

A FIELD GUIDE FOR COMMON LAWN WEEDS

ANNUAL BLUEGRASS

Grassy annual weed that germinates when soil temperatures reach 70°F. To treat, apply a pre-emergent in spring prior to seed germination.



BLACK MEDIC

Broadleaf annual or short-lived perennial weed that's common in stressed lawns. Use a post-emergent in spring or fall. Aerate.



BROADLEAF PLANTAIN

A common broadleaf perennial weed that favors moist soil conditions. Survives low mowing heights. Control with post-emergent and aeration.



BULL THISTLE

An invasive, biennial weed that reproduces by seed. Use post-emergent in early spring when weed is in seedling or when its in its rosette stages.



WHITE CLOVER

Broadleaf perennial weed found in areas with low competition of turf and nitrogen. Use post-emergent in spring, pre-emergent in fall.



COMMON CHICKWEED

Invasive and adaptive broadleaf winter annual known to grow almost anywhere. Use a pre-emergent in late summer/fall or post-emergent in spring when weeds are small.



CRABGRASS

A grassy summer annual weed that survives low mowing heights and prefers open areas of thin turf. Pre-emergent should be applied when soil temperatures approach 55°F.



CREeping CHARLIE (IVY)

A prostrate perennial that prefers shady, moist areas with unbalanced soil pH. Tolerates low mowing heights. Apply a post-emergent in spring & late fall for control.



DANDELION

Pesky broadleaf perennial weed that pushes out desired turf, sucks up valuable nutrients and water from soil. Post-emergent control in early spring.



GOOSEGRASS

Grassy summer annual weed with a strong, fibrous root system. Favors to invade compacted soil. Apply a pre-emergent and aerate to control.



HAIRY BITTERCRESS

Pesky broadleaf annual or short-lived perennial that explosively scatters its seeds throughout the year. Thrives in wet, shaded areas of turf. Pre-emergent in fall is the best method. Post-emergent can be used in spring (multiple applications may be needed).



SPURGE

Summer broadleaf annual. Chokes out desired turf, survives close mowing heights and adapts to all soil types. Apply a pre-emergent in late spring, prior to seed germination or a post-emergent when plants are small.



SPEEDWELL

A low-growing winter annual that is invasive to open turf. Treat with pre-emergent application in late summer/early spring.



PROSTRATE KNOTWEED

Prostrate summer annual that favors compact turf. Control with pre-emergent in spring and aerate.



WILD VIOLET

Aggressive weed found in cool, shady, moist and fertile areas. Apply post-emergent as soon as weed reaches two-leaf stage of growth.



YELLOW WOOD SORREL

Broadleaf perennial weed that prefers moist to slightly dry, loamy soils. Apply a post-emergent to control. May need repeated application in spring. Pre-emergent can be used to prevent weed from occurring.



* Listed pest species are among the more common infestation problems. This list does not include all potential invaders. Contact your local county cooperative extension agent with concerns of a potential weed invasion of a pest species not on this list; they will be able to tell you if a certain weed has been detected in the area.

** Refer to all product labels for targeted weed control as well as proper application methods prior to use.

Field Guide To Weeds

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web les apports quotidiens recommandés pour un bon transit intestinal sont de l ordre de 30g de fibres totales alimentaires par jour les autorités de santé conseillent de manger au moins cinq fruits et légumes chaque jour au moins deux

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web mar 17 2006 les fibres solubles son d avoine orge légumineuses légumes freinent l absorption des graisses et réduisent les taux de cholestérol de 5 à 10 en particulier celui du cholestérol ldl mauvais cholestérol et de triglycérides

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web jun 6 2023 les fibres insolubles incapables de se dissoudre dans l eau la lignine la cellulose et l hémicellulose présentes dans les enveloppes des végétaux comme dans la peau des amandes la peau des pommes ou les céréales complètes son ces fibres parcourent le tube digestif sans être modifiées

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web par où commencer comme pour les fibres alimentaires il est important d augmenter graduellement la dose et de boire amplement de liquides suivez les recommandations sur l étiquette du produit ou les instructions de votre médecin ou diététiste sur la façon d utiliser un produit spécifique l importance de l eau