

The following web sites will help guide you in the selection and application of these alternatives.

### Plants Unlimited

<http://www.plants-unlimited.com/>.

### Northwest Coalition for Alternatives to Pesticides:

<http://www.pesticide.org/aboutNCAP.html>

### Beyond Pesticides:

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

### Safe Lawns:

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

### Grassroots Environmental Education

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

### Northeast Organic Farming Association

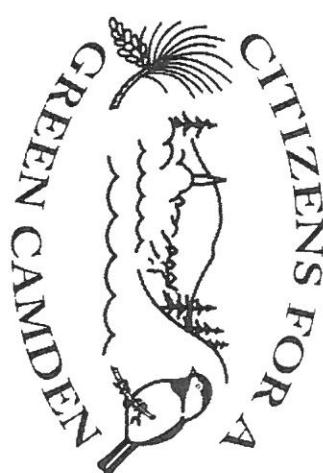
<http://www.organiclandcare.net/>

### Environmental Action

<http://www.environmental-action.org/>

### Organic Consumers Association

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

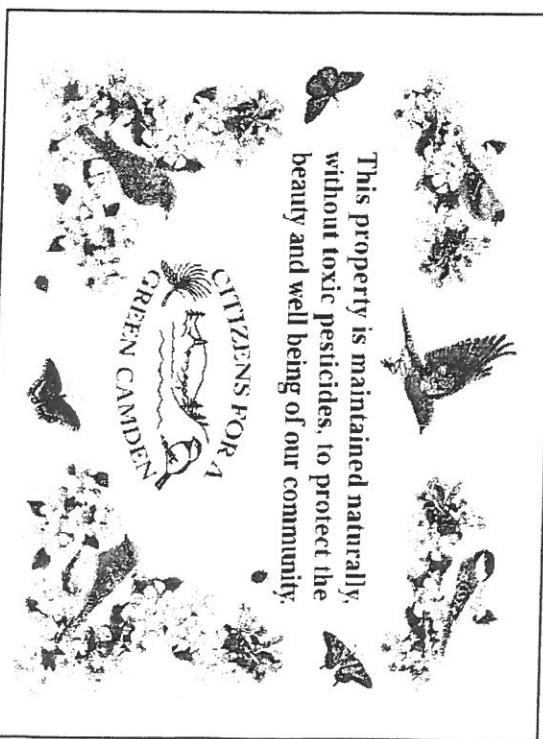


Citizens for a Green Camden is a group of concerned citizens working to eliminate the use of toxic chemicals. Our goal is to inform all homeowners, landscape professionals, and town officials about the threats and long term chronic health effects to humans, animals and the environment posed by these dangerous chemicals. We offer guidance to promote the many safe and natural alternative practices and products that are readily available. Together we can all pass on to our children a safer and healthier community and world.



Citizens for a Green Camden needs your help to inform our neighbors about the dangers of using pesticides, all chemical weed killers, weed and feed products and synthetic fertilizers.

For information on natural alternatives and how you can help please E-mail us at:  
<alohabun@yahoo.com> or <marsha@midcoast.com>.



## Homeowners use 80 million pounds of pesticides every year to maintain their lawns.

As the use of chemicals pesticides grow, researchers continue to prove the link between pesticide exposures and serious health problems, including *cancer*, *neurological* and *reproductive disorders*, including an increase in *miscarriage* rates and *birth defects*. Frequent exposure to pesticides has been found to increase the incidence of *Parkinson's disease by 70 percent*.



Small children, pets and wildlife can not read signs on your lawn or your neighbor's. Exposure to lawns that are treated with herbicides four or more times a year have been found to double a dog's risk of *canine lymphoma*. Some breeds of dogs exposed to chemically treated lawns are seven times more likely to suffer from *bladder cancer*.

Of the most commonly used lawn pesticides, the majority pose serious hazards to birds, are toxic to fish and aquatic organisms and have adverse effects on bees.

Lawn chemicals do not stay on just your lawn! Lawn chemicals get tracked indoors, onto surfaces where kids and pets play. Fifty percent of contact with pesticides occurs within the first five years of life. Such repeated contact has been linked to a sevenfold increase the risk of childhood leukemia.

A study of indoor air pollutants found *2,4-D in 63% of homes*. A different study demonstrated that levels of 2,4-D in indoor air and on indoor surfaces increased after it was applied on lawns.

## 10 Essential Tips for a Natural Lawn

1. **Obtain a Soil Test:** Before spending money on any fertilizer or soil amendment always test the soil. Soil should be 6 inches deep.
2. **Grow the Right Grass:** Kentucky bluegrass and Bermuda grass, need the most water and fertilizer to grow well. Other species such as perennial ryegrass, creeping red fescue, tall fescue or chewing fescue may be better choices for your yard.
3. **Water Well:** Water deeply in the morning so the surface of the lawn dries off during the day. Do not water frequently to encourage the roots to grow deep into the soil for water.
4. **Your Soil is Alive:** Your lawn grows on soil that is alive with organisms. Nurturing the earth through proper use of natural materials will lead to a successful natural lawn.
5. **Mow Properly:** Leaving your grass clippings on the lawn will provide approximately half of your lawn's fertilizer needs. Keep your mower blades sharp. Lawns should be mowed no lower than 2.5 inches, even higher in the summer.
6. **Avoid Synthetic Materials:** Manufactured fertilizers often burn the grass and pollute the soil. Fertilizers should come from natural materials that were once living plants, animals or mined minerals, such as lime or sulfur.
7. **Add Compost:** Nature's most magical soil additive, compost, contains beneficial microorganisms that add life to the soil. These organisms will interact with the organic fertilizers to provide rich green lawn. Compost in liquid form, known as compost tea or extract, should be used in combination with dry compost because the liquid form is available to the soil and grass more quickly. This is important during the years of transition from a synthetic system.
8. **See Weeds as Messengers:** Weeds usually appear on lawns only when something is wrong with the soil. Even if we kill the weeds, they will come back unless we fix the underlying problem.
9. **See Insects as Messengers:** A rush of new grass growth caused by synthetic fertilizers will often attract insects. Predatory insects are rarely a problem in a natural system that is in balance.
10. **Over seed Regularly:** In nature, all plants produce seed to reproduce themselves. In a lawn system, where we mow regularly, grass is not allowed to reproduce and even the healthiest plants get tired. By overseeding in spring or fall, you are introducing robust young plants that will fill in bare areas and compete aggressively against weeds.