

I Am Fed Naturally



THE ORGANIC LAWN FLAG PROGRAM

THE ECOLOGICAL APPROACH TO LAWN & GARDEN CARE

CONGRATULATIONS TO YOU! FOR FORGING A NEW PATH IN PREVENTING BREAST CANCER AND OTHER DISEASES!

Over the past two decades, scientific research has shown that lifestyle factors and the environment play a major part in causing breast cancer, while inherited genetic make-up accounts for only 5% to 10% of all breast cancer cases.

Many diseases like breast cancer can potentially be prevented by reducing risk factors, which include the elimination of our exposure to toxic pesticides. It is time to adopt a "better safe than sorry," a precautionary approach to maintaining our lawns and gardens.

In 1998, at the Wingspread Conference Center in Wisconsin, an international panel of scientists, physicians, scholars and activists defined the **PRECAUTIONARY PRINCIPLE** as follows:

"When an activity raises threats of harm to human health or the environment, precautionary measures should be taken even if some cause and effect relationships are not fully established scientifically."

Consequently, practicing safe, natural and organic methods in and around your home promotes better health for yourself, your family and the community.

The pink lawn flag program has been created to celebrate your commitment to a cleaner environment and a healthier lifestyle.

You can proudly display your pink flag on your lawn. Your friends and neighbors will be inspired to follow your lead.

WHAT ARE PESTICIDES?

A substance designed to kill, control or repel a variety of living organisms. This includes insecticides, herbicides, fungicides and rodenticides.

HOW HARMFUL ARE TOXIC PESTICIDES?

- All chemical pesticides are poisonous and are associated with some risk to human health & the environment.
- Toxic pesticides can accumulate in our bodies as well as within the environment.
- Long-term exposure is strongly suspected of causing breast cancer, childhood leukemia and other serious diseases & disorders.
- Pesticides have been found to cause: birth defects, gene mutations, nervous system damage, liver & kidney damage.
- Pesticides seep into the ground and contaminate the water we drink.

DID YOU KNOW THAT?

- EPA registration does not guarantee the safety of any pesticide product.
- Up to 99.5% of harmful ingredients are not listed on pesticide labels because the EPA – Environmental Protection Agency considers them “inert” (inactive). Many of these “inert” substances are in fact regulated as HAZARDOUS MATERIAL by several government agencies. Some of these substances are more toxic than “active” ingredients.
- Many pesticides currently in use were registered with the EPA before federal requirements were tightened in 1978.
- The New York State law of Neighborhood Notification guarantees you 48 hours notice before pesticides are sprayed on your neighbor’s property by a professional applicator. The law includes a requirement for residents making pesticide applications to their own lawns, to place markers in the treated area. In addition, consumers are urged to follow label instructions on the pesticides they are using and it is recommended that they

