

REDUCE PESTICIDE EXPOSURE OUTDOORS

KEEP PESTS AND PESTICIDES OUT OF LAWNS AND GARDENS



USDA

RISKS

Children living in homes where yards are treated with pesticides may be:

- up to 4 times more likely of having sarcoma (a form of cancer) and
- 3 times more likely of having leukemia.*

There are 36 commonly used lawn pesticides. A Beyond Pesticides** report finds that:

- 14 are linked to cancer
- 15 are linked to birth defects
- 21 are linked to reproductive effects
- 24 are linked to damage to the nervous system,
- 22 are linked to liver or kidney damage
- 34 can cause allergies or are irritants.

USE A TOXIC-FREE APPROACH FOR YOUR HOME OR COMMUNITY LAWN AND GARDEN

Seeding:

- ✓ Plant native grass that resist lawn disease. Check with a nursery to find out about what grass grows best in your area. You may also want to call the local cooperative extension
- ✓ Overseed lawns each year. This will help to create a dense lawn that will crowd out weeds

Tending the lawn:

- ✓ Aerate the lawn. This will let water, nutrients and air reach the roots of the grass. You can find lawn aerators at any hardware store. They are usually made of steel spikes attached to a small tool, sandals, or a machine
- ✓ Fertilize lawns and plants with manure, compost or a natural organic fertilizer
- ✓ Lawn mower blades should be set to 3" so the grass is not too short. This will let the grass grow longer roots and crowd out weeds. Leave a light layer of clippings to naturally fertilize the soil
- ✓ Water less often, but longer, to build deep roots
- ✓ Rake out the dense layer of grass on the soil's surface to discourage pests.

*Leiss, JK; DA Savitz (1995). "Home Pesticide Use and Childhood Cancer", *Amer. Journal of Public Health*. Vol. 85.

**For more information, go to <http://www.beyondpesticides.org/lawn/factsheets/facts&figures.htm>