

**Stonyfield**  
ORGANIC

&

**sunday**



*the*

**LAWNCARE**

**TOOLKIT**

THE BASICS OF ECO-FRIENDLY LAWNCARE

STONYFIELD & SUNDAY WANT TO HELP YOU MAKE

# ALL FIELDS ORGANIC!

Sunday and Stonyfield Organic have a joint mission to help transition all fields and lawns across America to organic maintenance. Why? Because we believe our backyards and community parks should be free from harmful pesticides.

Through the StonyFIELDs #PlayFree Initiative, Stonyfield is helping communities across the country transition their parks and playing fields to organic. Over 26 million kids play sports on fields and 65% of fields are sprayed with harmful pesticides - it's time for a change! These fields can be managed organically, and communities across the country are taking the first steps to move towards organic maintenance.

Sunday Lawn is on the same mission – but instead of community parks, they're starting with backyards!

Our lawns are a gathering place. They've become a core element to our backyard habitat, (for the birds and the bees and a Sunday bbq). And, lawns are resilient. They can green up on their own. They can even fight weeds on their own. And treating lawns with toxic chemicals that cause harm to our environment, our health, and the health of our furry friends is unnecessary but it's hard to know where to begin to make a change!

Luckily there are many small steps you can take to start making your yard a healthier place for your family and the planet.

With our joint missions, we've teamed up to provide you with the tools you need to keep your lawn green and clean of all the harmful stuff, because we believe we're stronger together, and even better with you! Starting in your backyard is a great first step.

If you're inspired after learning about your own lawn and want to learn more about how to change your community, visit [Stonyfield.com/PlayFree](http://Stonyfield.com/PlayFree).

sunday

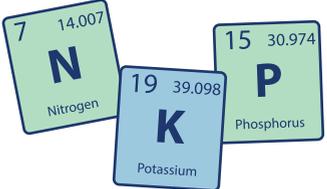
Stonyfield  
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# HOW TO CARE FOR YOUR LAWN *(the eco way)*

It all starts with the soil. You can't have a great-looking lawn without healthy soil. The soil under your lawn is a brilliant ecosystem that contains billions of living organisms. When they're all alive and working together, your soil will be the grass-growing powerhouse nature intended it to be.

A healthy and beautiful lawn is strong and therefore resistant to weeds and disease. For an organically maintained lawn, follow these tips:



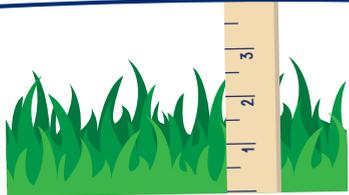
**FEED YOUR GRASS**

Your grass eats up nitrogen, phosphorus, potassium and a host of micronutrients. But more isn't usually better. A soil test helps you determine if your grass is getting what it needs from your soil.



**WATER DEEP**

Your lawn loves about an inch of water each week. More isn't better; it's just wetter. In many areas of the U.S., rainfall is plenty. Less frequent but deeper watering can build heartier, healthier roots. Water as needed but aim for no more than three times a week. The best time to water is in the early morning.



**MOW HIGH**

Short grass is stressed grass. Set your mower at the max height for a healthier lawn that needs less water. Mulching is better than bagging. Healthy soil will turn those grass clippings into the nutrients it needs.



**MOW OFTEN**

In high growing season (a.k.a. the summer), you may need to mow more often than weekly. Just be sure not to cut more than 1/3 of your grass blade length at one time.



**CONTROL WEEDS**

the best defense against weeds, from dandelions to bind weed, is a healthy, thriving lawn. Thick grass will block out the sunlight that weeds need to grow. But hey, weeds happen. Some are easier to manage than others. We're here to help.



**OVERSEED**

The act of spreading a layer of grass seeds across your existing yard is called overseeding. It's a good thing. In fact, overseeding is a landscaping little secret for growing a green and lush lawn.



**DETHATCH**

Taking care of thatch in your yard is a critical part of keeping your lawn healthy and strong. Normal amounts of thatch typically won't get in the way of having a beautiful lawn as it's a natural part of grass. It's excessive thatch that you've got to watch out for, as too much thatch increases the amount of water your soil retains and that can lead to root rot, fungal issues and insect infestation.



**AERATE**

Simply put, aeration is essential to having a healthy, resilient lawn as it lets oxygen, water and nutrients penetrate past the topsoil to reach the root zone, where essential lawn nutrients can stimulate root growth to create healthier, stronger grass.