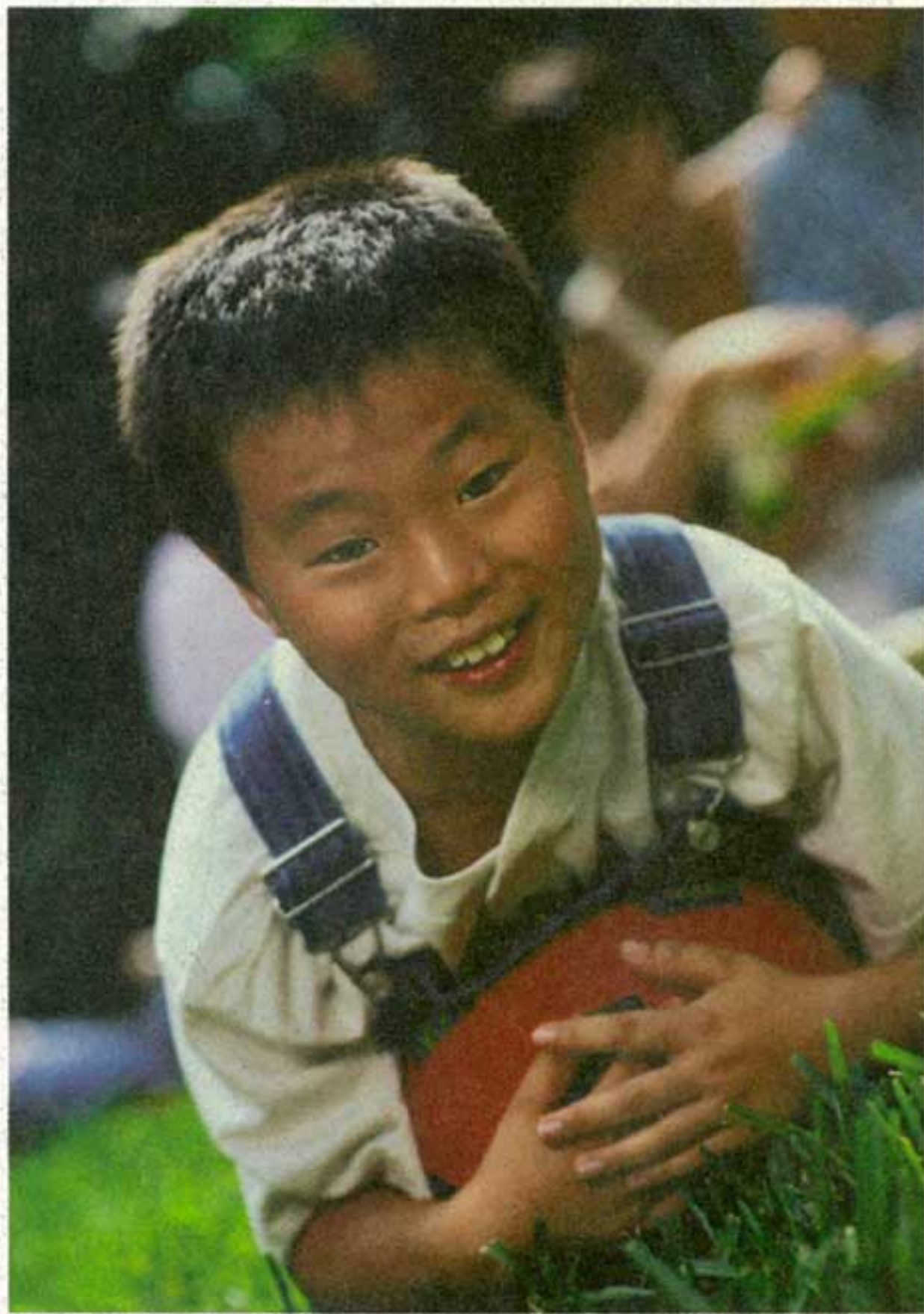
notify neighbors before using pesticides. The law also has requirements for schools and daycare facilities to inform parents of pesticide applications.

- You can choose not to be sprayed. New York State's Suffolk County has a new law creating a no-spray list for residents who do not want their property exposed to pesticides used for adult mosquito control. To get on this list, send for an application from the Suffolk County Division of Vector Control at 631-852-4270 or from the Nassau County Division of Vector Control at 516-571-8707.

REMEMBER THAT THE EPA HAS STATED THAT NO PESTICIDE CAN BE CONSIDERED SAFE, AND THAT THESE CHEMICALS ARE PARTICULARLY HAZARDOUS TO THE VERY YOUNG, THE ELDERLY AND THOSE WITH WEAKENED IMMUNE SYSTEMS.

TOXIC PESTICIDES POSE GREATER HEALTH RISKS FOR:

- Children – They are more vulnerable in their developing stage of life. They have immature organ systems that cannot excrete or detoxify poisons as adults do. Toxic exposure in utero and during childhood can lead to a lifetime of health and learning problems. Children are particularly susceptible to acute pesticide poisoning due to their smaller size. They are less likely to understand warning signs. They are far more likely to breathe, ingest and have pesticide residue on themselves, especially on their shoes as they spend time playing outdoors.



*AN ORGANICALLY MAINTAINED
LAWN IS SAFER FOR CHILDREN,
PETS, WILDLIFE, AND PROTECTS
OUR WATER, SOIL AND AIR.*



- Pets – They too are closer to the ground and likely to ingest pesticide residue, as they groom themselves naturally. Rolling and playing on a chemically treated lawn can also expose them to cumulative and serious harm.
- Wildlife – Their small size and their ingestion of contaminated food endanger them.

