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Have a home makeover with turf

THE cooler months are no excuse to neglect your backyard, and these cooler months are also the perfect time for laying new turf.

Landscaper Jason Hodges, who is a presenter on Better Homes and Gardens, said the benefits of turfed outdoor areas include an improvement in life-style and health.

"Turfed areas are great for families as the kids are able to run around, play with their favourite games and family pet or even play a bit of footy," he said.

"It is also fantastic for holding outdoor social events, whether you prefer barbecues and picnics, and green areas have even been found to improve happiness and wellbeing, making people feel more relaxed and closer to nature.

"Turf also has a huge range of environmental benefits such as improving air quality, reducing noise and heat in and around the home, and can also assist with protecting properties from bushfires."

According to Turf Australia, other benefits Australians will enjoy by laying turf include:

- ❑ Five square meters of lawn provides all the oxygen needed by a person each day – meaning the aver-

age backyard produces enough oxygen for a family of four

- ❑ Turf is the safest surface for outdoor leisure activities

- ❑ Turf provides a natural sink for carbon dioxide – it takes carbon from the atmosphere and stores it in the soil

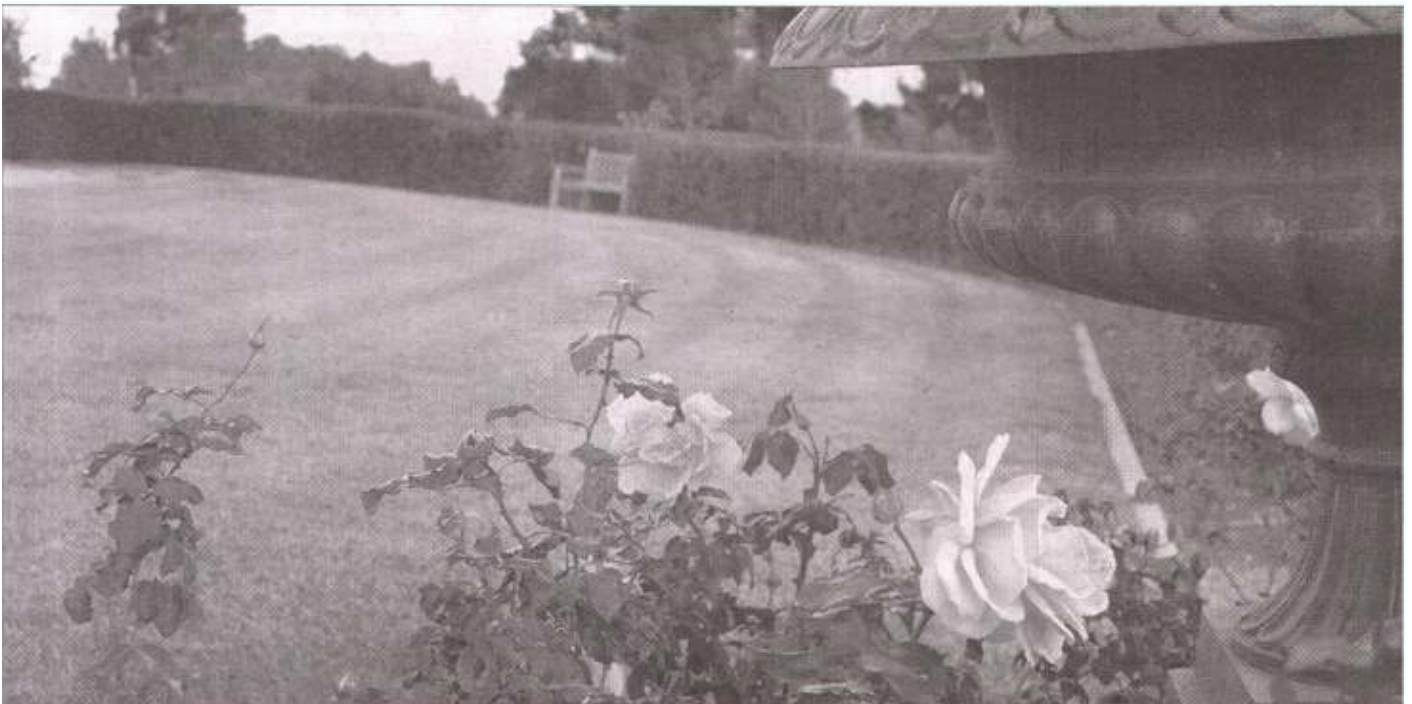
- ❑ Lawn has the cooling effect of nine tonnes of air conditioning the average home air conditioner has a 3-4 tonne capacity)

Winter is the perfect time to install turf, and prepare for summer by creating an environment that is 10 degrees cooler than bare soil, 20 degrees cooler than asphalt, concrete or pebble mulch, and 40 degrees cooler than dry synthetic turf.

Turf prevents soil erosion while filtering runoff water and traps pollutants before they get to rivers and streams.

There are five main types of Turf grass grown in Australia, Buffalo, Carpet Grass, Couch, Kikuyu and Tall Fescue. Each has a different colour, blade thickness and location suitability.

For more information visit www.turfaustralia.com.au.



ABOVE: Lawn is a natural sink for carbon dioxide, and helps keep a yard much cooler during the hot summer months.