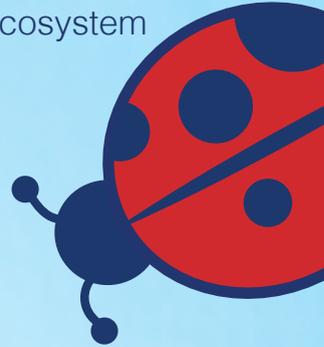
# GOOD BUGS

Our backyards can often look and feel overrun with those pesky nuances we call insects. How do you know which are the good kind to keep and which have got to go?

Knowing the difference between lawn-friendly bugs and the other kind will not only make you feel smarter but it'll also help preserve the delicate ecosystem in your yard and help your lawn and garden thrive.

**DRAGONFLIES**  
**GROUND BEETLES**  
**HONEY BEES**  
**FLOWER FLIES**  
**HUNTING WASPS**  
**LACEWIGS**

**LADYBUGS**  
**PRAYING MANTIS**  
**SPIDERS**  
(NOT REALLY BUGS BUT STILL IMPORTANT)  
**TACHINID FLY**  
**BUTTERFLIES**



# BAD BUGS

At a glance: problem bugs (and what to plant to get rid of them):

**GRASSHOPPERS**  
**APHIDS**  
**FIRE ANTS**  
**GRUBS**  
**MOSQUITOS**  
**CABBAGE WORMS**  
**CATERPILLARS**  
**CUCUMBER BEETLE**

**CUTWORMS**  
**JAPANESE BEETLE**  
**LEAF MINERS**  
**SNAILS & SLUGS**  
**SPIDER MITES**  
**CENTIPEDES**  
**CHIGGERS**

So, what steps should you take to get rid of the not-so-great bugs?

Most horticulturists will agree that beneficial bugs are naturally great at controlling pests, at times far better than any chemical treatments. Especially since the unwanted insects can grow pesticide-resistant while pesticide treatments can kill off the lawn-friendly bugs.

You can minimize your use of pesticides by supporting beneficial insects in your backyard and garden. Plant flowers for pollen and nectar, provide fresh drinking water with birdbaths, and add mulch to your flower garden to offer shade to plant-friendly insects.

If that's not enough, you can turn to natural solutions like the following:

- ✓ Use apple cider vinegar or cedar oil as bug repellent, and spray neem oil on visible plants infestations.
- ✓ Repel mosquitoes with crushed parsley, rosemary oil or citronella candles.
- ✓ Plant insect-repellent plants like marigolds, lemongrass, fennel, basil, thyme and citronella (check with your veterinarian if you have pets).
- ✓ Hang a bird feeder in your backyard to welcome birds that feed on bugs.
- ✓ Wash visible bugs like aphids and caterpillars off your plants with a garden hose.



# LAWN CARE LEXICON

WE WANT YOU TO KNOW HOW TO TALK ABOUT YOUR LAWN, SO WE COLLECTED THESE COMMONLY USED TERMS TO BUILD YOUR LAWN VOCAB:

## AERATION

Usually done twice a year, this process uses a machine (or aeration shoes!) to remove plugs of soil and thatch from your lawn to allow the introduction of oxygen, water and nutrients into the soil.

## CLUMPING

This happens when you have too many grass clippings after mowing a wet lawn or from a imperfect mowing job. While grass clippings are a great source of nutrients for your lawn, too many in one place can lead to dead grass.

## COOL SEASON GRASS

Thriving in northern states, cool-season grasses include Kentucky bluegrass, fescues, and ryegrasses. These grasses are dormant in winter and grow best during the spring time.

## FERTILIZING

This is the act of amending the soil with beneficial additives necessary for lush, healthy growth

## ORGANIC MATTER

This is the most important aspect of your lawn. It's made up of decomposing grass blades and other plant and animal residues.

## PATCH DISEASES

When you're not caring for your lawn properly (unhealthy soil, too little or too many nutrients), it's prone to these fungal diseases that present themselves as rings or semicircles of dead grass.

## PHENOLOGY

This is a great one to use when you really want to sound like you know what you are talking about. It refers to the relationships between seasonal events--such as the first bloom of a plant variety or when the birds migrate--and how these events may inform timing of planting seeds or igniting a harvest.

## SEED, SEEDING

Growing a lawn from seed is the least expensive way to grow grass--either starting from scratch or renovating bare spots.

## SOD

This is made up of your grass as well as the soil and organic matter kept together at the roots. This is a quick way yet costly to renovate a lawn.

## THATCH

This is organic matter made of dead grass and other materials that accumulates around the base of the grass plants.

## TOP DRESSING

This is the best approach to add organic matter to your lawn. It's typically made of sand or soil mix.

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FOR MORE INFORMATION VISIT:

**STONYFIELD.COM/PLAYFREE**