“You have a right to clean air, clean water and clean soil to grow uncontaminated food. The food we eat should nourish our bodies and keep our immune system strong to combat the daily assaults of pollution on our bodies. We must take a stand to stop compromising these rights.”

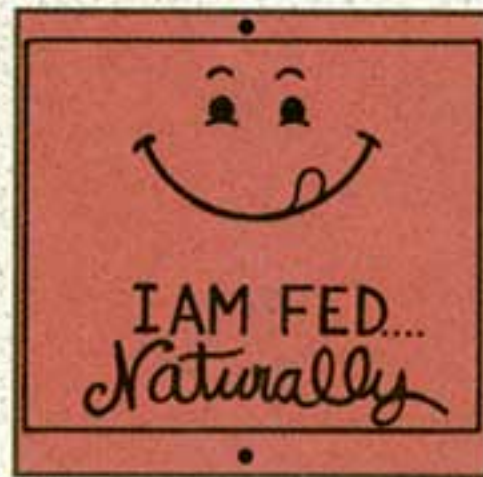
– Joan Kulchinsky,
Environmental Advocate,
Huntington Breast Cancer Action Coalition

KEEP THESE IN MIND

- Not all insects are pests.
- A low level of insects must survive to feed the beneficial insects and birds.
- Naturally enriched soil harbors fewer pests.
- A healthy lawn will tolerate pest attack better.

IT IS YOUR CHOICE!

Welcome Sign



OR Warning Sign



A FEW SIMPLE STEPS TO A BEAUTIFUL & HEALTHY LAWN

- Test the soil.
- Spread a 1/2" layer of compost on the lawn every fall, as needed.
- Use natural organic lawn fertilizer in spring and fall. Look for low water solubility and formulas with microbes.
- Cut the grass no shorter than 3" high.
- Leave the clippings on the lawn.
- Sharpen your mower blade regularly.

AVOID...

- CUTTING off more than 1/3 of the grass at any time.
- OVERWATERING. It is more damaging than underwatering.
- OVERFERTILIZING. Follow label directions per square foot
- THE USE OF PESTICIDES. Pesticides harm the soil's bio-system which sustains healthy grass growth.

- **AERATING AND DE-THATCHING.**

These tactics can do more harm than good.

- **OVER-EDGING**, especially at curb.

IS ORGANIC MAINTENANCE COST EFFECTIVE?

Initially organic maintenance may seem costly but once a healthy lawn is established over a few seasons, there will be a noticeable decrease in expenditure. Furthermore, your lawn will need less water and you'll worry less about the safety of your children and pets while outdoors.

IMPORTANT!

The disposal of hazardous toxic chemicals should be done through local and/or municipal programs specifically designed for the disposal of such chemicals. Call your town for information.

PRACTICAL & EFFECTIVE RULES FOR LAWN MAINTENANCE

SPRING

- Start mowing early with a mulching mower. Do it often so clippings are never longer than 1-1/2".
- Set mowing height to 3" to 4".
- Leave grass clippings on the lawn. They act as a natural fertilizer and stimulate earthworm activity which breaks down thatch.
- If you need additional fertilizing, use 100% certified natural organic slow release fertilizers.
- In case of grub damage – odd shaped patches of dead grass, increased bird feeding activity on the lawn or torn up sod – use biological methods such as milky spore, beneficial nematodes and beneficial fungi for your soil type.
- Pay attention to watering amounts. Adjust water application to your soil type. Remember that overwatering encourages lawn diseases, mildew and slugs.



SUMMER

- Continue to leave grass clippings on the lawn.
- Don't use weed killers. Pull weeds by hand or with a tool and apply grass seed.
- Try effective biological controls to deter overpopulation of "harmful" insects.

FALL – What you do in the fall will affect spring performance.

- Apply lime as indicated by soil test results.
- Reseed bare or weak spots. Look for high % of fescue, medium % perennial rye and low % bluegrass.
- Use your compost. It is a good fertilizer and soil conditioner.

