

Are you mowing your lawn to the right height?

One of the most highly debated topics in lawn care — mowing height — is also one of the most important.

That's why Exmark has partnered with landscape designer, Doug Scott with Redeem Your Ground, on a new video offering tips and insights for selecting the right height of cut for your lawn. So, why is mowing height so critical?

"Grass mowed to the right height better captures the light, rain and nutrients your lawn needs, helping it grow deeper, denser, stronger and healthier," says Scott. "Mowing too low makes your lawn susceptible to being burned by the sun, weakening the roots and creating the potential for a weed infestation. Whereas mowing too high runs the risk of excess moisture build-up, which creates a welcoming environment for pests and disease."

To strike the right balance, follow the golden rule of mowing: Never cut off more than one-third of the blade at a time, even if your lawn is overgrown. While you may feel like you're saving time, a harsh haircut does your lawn a major disservice. Gradually lowering your blades to the desired height will help maintain a strong root system and lush yard canopy.

Another consideration is grass type, with warm-season grass and cool-season grasses falling into two mowing height ranges.

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close to its lowest setting, close to between 1-2 inches high. That's because these grasses thrive in the scorching summer sun, so they can handle a lower height. If you have cool-season grass, like Fescue or Kentucky Bluegrass,

you'll want to cut it a little bit higher.

These grasses are built for freezing winters and need some height as protection from the elements. So make sure to keep your cool-season lawn between 2.5-4 inches high.

"While knowing the range for each grass type provides nice guardrails for mowing, where you mow within that range changes with the season," warns Scott.

Once springtime rolls around, lower your deck

height by a half inch from your normal summer height. This encourages new growth.

During summer, mow on the higher end of your grass type's specified range. Taller grass provides shade to the soil,

retaining vital moisture needed to help your lawn stay healthy and cool.

In fall, continue your normal summer routine, especially if you have warm-season grass. If you have a cool-season lawn, you might have to up your mowing frequency, as it's this grass type's prime growing season.

For the last mowing session of the year, drop your mowing height by half an inch again. That brings you up to winter, the perfect time of year for you and your lawn to rest. With most grasses going dormant in winter, mowing isn't typically necessary. So take that time to do other activities and tasks you enjoy in the yard. For warmer climates, you can continue to mow, just cut down on the frequency to ensure a healthier lawn.

For more insights, watch "How to Determine Mowing Height," a new episode of "Done-In-A-Weekend Projects," an original series from lawn care equipment manufacturer, Exmark. To watch the video, visit Backyard Life — a unique multimedia destination focused on helping homeowners improve their outdoor living spaces. There you can also download additional tips and view other Exmark Original Series videos.

Lawn care is both a science and an art. With the right know-how and experience, you can cultivate a lawn that provides you with an abundant backyard life.

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