

HOME RECIPE FOR WEEDS

Mix equal parts of lemon juice and white vinegar, if using 1 qt. equal parts, add 2 tablespoons of baby shampoo and a little less than 2 tbsp. of vegetable oil. It will kill the weed and perhaps some of the grass. However, the mix is good for the organisms in the soil and you may replant your grass seeds in a few hours. For the diehard pesticide user, on your driveway, you may add 4 oz. of rubbing alcohol to the mix and later add salt into the cracks. That should fix them!

INSECT CONTROL

For grubs, chinch bugs and sod webworms, apply beneficial nematodes. Milky Spore Powder (a species-specific bacteria) can be applied in a grid pattern on the lawn for an effective and long-lasting grub control. Both of these biological controls are completely safe for people, pets and beneficial insects.

ORGANIC PRODUCTS

Fertilizers:

Natural Choice	Basic Concept
BioPak	Plant Health Care
Feedback	Growth Products

Pest Control:

Milky Spore (grubs, etc.)
Borax (ants, termites and cockroaches)
Pyrethium (white flies)
Marigolds keep the aphids away
Ladybugs, praying mantis, bees, spiders, bats, toads, birds, insectivorous snakes and beneficial soil organisms help control pests.

SOME GARDENING TIPS

- No need to aerate your soil.
- Put lime down, only if necessary.
- Native plants are more bug resistant and need less water.
- Mulching saves energy, water and weeding time.
Hint: Mulch can be 1-2 inches of grass clippings, pine needles, buckwheat or cocoa hulls, chopped leaves, straw and even newspaper.
- When mulching trees, go to a depth of 2-4 inches. Do not touch the bark.

PESTICIDE WARNINGS

Federal Licensing of Pesticides does not Guarantee safety. Federal registration of a Pesticide, doesn't guarantee that it has been fully tested to determine toxic effects on immune, nervous and endocrine systems of fetuses, infants and children.

Hint: In view of case-control studies and case reports, childhood cancers linked to pesticides include: leukemia, brain cancer, Wilm's tumor, soft-tissue sarcoma, Ewing's sarcoma, non-Hodgkin's lymphoma, and cancers of the colorectum and testes. (Environ Health Perspectives 106 (Suppl.3): 893-908)

Non-Hodgkin's Type Lymphoma (the second fastest-growing cancer in the U.S.) has repeatedly been associated with use of the weed killer, 2,4-D in studies in U.S., Canada and Sweden.*

Pesticides pollute wells, drinking water and make their way into Long Island Sound.

PLEASE REMEMBER



"WHAT YOU PUT ON
THE GROUND GOES
INTO THE SOUND"

www.green-ct.org

Additional reference material:

Organic Garden and Lawn Care:
Redesigning the American Lawn, by F. Herbert Bormann, Diana Balmori & Gordon T. Geballe
Straight Ahead Organic Gardening and Landscaping the Natural Way, by James Carr
Building a Healthy Lawn, by Stuart Franklin
Organic Lawn-Care Manual, by Paul Turkey
Healthy Soil, by The Best of Fine Gardening

Organic Pest Management:

Common Sense Pest Control
www.orgainclandcare.net

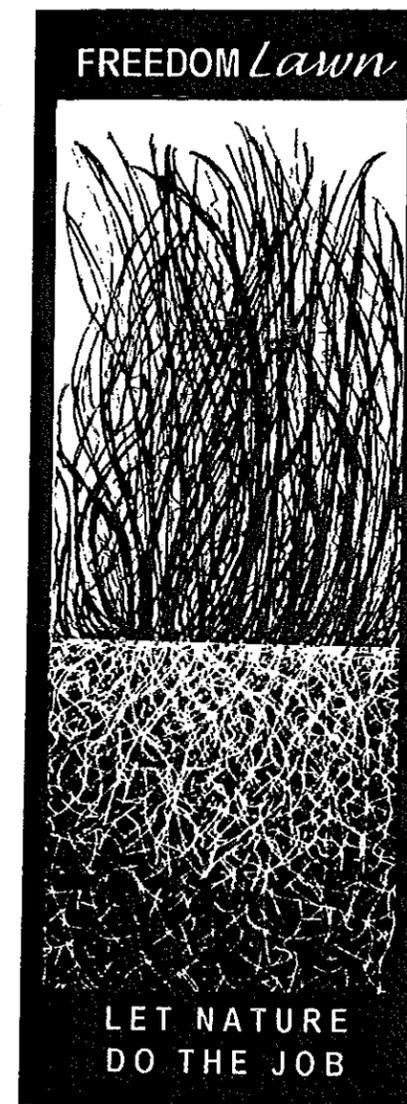
Pesticide Hazards:

Risks from Lawn-Care Pesticides
*Rachel's Environmental Health Weekly #250



Thank you for exploring the benefits of a Freedom Lawn. Please let us know if this convinces you to go the Freedom way. For more information call: 203-878-0910 or visit: www.milfordecc.com

FREEDOM LAWN



LET NATURE DO THE JOB
FIND OUT HOW!

