

We are well into a (slowly emerging) spring and would like to share some thoughts to send you on your way into summer.



## PLANT NOW FOR A LESS BUGGY SUMMER

Marigolds, geraniums, lavender and [citronella](#) are good pest control choices, either planted amongst your veggies or potted and placed near outdoor sitting areas. There are also many herbs that repel insects in the garden and keep MOSQUITOS away at the same time. Consider chives, fennel, mint, lemon balm, basil & dill.

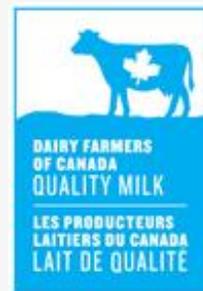
Dill is a favourite food of Black Swallowtail caterpillars, leaving plenty for human consumption - so no worries.

Another easy way of reducing mosquito attraction is to avoid using perfumed and scented laundry detergent or fabric softener. Bugs just love those chemicals.



## SUPPORTING CANADIAN DAIRY

With new trade deals in the works, milk and other dairy products could begin flooding into Canada from the U.S. Bovine growth hormone, banned in Canada, but allowed in the USA has horrid side effects for cattle and [some scientists](#) believe, translates into human health hazards. To support our own farmers, safeguard human and animal health, look for the Canadian milk logos on the dairy products you buy. [LEARN MORE..](#)



## GET THE KIDS TO EAT THEIR VEGGIES

Have some fun at home by using kitchen scraps to grow your own vegetables.

[LEARN MORE...](#)

## A GOOD TIME TO DO SOME LAWN OVERSEEDING

If you haven't ripped up your grass to create pollinator and butterfly habitat or a veggie garden, you might need to give your lawn some help. Do NOT fertilize in spring. Instead, spread a 1/4"-1/2" of duck compost, then overseed with Eco-lawn grass seed to which a small amount of white clover has been added. Clover doesn't brown in summer heat like grass does & contributes 1/3 of the lawn's nitrogen requirements. Leaving grass clippings after mowing, contributes another 1/3.

[Wildflower Farm](#) developed Eco-lawn, a native grass seed mixture that needs less mowing, less water and less fertilizer - available through any Home Hardware store.

Wonderful duck compost is available at [Dirt Devils](#) on Aurora Rd., [King Cole Ducks](#) on Warden and [Queensville Farm Supply](#).



## PLEDGE TO MAKE EVERY MONTH EARTH MONTH

Cara pledges to compost & recycle more...Barb pledges to use the organic market frequently...Ross pledges to volunteer his time for an environmental cause...Tammy pledges to buy only what she really needs...Kezia pledges to look for the FSC symbol and recycled content when buying paper products...VJ pledges to eat less meat... Jonathan pledges to change his lighting to energy efficient LED...Cathy pledges to eat more locally grown food.

## WHAT DO YOU PLEDGE?

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