WHAT TO EXPECT FROM A LANDSCAPE PROFESSIONAL

Horticultural companies use many different styles and cultural programs. The organic approach starts from the soil and moves up to the plants. A professional should evaluate your property from several levels:

- Sun, shade, heavy traffic, air flow and drainage all affect your landscape/lawn care plan.
- A soil sample should be taken to test the pH so as to determine how acid or alkaline your soil is. Testing can also be requested for soil type nutrients, toxins and microbes.
- The site history in terms of the strengths and weaknesses of your lawn must be considered, such as "Here is where the grass turns brown first in the summer".
- Discuss native grasses, ground covers and alternatives to the usual ornamentals. Native plants are low maintenance, hardy and beautiful as well as a part of our heritage.
- A professional should be able to plan a feeding (fertilizer) program best suited to your turf

species and expectations. Natural organic fertilizers should be a vital part of this program.

- Don't settle for IPM-Integrated Pest Management. It does not ensure the absolute organic nature of products used. Some programs advertised as IPM use pesticides that are toxic.
- All pest management professionals should be able to identify your target pests to determine the best course of action.

SOIL TESTING SERVICES

**CORNELL COOPERATIVE EXTENSION OF
SUFFOLK COUNTY:** Riverhead 631-727-7850

**CORNELL COOPERATIVE EXTENSION OF
NASSAU COUNTY:** East Meadow 516-228-0426

SOIL FOODWEB NEW YORK, INC:
Port Jefferson 631-474-8848
(microbial testing of soil & compost)

WOODS END RESEARCH LAB: 207-293-2457
(organic composition & microbes)

LOCAL GARDEN SHOPS: Most local garden shops now provide soil testing services.

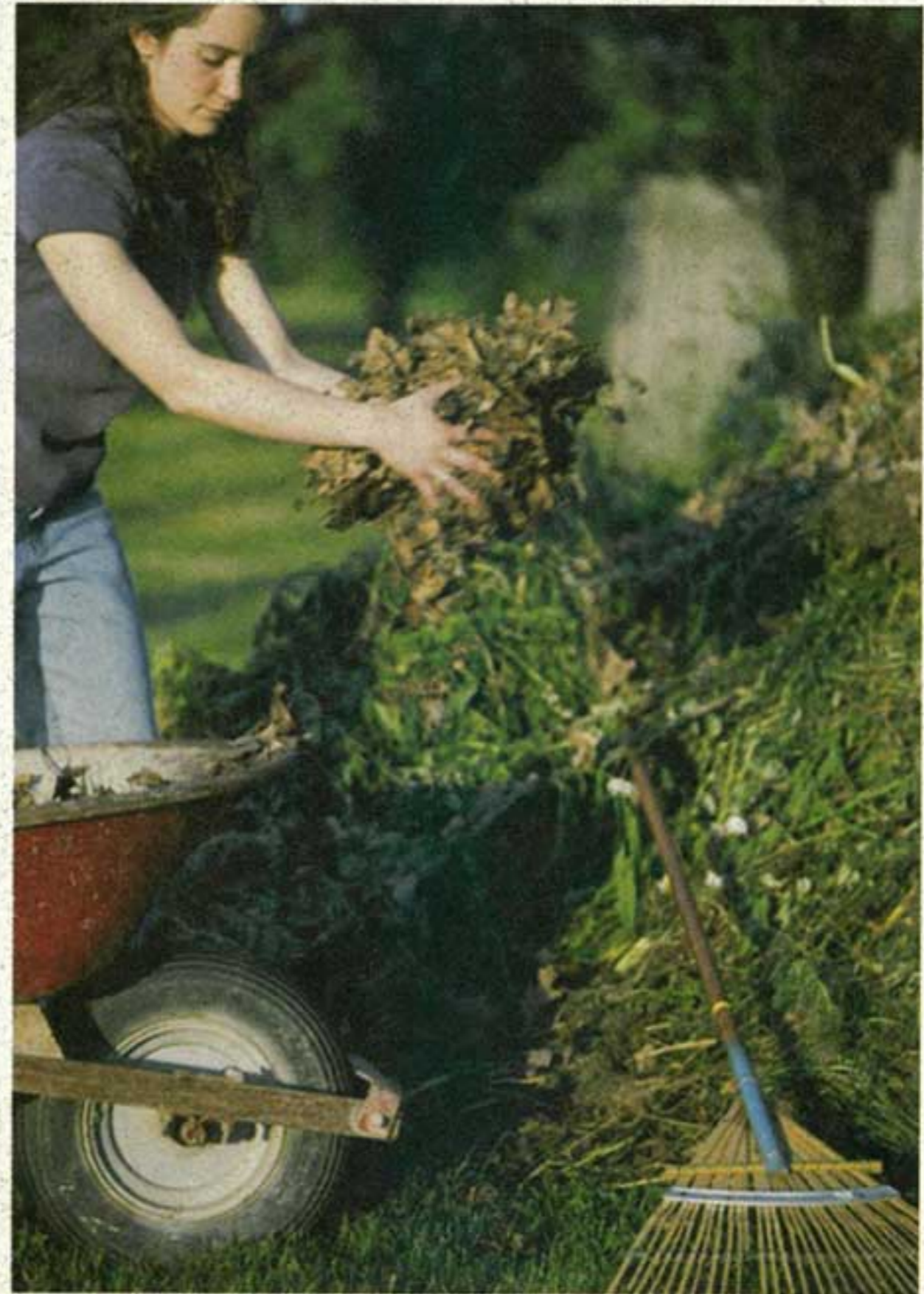
LET'S START COMPOSTING...

