

Plant for Pollinators

Support bees and butterflies by planting native plants that are both pollen and nectar producers.

Perennials

- Amsonia
- Columbine
- Virginia Bluebells
- Woodland Phlox
- May Apple
- Solomon's Seal
- Violets (allow in lawn!)

Vine

- Coral Honeysuckle

Shrubs

- Chokeberry
- Clethra (Sweet Pepper Bush)
- Oakleaf Hydrangea
- Mountain Laurel
- Virginia Rose

Trees

- Serviceberry
- Redbud
- Dogwood
- Silverbell
- American Holly
- Sweetbay Magnolia
- Sourwood

Most oaks are pollen producers

James River Hero

Protect our watershed, the James River, and our drinking water.

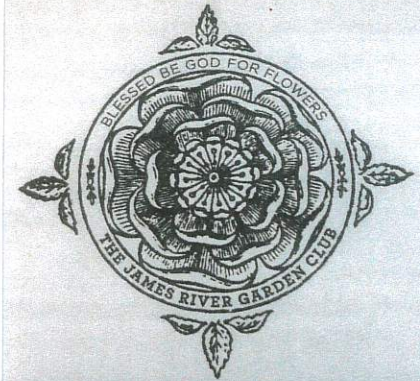
Pledge not to use chemical fertilizers, synthetic pesticides, weed killers except on rare occasions, to resolve an infestation or to improve habitat for native plants and wildlife

Non-source pollution to the James comes through the storm water runoff. Lawn and garden chemicals, and dog poop funnel into this storm water runoff. Pick up after your dog, even if it goes in the ivy.

Do your part to reduce storm water run off at your home, become a certified **James River Hero** by installing two of these:

- a rain barrel
- a rain garden
- native plant bed
- a permeable patio
- a permeable driveway

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



Healthy Yard RVA Challenge

- Plant pollinator plants
- Pledge not to use chemicals on lawn or yard
- Scoop your dog poop
- Rain barrel
- Compost
- James River Hero

*Support the mission of the JRGC
and protect the environment*

Pledge to not use chemicals on your lawn and garden

Organic Lawn Care

- **Let grass grow** to 4", cut to 3".
- **Leave clippings** to retain H₂O & nitrogen
- **Overseed** to outcompete weeds
- **Water judiciously** 1" in early morning
- **Core aerate** every year to allow oxygen to enter soil and relieve compaction
- **Add clover** for the nitrogen and bees
- **Fertilize** with clover & clippings only
- **Compost Tea** to supplement soil and to keep pH between 6&7.
- **Corn Gluten** for pre-emergent weed control
- **Re-consider weeds.** Better to walk on dandelions, than on toxic chemicals. Keep your family and your pets' paws safe.

Organic Garden Care

Create healthy soil

- start composting
- composting provides beneficial microbes
- mulch suppresses weeds and retains moisture.
- use only organic mulch & compost
- avoid products with milorganite, a biosolid derived from wastewater sludge containing toxins and chemicals

Feed plants

- spring and fall
- granular organic fertilizers like Plant-tone, Holly-tone and Chickity Doo Doo
- fish emulsion and seaweed for potted plants

Water

- adjust sprinkler system to the weather and temperature.
- use a drip irrigation system.

Plants

- purchase plants grown without systemic insecticide.

Other Tips

- http://eartheasy.com/grow_nat_pest_cntrl.html
- <http://www.rodalorganiclife.com/garden>

Integrated Pest Management

Pesticide & fungicide alternatives

- home made insecticidal soaps, vinegars and oil.
- products made by Safer
- strong spray of water
- horticulture & neem oil
- uncoated aspirin and water for "black spot"

Avoid systemic insecticides

- poison beneficial bugs
- poison wildlife, chickens & pets

Mosquito control

- plant citronella, marigolds, catnip
- burn citronella candles
- eliminate standing water.

Weeds

- Hand pick when they are little
- Horticultural vinegar instead of Roundup (banned in Europe and NY State)

Danger of pesticides

- No safety studies on cumulative exposure
- Proven endocrine disrupters for wildlife. Fish are showing inter sex characteristics from pesticides