Pesticides and herbicides cause harm

Scientific studies have demonstrated a link between pesticides and both human and canine cancers, hormonal imbalances, neurological impairments, congenital disabilities, respiratory effects and developmental disorders.

Pesticides and herbicides damage plants, soil, water, virtually all living things and the natural ecosystem our environment needs in order to thrive.

These toxins are also diminishing the population of pollinators and beneficial insects that sustain our food sources.

Here’s what we can do about it

Larchmont-Mamaroneck Healthy Yards Project is dedicated to helping residents maintain safe, appealing and sustainable lawns and gardens.

Healthy yards and gardens flourish without the use of pesticides and herbicides

Join your neighbors!

Take the Healthy Yards pledge and display the Healthy Yards sign. We’ll deliver one right to your door.

Visit [www.LMhealthyyards.org](http://www.LMhealthyyards.org) for more info
How to Have a Healthy Yard

**Avoid pesticides and herbicides**
A sustainable approach to yard care creates a resilient ecosystem that thrives without the use of toxic chemicals. Healthy yards don’t need them!

**Enrich the soil**
Soil naturally contains organisms that fight lawn and landscape pests. Nourish your soil by working in organic matter such as compost. Spread mulch around plants to keep soil moist and cool in addition to preventing weed growth.

**Embrace native plants**
Native plants--trees, shrubs and flowers indigenous to our region--require little care, support wildlife and nurture beneficial insects. Flowering natives such as Aster, Purple Coneflower, Milkweed provide nectar, pollen and habitat for birds, bees, butterflies.

**Mow high, let clippings fall**
Keep grass 3-4” high. Long grass blades collect more sun for healthy root growth, shade out weeds and prevent moisture loss. Allow clippings to fall back into the lawn when mowing. It feeds your lawn, reducing or eliminating the need for chemical fertilizers.

**Water deeply, but infrequently**
An inch of water once a week supports deep root growth for your lawn. Water early in the morning to allow moisture to be absorbed by grass roots before it evaporates. Wet conditions in the evening may promote mildew and fungus growth.

**Leave the leaves**
Leaves are a valuable resource that is wasted if left at the curb for removal. Mulch your leaves with a lawnmower or leaf shredder, then spread around your yard to feed the lawn and garden, suppress weeds and retain moisture.

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Take the Healthy Yard Pledge

I pledge to maintain a healthy yard by avoiding pesticides and herbicides in order to protect people, pets and our community.

Name_____________________________________________________        Address____________________________________________________

Email_____________________________________________________                        ________________________________________________________

Return completed pledge to sodierna@townofmamaroneckny.org or mail to Sustainability Coordinator, Supervisor’s Office, 740 W Post Rd, Mamaroneck, NY 10543. You will receive a free Healthy Yards lawn sign to display.