

# Sustainable Paddock Management

Bringing nature back for better grazing

## Why manage paddocks sustainably?

**It's a win-win for nature and horse welfare!** A diverse mix of plants will support wildlife, improve soil structure, and lock away carbon, improving resilience to wet weather, droughts, and a changing climate. Horse-safe diverse grass swards, herb and flower species can support nutritional needs, and may even aid digestion, support the immune system and provide mental stimulation through foraging behaviour. Thoughtfully managed paddocks also offer shade, shelter, good ground conditions and low parasite levels.

## What can you do?



**Regularly rest and rotate paddocks, letting your grass grow to at least 15cm before grazing.**



**Consider planting schemes to add horse-safe wildflowers, herbs, trees and shrubs in and around your fields.**



**Create nature habitats and corridors, providing a safe route for wildlife, by planting hedging, leaving log piles and creating bug hotels.**



**Explore alternative paddock setups that might work for your paddock to improve soil health and horse welfare i.e. track systems.**



**Get to know your land! Identify the plants and invertebrates you have, and consider soil testing to get an indication of soil health. Healthy soils = good ground and high quality, nutritious plants and grass growth.**



### Horse friendly plants

- Timothy (grass)
- Common Bent (grass)
- Meadow, Chewings, Sheeps & Creeping Red Fescues (grasses)
- Fenugreek (herb)
- Sheep's Parsley (herb)
- Ribgrass (herb)
- Sainfoin (wildflower)
- Dandelion (wildflower)
- Kidney Vetch (wildflower)
- Lucerne (wildflower)
- Meadowsweet
- Lady's Bedstraw (wildflower)

Visit the **Equestrians4Nature** page of the [whitegriffin.co.uk](http://whitegriffin.co.uk) website to access free resources and specialist advice from our experts including The Equine Ecologist.