WWW.MILFORDECC.COM

LET'S COUNT THE WAYS

1. FREEDOM TO PLAY MORE
2. FREEDOM FROM ADDED COSTS
3. FREEDOM FROM MICRO MANAGING
4. FREEDOM FROM WATERING
5. FREEDOM FROM EXTRA MOWING
6. FREEDOM FROM PESTS, IS FREEDOM FROM USING DANGEROUS PESTICIDES
7. FREEDOM FROM CHEMICAL FERTILIZERS...
LET NATURE DO THE JOB

The Milford Board of Aldermen passed a Resolution in 2002 requesting that the Milford Citizens participate in a voluntary non-use of pesticides and chemical fertilizers on their lawns, for the protection of our environment, health and safety.

PLEASE CONSIDER THE ORGANIC WAY AND THE RISK/BENEFIT RATIO

You may ask why go organic? And our question is, "What actually happens when one uses high nitrogen chemical fertilizers and pesticides?" First, there is rapid growth, which in turn makes the plants vulnerable to disease and the wrong insects and then there is a high demand for water, followed by a pesticide Rx. This pattern makes for a never-ending cycle, and addicted yard. A parallel—the over use of penicillin.

Adverse facts from going chemical:

- High content nitrogen actually attracts the unwanted pests.
- Pesticides kill all the good organisms in the soil and those that ward off the unwanted pests. The soil has now become a dead zone.

RISK/BENEFIT RATIO:

Dr. Laurel Lobovits says, "If you come to me with a bad cold and wanted immediate relief and I had a new medicine that would give you that, but there was also a 75% chance of liver damage, what would be your response? Clearly the risk would out weigh the small benefit. Why not use the same analogy for pesticides, when your child, your family and pets are at such a risk for having cancer and child lymphoma for example?"

THE ALTERNATIVE ROUTE TO A BEAUTIFUL NON-TOXIC LAWN

MOWING

Keep grass 3-4" high. Leave clippings on lawn. Keep blades sharp, best to use a mulching mower, and to rotate mowing patterns. Avoid tree trunks—blades can cut the bark and eventually kill the tree. Grass clippings left on the lawn can provide one-third to one-half of the nutrient needs of grass. They decompose quickly, thanks to earthworms and soil microorganisms and do not contribute to thatch accumulation. Thatch is a collection of dead roots caused by over-fertilization and soil compaction.

DO NOT BAG GRASS CLIPPINGS! THE CITY WILL NOT PICK UP.
Leave on the grass or compost
Keep storm drains free of debris.

FERTILIZING AND SOIL TESTING

First, get a simple soil test done at the Connecticut Agricultural Experimental Station in New Haven (no cost to you). Call 974-8521.

www.caes.state.ct.us/Departments/soilwater.htm

The best fertilizer costs nothing; just run your lawn mower over the leaves, to help grind them, as they come down in the fall. This brings nutrients and organic matter into the soil, thus helping build up the lawn, and making it healthy and softer under foot. You may add clean compost too, and if you are married to using fertilizers, make use of organic ones that are low in nitrogen. This saves the Sound from hypoxia (a loss of oxygen) that causes the fish to die. Lawns, after years of mowing, walking, playing and whatever, become very hard. So when it rains, the water just runs off as if it were asphalt. If pesticides have been used, you can be sure it runs right off into the storm drains and into Long Island Sound.

By keeping grass clippings and ground leaves on the lawn, it will add nutrients as well as aid in the water/absorption and moisture/retention.

Hint: A mulching lawn mover makes for a finer and less visible grass and leaf mulch for your lawn.

SEEDING

- Seed early fall or spring with mixtures of fescues and ryes
- Some endophytic-enhanced grasses are naturally toxic to pests
- clover provides free nitrogen.

Hint: By planting the following:

Yarrow (akilia), Star of Bethlehem, crocus, English daisy, wild violas, Ajuga reptans and purple flower, they will help keep away unwanted pests and save on watering.

WATERING

If and when you do need to water, make sure the water seeps deep into the ground. This is to encourage roots to grow deep so as to demand less water. Early morning is the recommended time for watering. Lawns peak and look best in early spring and fall, and go dormant in middle of summer. It is recommended not to waste water on grass during this time; you too can take a vacation. A well-established lawn should not need water.

WEED CONTROL

When beginning a Freedom Lawn, you may be frustrated with the weeds. At this time, it is safe to apply a corn gluten product (organic pre-emergent) early in fall and spring. If there are just a few stubborn weeds that you want to remove, especially in your driveway or sidewalk, the following recipe can be made at home. Actually you just may want to grow dandelions, they are coming back into the marketplace touting all their nutritional values.