetrate the soil.
- The benefits are stronger roots and denser grass.

Fall is the best time to do all this because there is plenty of time for recovery and new growth ahead of winter when the grass goes into dormancy. By establishing a strong foundation in the fall and protecting it, we set the stage for strong growth the following spring.

When we come out to seed a thin lawn in the fall, here is what we do:

- First, we aerate the ground.
- Next, we put grass seeds down.

- Then, using our carefully researched and proven method, we apply a starter fertilizer and a [pre-emergent herbicide](#) that will prevent weeds like crabgrass from growing but won't interfere with desired growth.
- For very thin lawns, we perform a triple aeration before seeding, fertilizing, and treating for weeds. This increases the number of holes and allows for faster results for lawns that need extra help.

If you know your lawn needs expert care or if you just don't have the time to do seeding and aeration yourself, or even if you're not sure and would like a professional assessment, [contact us](#) and we'll be happy to provide a free quote!

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SOURCES USED:

<https://www.sharplawncare.com/lawn-maintenance/spring-fall-aeration/>

<https://www.sharplawncare.com/lawn-maintenance/the-problems-with-spring-seeding/>