- Starting a compost pile is one of the year's first activities.
- A pile made in early spring and turned three or four times, will be ready by July.
- Make a layer of dry matter such as hay or leaves and add a layer of kitchen garbage (no meat – it attracts vermin).
- Cover with a layer of manure of any kind, then add a layer of shredded green plant matter followed by a layer of soil.
- Repeat the layering.
- The pile needs to be at least 3 feet wide, high and deep to generate enough heat and microbial activity to work. It should be no bigger than 5 feet high and 8-10 feet in diameter.
- The proportions of materials are one part manure, one part soil, four or five parts shredded green matter.
- The pile will digest anything that was once alive.
- If you only have grass clippings and leaves, mix them about one to two. Blend them well or they could become matted.



**INFORMATION FOR THIS
PAMPHLET HAS BEEN COMPILED
FROM THE FOLLOWING SOURCES**

- *Home & Garden Pesticides: Questions & Answers About Safety & Alternatives* from the office of NY State Attorney General Eliot Spitzer.
- *Long Island Neighborhood Network* – Neil Lewis, Andrew Manitt, Beth Fiteni.
- *Organic Gardening* May/June'99 – Paul Sachs.
- *N.Y.C.A.P. – New York Coalition for Alternatives to Pesticides.*
- *Eco-Logical Organic Landscaping & Consulting* – Steve Restmeyer.
- *Nature Lyceum – School Of Environmental Horticulture* – Jeff Frank.
- *Healthy Schools Network* – Elsa Ford.
- *Huntington Breast Cancer Action Coalition* – Joan Kulchinsky, Karen Joy Miller.



THE NATURAL WAY TO PROBLEM SOLVING

REMEMBER... Weeds, insects and diseases are indicators of an underlying condition. If you only treat the symptom and not the cause, they will recur. The underlying cause is usually malnutrition of the soil and of the plant.

REMEMBER... to feed the soil.

PROBLEM

Caterpillar/Gypsy Moth

Crabgrass & Annual Weeds

Dandelions

Fleas & Ticks

Fungus

Grubs

Mites

Snails & Slugs

Weeds

Ants

ORGANIC CONTROL

Bacillus & Thuringiensis

Corn Gluten

Spot treatment with Herbicidal Soap and hand pulling.

Nematodes, Neem Oil, Horticultural Oil.

Copper Fungicide

Milky Spore.

Horticultural Oil.

Traps & Diatomaceous earth.

Vinegar & Lemon Spray.

Sugar Water with Boric Acid

PREVENTION is more valuable in the long run than a quick fix. If you have already begun a toxin free approach to your own lawn care, you can contact the Huntington Breast Cancer Action Coalition by email: friends@hbcac.org or visit websites: www.hbcac.org/ www.preventionisthecure.org to obtain the "*I AM FED NATURALLY*" pink lawn flag to display proudly on your property.

