GARDEN SAFELY WITH LEAD

Gardening Best Practices

- Thoroughly wash fruits and vegetables before eating.
- When growing food, avoid the roof drip line in homes older than 1980.
- Use compost to improve soil tilth and productivity.
- Thoroughly wash hands after working in the soil.
- Wear gardening gloves.
- Remove your shoes before entering the house.

Reduce Your Lead Exposure!

When soil lead levels exceed 100 ppm or when gardening with children

- Build raised beds
- Use clean soil
- Follow Gardening Best Practices

Free Soil Testing for Lead

- IU ICenter for Urban Health: https://bit.ly/iui-soil-lead-test

Low-Cost Soil & Nutrient Testing

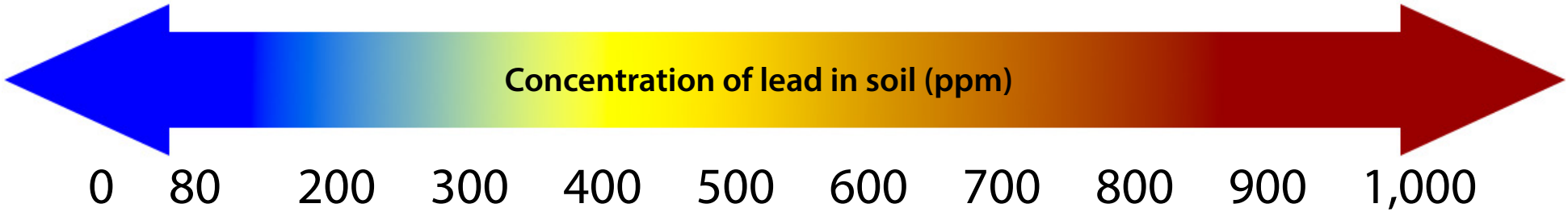
- UMass Soil Testing Lab: soiltest.umass.edu/services

Safe to garden with children– all food crops safe.

Avoid exposing children directly to soil. Safe to grow legumes, fruiting, and leafy vegetables, but peel root crops before eating.

Avoid exposing children directly to soil. Safe to grow legumes and fruiting vegetables but avoid root crops unless you peel them before eating. Avoid growing low-growing leafy vegetables, which are difficult to clean.

Do not garden directly in this soil. Grow all crops in raised beds with clean soil.



Adapted sources: Brown, S. L., Chaney, R. L., & Hettiarachchi, G. M. (2016). Lead in urban soils: a real or perceived concern for urban agriculture?. Journal of environmental quality, 45(1), 26-36. Kansas State University Agricultural Experiment Station and Cooperative Extension Service, and adopted by the Penn State Cooperative Extension Service. (Assume soil testing for lead with EPA Method 3051A). Filippelli, G. (2002) Garden Safe Garden Well.

GARDEN SAFELY WITH LEAD

I want to garden!

YES

NO

Have you tested your soil for lead?

NO

YES

Low or no lead?

Consider testing your soil. Follow *best practices when interacting with your soil. If your home was constructed before 1978 and/or you live on a busy road, test your soil.

High lead levels found. Follow *best practices. Take precautions based on soil lead level, your risk tolerance, the presence of young children, and types of plants grown (food/non-food).

*Please turn over for best practices.

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