

alternatives

REDUCING YOUR CHEMICAL DEPENDENCE

If you do find yourself battling pests, here are several alternatives to chemical pesticides that will help you out. *Always test the mixture on a small area first to make sure the desired effect is achieved.

- For mites and other insects, mix two tablespoons of hot pepper sauce or cayenne pepper with a few drops of liquid soap into a quart of water. Let stand overnight and spray the affected plants.
- For small weeds, mix 1 tsp gin, 1 tsp cider vinegar, 1 tsp liquid soap, and 1 litre of water. Spray the weeds on a sunny day.
- For other weeds, mix 1 litre of water with 1 tbsp of rubbing alcohol and spray affected plants. Increase the alcohol content for stubborn weeds.



Recipes from: Gardens on the Go – Organic Horticulture



did you know?

All pesticides must be toxic, or poisonous, to be effective against the pests they are intended to control. Because pesticides are toxic, they are potentially hazardous to humans, animals, other organisms and the environment.

helpful websites

Northwest Center for Alternatives to Pesticides:

www.pesticide.org

Beyond Pesticides:

www.beyondpesticides.org

Toxics Action Center:

www.toxicsaction.org/problems-and-solutions/pesticides

Grace Communications Foundation:

www.sustainabletable.org/263/pesticides

Green Insect Management Innovation and Knowledge:

www.gimik.ca

Why not share these friendly tips with your neighbour?

FOR MORE INFORMATION:

Phone: 250 390 6560

Toll Free 1-877-607-4111

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ALTERNATIVES TO PESTICIDES



Pesticides don't stay where you spray. They can enter our waterways and aquifers, and they **CAN AFFECT OUR HEALTH** and that of those around us, including children, pets, fish and wildlife.

what is a pesticide?

A pesticide is a term which includes herbicides, insecticides, and fungicides. Pesticides are synthesized compounds that are intended to prevent, exterminate, or deter pests.

A pest may be defined as an insect, fungus, weed, or rodent.

why go pesticide free?

There are many reasons not to use pesticides on your lawn and flower garden.

Health Reasons: The health risks associated with using pesticides vary from **mild irritation of the skin or eyes to cancer and nervous system disruption**. Pesticides pose distinctive risks to children as they absorb and metabolize compounds at different rates and in different ways. Moreover, pesticide products have been cited as affecting fetal development.

Environmental Reasons: Pesticides can pollute soil and groundwater, and can be carried into surface water by run-off. Not only does this risk injury and death to non-target organisms, such as **fish, birds, and beneficial insects**, but it risks contaminating our drinking water with harmful chemicals. **Try to remember that a lot of insects play important roles, such as pollination and decomposing rotting materials!**



pesticides don't just kill pests, but also beneficial insects such as pollinators and pest-eating predators

A healthy garden is less susceptible to pest infestations. Before considering pesticides for your flower garden, ask yourself if the damage you're seeing is being caused by poor placement of the plants in the garden, over or under-watering, nutrient poor soil, or possibly the weather.

Here are a few tips to avoid pest infestations:

- Add compost to your garden to **increase the nutrients** that your plants are receiving. This helps ensure that plants and soil microorganisms stay healthy.
- **Cover your garden with mulch such as wood chips or bark** to decrease the amount of water you use and the likelihood of pest problems induced by drought stress.
- Choose plants that are **naturally resistant to pests and attract beneficial insects**. Some examples of these are marigold, parsley, dill, anise, yarrow, and perennial sunflower.
- Don't place plants of the same family in the same place in your garden. For example, **don't plant beans and peas next to each other**.



keeping a healthy lawn

- 1 WATER DEEPLY AND INFREQUENTLY**
This will help promote deep root growth and create a lawn that is more tolerant of stresses. Your lawn needs at most 25 mm (1") of water per week to be healthy.
- 2 LEAVE GRASS CLIPPINGS OUT**
Grass clippings can act as a natural fertilizer, providing a significant amount of nitrogen to your lawn. In addition, clippings act as an organic mulch, decreasing moisture evaporation from your lawn.
- 3 OVER SEED**
Over seed your lawn in the shoulder seasons with a perennial rye or drought tolerant grass mixture to smother weeds that would normally be a problem. Consider a grass or lawn alternative that will add nitrogen back into your soil, such as clover and fescue.

did you know?

It is been estimated that only 0.1% of applied pesticides reach the target pests, leaving the bulk of the pesticides (99.9%) to impact the environment.

helpful insects

clean water

healthy children

happy plants