ADDITIONAL RESOURCES

- SILENT SPRING by Rachel Carson.
- LIVING DOWNSTREAM –AN ECOLOGIST LOOKS AT CANCER & THE ENVIRONMENT by Sandra Steingraber.
- HAVING FAITH “AN ECOLOGIST’S JOURNEY TO MOTHERHOOD” by Sandra Steingraber.
- OUR STOLEN FUTURE by Theo Colborn.
- RAISING HEALTHY CHILDREN IN A TOXIC WORLD: 101 SMART SOLUTIONS FOR EVERY FAMILY by Dr. Philip J. Landrigan, Dr. Herbert L. Needleman and Mary M. Landrigan, MPA.
- LIFE’S DELICATE BALANCE: CAUSES & PREVENTION OF BREAST CANCER by Janette D. Sherman.
- DESIGNER POISON: HOW TO PROTECT YOUR HEALTH & HOME FROM TOXIC PESTICIDES by Marion Moses, MD.
- LONG ISLAND’S NATIVE PLANTS FOR LANDSCAPING by Karen Blumer.
- WEEDS CONTROL WITHOUT POISONS by Charles Walters .
- HANDBOOK OF SUCCESSFUL ECOLOGICAL LAWN CARE by Paul D. Sachs.
- THE SECRET LIFE OF COMPOST by Malcolm Beck.
- SECRETS OF THE SOIL by Peter Tompkins & Christopher Bird.
- THE CHEMICAL-FREE LAWN by Warren Schultz.
- ACRES USA 1-800-355-5313 (free book catalogue).
- HOME & GARDEN PESTICIDES-NY State Attorney General Eliot Spitzer 1-800-771-7755.
- SUBURBAN GOTHIC: IN PURSUIT OF THE PERFECT LAWN by the New York Coalition for Alternatives to Pesticides. .
- COMMON SENSE PEST CONTROL by Olkowski, Daar, Olkowski.

- RODALE'S ALL NEW ENCYCLOPEDIA OF ORGANIC GARDENING by Rodale Press.
- ORGANIC LAWN GUIDE by Long Island Neighborhood Network.
- ORGANIC LAND CARE by Eco-Logical Organic Landscaping.
- TOXIC DECEPTION by Dan Fagin.
- WHEN SMOKE RAN LIKE WATER by Devra Lee Davis, PhD.
- THE TOXIC TREADMILL by New York Public Interest Research Group (NYPIRG) and Environmental Advocates (EA).

THE INFORMATION IN THIS PAMPHLET HAS BEEN COMPILED THROUGH THE COLLABORATIVE EFFORTS OF THE FOLLOWING:

Brentwood/Bay Shore Breast Cancer Coalition:
631-273-4074

Earth Save, Long Island:
631-421-3791

Eco-Logical Organic Landscaping & Consulting:
631-345-6040

Green Thumb CSA-Huntington: 631-421-4864

Huntington Breast Cancer Action Coalition:
631-547-1518

Long Island Neighborhood Network:
516-541-4321

Nature Lyceum –
School Of Environmental Horticulture:
631-288-2834

New York Coalition For Alternative To Pesticides:
518-426-8246

Prevention Is The Cure: www.preventionisthecure.org

Sierra Club Of Long Island: 516-826-0801

Town Of Huntington: 631-351-3000

West Islip Breast Cancer Coalition:
631-666-2026

A SPECIAL THANK YOU!

CHIEF SPONSOR: UPS



SUPPORTERS:

Town of Huntington, New York

Babylon Breast Cancer Coalition

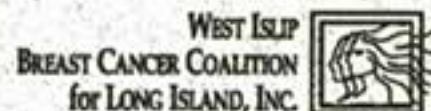
Town of Babylon, New York

West Islip Breast Cancer Coalition of Long Island

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HUNTINGTON BREAST CANCER ACTION COALITION (HBCAC) AND THE TEAM OF VOLUNTEERS WHO DEVELOPED THIS PAMPHLET, THANK YOU FOR YOUR INTEREST IN PROMOTING A SAFER ENVIRONMENT FOR ALL.



HBCAC makes no representation as to, and cannot vouch for, the accuracy or statistical significance of these sources.

HBCAC is a not-for-profit grassroots organization dedicated to the ultimate eradication of breast cancer through education and awareness. Our mission is to focus on prevention methods while actively helping those who are faced with a positive diagnosis.

Huntington Breast Cancer Action Coalition

Email: friends@hbcac.org

Web sites: www.hbcac.org,

www.preventionisthecure.org