



## HEALTHY YARD CHALLENGE

- TELL:** Pesticides kill pollinators.  
Round up and other chemicals can affect your health.
- DO** Adopt alternatives.
- EASY ACTION:** Spray with dish soap and water.  
Neem Oil for certain bugs.  
SAFER brand products are organic.
- SHARE:** Plants that repel insects: marigolds, borals, citronella.  
Exhibit pollinator plants at your club meetings.

### PLANT FOR POLLINATORS

Support bees and butterflies by planting native plants that are both pollen and nectar producers.

**Perennials:** Amsonia, Columbine, Virginia Bluebells, Woodland Phlox, May Apple, Black eyed Susan, Violets (allow in lawn!)

**Vines:** Coral Honeysuckle

**Shrubs:** Chokeberry, Clethra (Sweet Pepper Bush), Oakleaf Hydrangea, Mountain Laurel, Virginia Rose

**Trees:** Serviceberry, Redbud, Dogwood, Silverbell, American Holly, Sweetbay Magnolia, Sourwood, Oaks (most are pollen producers and host hundreds of beneficial insects)

### PROTECT OUR WATERSHEDS, OUR RIVERS AND OUR DRINKING WATER

Pledge not to use chemical fertilizers, synthetic pesticides, weed killers except on rare occasions, to resolve an infestation or to improve habitat for native plants and wildlife.

Non-source pollution into our rivers comes through storm water runoff. Lawn and garden chemicals, and dog poop funnel into this storm water runoff. Pick up after your dog, even if it goes in discreet spots like ivy or the bushes.

Do your part to reduce storm water runoff at your home, consider installing a rain barrel, a rain garden, a native plant bed, a permeable patio or a permeable driveway.

<http://www.jamesriverassociation.org/>

## ORGANIC LAWN CARE

- Let grass grow to 4", cut to 3" and leave clippings to retain H<sub>2</sub>O & nitrogen
- Overseed to outcompete weeds
- Water judiciously 1" in early morning
- Core aerate every year to allow oxygen to enter soil and relieve compaction
- Add clover for the nitrogen and bees
- Fertilize with clover & clippings only
- Compost tea to supplement soil and to keep pH between 6 & 7
- Corn Gluten for pre-emergent weed control
- Reconsider weeds. Better to walk on dandelions than on toxic chemicals. Keep your family and your pets' paws safe.

## ORGANIC GARDEN CARE

**Create healthy soil:** start composting (provides beneficial microbes); mulch suppresses weeds and retains moisture (use only organic mulch and compost); avoid products with Milorganite (a biosolid derived from wastewater sludge containing toxins and chemicals).

**Feed plants:** spring and fall; use granular organic fertilizers like Plant-tone, Holly-tone and Chickity Doo Doo; use fish emulsion and seaweed for potted plants.

**Water:** adjust sprinkler system to the weather and temperature; use a drip irrigation system.

**Plants:** purchase plants grown without systemic insecticide.

**Links:**

<https://eartheasy.com/yard-garden/non-toxic-pest-control/>

<http://www.rodalesorganiclife.com/garden>

## INTEGRATED PEST MANAGEMENT

**Pesticide and fungicide alternatives:** homemade insecticidal soaps, vinegars and oil; products made by Safer; strong spray of water; horticulture & neem oil; uncoated aspirin and water for "black spot"

**Avoid systemic insecticides:** poison to beneficial bugs, wildlife, chickens & pets

**Mosquito control:** plant citronella, marigolds, catnip; burn citronella candles; eliminate standing water.

**Weeds:** hand pick when they are little; horticultural vinegar instead of Roundup (banned in Europe and NY State)

**Danger of pesticides:** no safety studies on cumulative exposure; proven endocrine disrupters for wildlife. Fish are showing inter sex characteristics from pesticides.