

Spring Forecast Takes a Twist: What a Weakening La Niña Could Mean for Spring Weather

Key Highlights brought to you by The Weather Channel, Old Farmer's Almanac, & Climate Prediction Center (CPC), Boston.com, AOL, AccuWeather, & Severe Weather Europe (SWE)

Temperature Trends

Above-average temperatures overall: Many forecasts — including long-range models and traditional outlooks like the *Old Farmer's Almanac* — suggest warmer-than-normal conditions across much of New England as spring unfolds. *(Boston.com)*

However, because La Niña is weakening and we're transitioning toward neutral conditions, there's more variability in how quickly the warmth arrives. Early spring (especially March) could still feel chilly at times before spring warmth becomes more consistent. *(AOL)*

Precipitation and Snow Melt

With the season shifting, expected precipitation patterns are closer to "normal" for spring — meaning rain showers and some unsettled wet days are likely as snow melts and the ground thaws. *(CPC)*

There's also a chance of late-season snow or frost early in spring before temperatures fully moderate. This is common in New England and can linger into March or even April in inland and northern areas. *(AccuWeather)*



The Key Takeaway:

This spring in New England looks like it will trend *somewhat warmer than average* overall, but with a **classic mix of spring weather** — cool bursts early, gradual warming, and plenty of rain/showers as snow melts and the season shifts. *(The Weather Channel)*



Seasonal Patterns

Because La Niña's influence is fading, spring weather may be driven more by local and regional weather patterns (like how the jet stream sets up and whether coastal or inland systems form) rather than a dominant ENSO phase. *(SWE)*

Neutral or transitioning conditions often bring mixes of cool spells, warm breaks, showers, and some storm systems — typical of classic New England springs. *(CPC)*

What this Means For Spring 2026

In practical terms, you can probably expect:

- Chilly Start
- Slow but steady warming trend
- Rain & Spring Variability

Winter Lawn Myths & FAQs

Myth or Fact: Your lawn needs care during winter. **FACT:** Your Lawn does need care during Winter. Even though grass is dormant, winter habits play a huge role in how healthy it looks in spring.

Pro tip: Winter lawn care is all about protection and prevention.

Myth or Fact: Walking on frozen grass won't hurt it. **MYTH:** Walking on frozen grass can definitely hurt it. When the grass is frozen, the blades become brittle, and foot traffic can snap them and compact the soil.

Pro tip: Avoid walking on frozen lawns.

Myth or Fact: Snow protects your grass from damage. **FACT - with a catch:** Snow can protect your grass. A light, consistent layer of snow acts like insulation, shielding your lawn from harsh winds and extreme temperature swings.

BUT problems happen when snow sits too long or gets compacted.

Pro tip: Keep paths consistent and clear of debris before snowfall.

Myth or Fact: Lawns die in winter.

MYTH: Lawns don't die in winter – they go dormant. Cold temperatures cause grass to pause growth and conserve energy. Your lawn may turn brown, but the roots are still alive, storing energy for Spring.

Pro tip: Think of winter as your lawn's rest season. Protect it now, and it'll bounce back greener.



Snow Mold: What, Why, & The Fix

Snow mold is a group of fungal diseases that develop under snow cover when the ground isn't frozen.

Why Snow Mold Is Harmful:

- Kills or Weakens Grass
- Thrives in Common Winter Lawn Conditions
- Creates Long-Lasting Lawn Damage
- Encourages Secondary Problems

How to Reduce Snow Mold Damage:

- Mow grass shorter (but not scaped) before winter.
- Avoid late-season nitrogen-heavy fertilizer
- Reduce thatch buildup and improve drainage.
- Rake and lightly fluff matted grass after snow melt. **BUT Raking can cause damage, so if you must rake, do it gently.**

Bottom Line:

Snow mold weakens your lawn's root system and delays spring recovery, leading to thin turf and extra maintenance.

While many lawns recover naturally, repeated infections can cause lasting damage if preventive steps aren't taken.