

# Grazing and Root Growth

- **Continuous**

- **Grazing:**

- Keeps grass short, resulting in less root mass

- **Managed Grazing:**

- Allows for periods of rest and regrowth—grasses are able to build up their root systems, form a dense sod, and add structure to the soil

## Plant Vigor-Leaves and Roots

*Caring for the Green Zone, Riparian Areas and Grazing Management*  
Alberta Riparian Habitat Management Project, “Cows and Fish Project”

