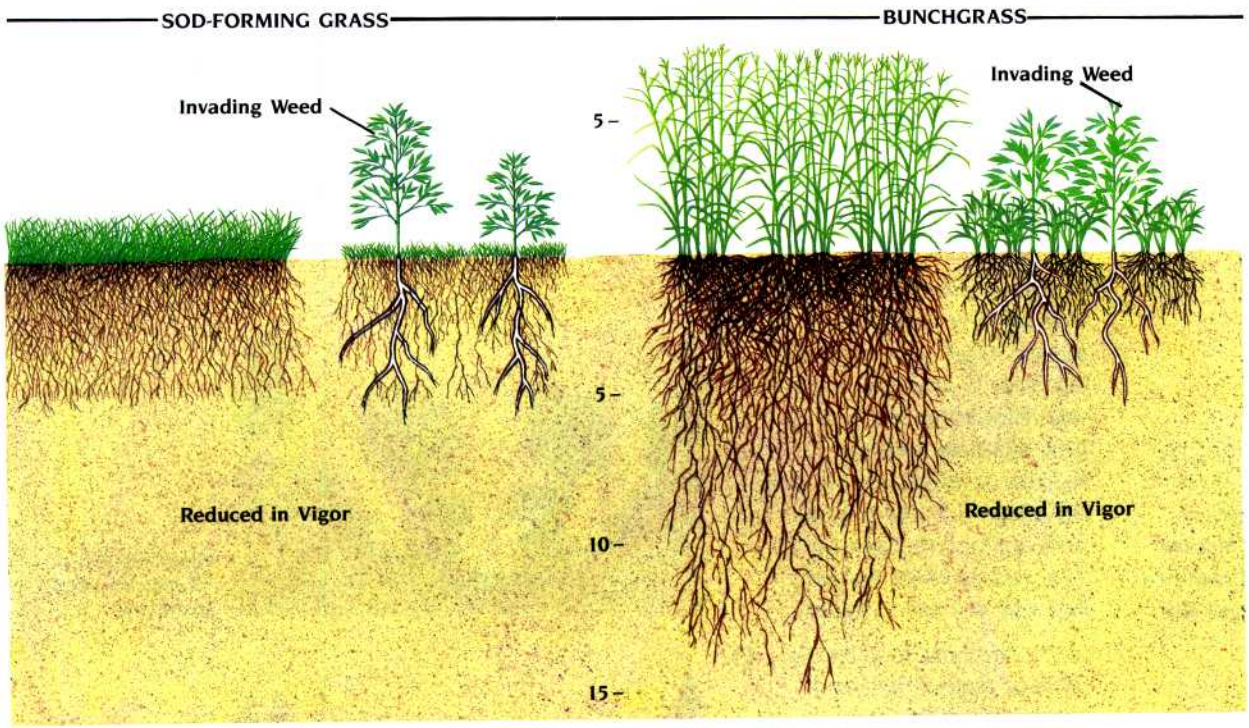
EFFECTS *of overgrazing on root production, plant vigor and species composition. From: Understanding Grass Growth: The Key to Profitable Livestock Production*



When plants are severely grazed, root growth stops. Regrowth of foliage takes precedence over providing energy for root growth. Continuous severe grazing causes roots to die back, reducing plant vigor. Plants then produce less livestock forage, are more susceptible to low soil moisture, and may be replaced by plants less palatable to livestock and less beneficial to protection of upland watershed conditions, riparian areas and stream channels.

Grazing strategies which provide for foliage to be properly pruned, and which allow sufficient rest from grazing for plant regrowth and energy storage in roots, will produce more livestock forage over the long term than strategies that allow continuous grazing during the growing season.