

Say NO to Pesticide!



Many store-bought pesticides can damage DNA, causing cellular stress and long-term harm. Even products labeled "environmentally friendly" often contain toxic chemicals. The safest approach is to avoid pesticides altogether and use natural methods that protect wildlife and the environment.



Human Health Risks: Studies link glyphosate and other pesticides to a 40% higher risk of certain cancers and toxic effects on humans.

Soil Microorganisms: Tiny organisms in soil help maintain its structure and recycle nutrients. Pesticides can permanently alter their populations, disrupting ecosystems.



Food Web: Creatures like earthworms, insects, and mites help break down organic matter and control pests, but pesticides harm them and disrupt their metabolism. Earthworms avoid soil with glyphosate, and their feeding activity drops, affecting soil health. Mice and rodents eat diseased insects and secondary exposure goes up the food web.

Environmental Impact: Pesticides can contaminate water sources, harm wildlife, and reduce biodiversity. Even after application, pesticides linger on flowers and leaves, exposing pollinators when they land to collect nectar. Bees and butterflies may lay eggs or build nests in areas treated with pesticides, affecting their survival.



AVOID:

- Glyphosate (found in Roundup)
- Chlorpyrifos
- Atrazine
- Neonicotinoids (e.g., Imidacloprid, Clothianidin, Thiamethoxam)
- Paraquat
- Carbaryl
- 2,4-D

For more information on the dangers of pesticides and safer alternatives, go to <https://grasslandscolorado.org/pesticides>

Sources:

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

<https://pmc.ncbi.nlm.nih.gov/articles/PMC11664077/>

Safer Alternatives to Pesticides



Companion Planting: Growing certain plants together can naturally repel pests such as:

- **Tomatoes & Basil** – Basil repels insects like flies and mosquitoes while enhancing tomato flavor.
- **Carrots & Onions** – Onions' strong scent deters carrot flies, protecting carrots from damage.
- **Corn, Beans & Squash** (Three Sisters) – Corn provides a trellis for beans, beans enrich the soil, and squash suppresses weeds.
- **Cabbage & Dill** – Dill attracts beneficial insects that prey on cabbage pests.
- **Marigolds & Vegetables** – Marigolds deter nematodes and aphids, protecting nearby crops.
- **Garlic & Roses** – Garlic repels aphids and other pests that attack roses.
- **Radishes & Cucumbers** – Radishes deter cucumber beetles, reducing damage to cucumber plants.



Biological Control: Introducing beneficial insects like:

- **Ladybugs** – Eat aphids, scale insects, and soft-bodied pests.
- **Lacewings** – Their larvae consume aphids and caterpillars.
- **Praying Mantises** – Hunt a variety of insects.
- **Hoverflies** – Their larvae feed on aphids and thrips.
- **Parasitic Wasps** – Eat caterpillars, whiteflies, and other pests.
- **Ground Beetles** – Prey on slugs, snails, and soil-dwelling pests.
- **Assassin Bugs** – Feed on a wide range of harmful insects.



Natural Sprays: Go natural to keep weeds and pests away.

Ingredients:

- 1 gallon of **white vinegar** (higher concentrations more effective)
- 1 **tablespoon of dish soap** (helps the vinegar stick to the weeds)
- 1 **cup of salt** (optional, but enhances effectiveness)

Instructions:

Mix the vinegar, dish soap, and salt in a spray bottle or garden sprayer. Shake well to ensure the ingredients are combined. Apply directly to weeds on a sunny day for best results. Avoid spraying desirable plants, as this mixture can harm. Safe for pets & kids.



Healthy Soil Practices: Encouraging strong plant growth with compost and organic fertilizers to resist pests naturally.