

# Home & Garden

## Lawn gives back more than work you put in

If you take a stroll through your neighborhood in the spring or summer, you'll see homeowners busy trimming or fussing over the green carpets of turf around their homes.

Why do we tie ourselves to these seasonal chores? What do our lawns give back?

**Exercise and relaxation**  
Whether you are push-

ing a lawn mower, raking the lawn or weeding the flower beds, gardening is good for your body.

Caring for your lawn keeps you outside and involved in physical activities. It's also a great way to switch your mental focus by concentrating on your gardening tasks instead of the stresses of the day.

**Green gardens help healing**

Just a view of the garden may be all we need to feel better. Some research shows a strong correlation between wellness and a scenic view.

Patients in the same hospital, recovering from the same operation, recovered more quickly when their rooms overlooked a park.

**The front lawns of just eight average homes will cool as much outside air as 70 tons of air conditioning or about 18 or 20 average-sized central air conditioners.**

**Please play on the grass**

Lawns and turf playing surfaces that are well designed and properly maintained help to reduce sports injuries.

Turf provides a firm, level surface for the foot. It also provides better traction, and helps to cushion the impact on athletes' feet, ankles and legs.

**Lawns are oxygen generators**

A healthy lawn, commonly measuring 50 feet by 50 feet, generates a significant amount of oxygen and the better the condition of the turf, the more oxygen it will produce.

Lawns are air purifiers, too. Dust and dirt released into the atmosphere by cars and industry are trapped by grass and leaves of plants. These trapped particles are washed off the leaf surface by rain and water condensation and return to the living soil.

**Staying cool**  
On a hot day, the surface temperature of a lawn remains at approximately 24°C, while the temperature of the sidewalk or street may be well over 38°C. It's not hard to see why it is

much cooler to walk on a lawn than on pavement on a hot day.

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**Lawns reduce noise pollution**

Lawns, trees and ornamental shrubs have a noticeable effect on noise levels in our environment.

Blades of grass and leaves of different shapes, sizes and densities act as filters to absorb the sound around us.

One study showed that grass planted on an upward slope, leading away from a highway, can reduce the noise of traffic from eight to 10 decibels.

**Lawns filter water**

Lawns act as a sponge and actually hold the water that falls as rain or is applied through a sprinkler.

Maintaining a healthy turf is one of the best methods of preventing water and wind erosion, and while the grass is soaking up water, the roots are conditioning the soil below. Fertilizing your lawn, following label directions on the product package, will provide the nutrients your lawn needs to grow at a healthy rate and resist disease.

A lush green carpet of healthy turf not only beautifies our homes, but it improves our living environment. Feed your lawns and gardens, take care of them and enjoy them and try not to complain so loudly when it's time to cut that darned grass.

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