

# 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

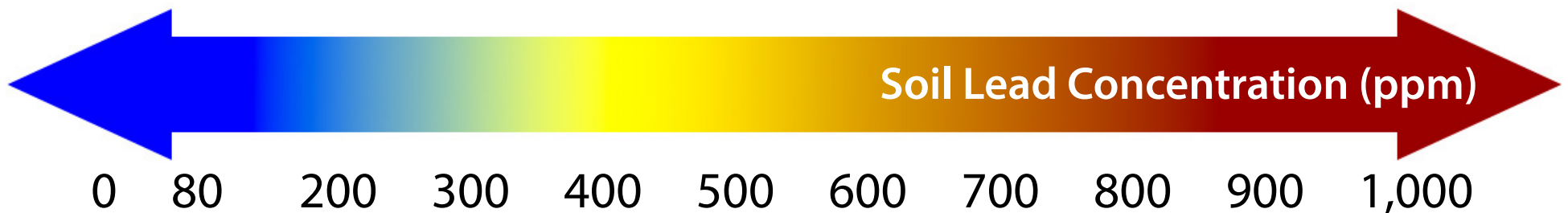
- IU ICenter for Urban Health: <https://bit.ly/iui-soil-lead-test>
- Low-Cost Soil & Nutrient Testing
- UMass Soil Testing Lab: [soiltest.umass.edu/services](http://soiltest.umass.edu/services)

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.

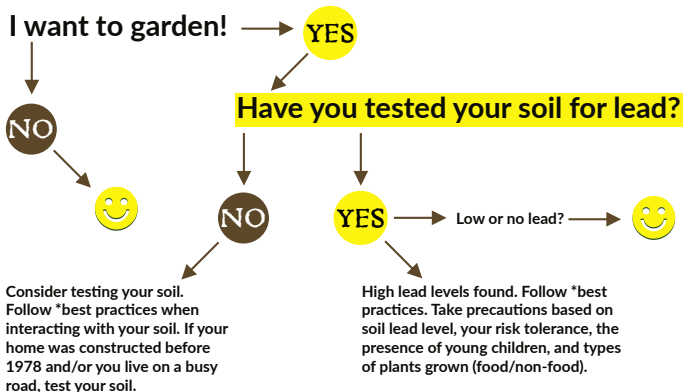
Avoid exposing children directly to soil. Safe to grow legumes and fruiting vegetables but avoid root crops unless you peel them before eating. Avoid growing low-growing leafy vegetables, which are difficult to clean.

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.

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\*PLEASE TURN OVER  
FOR BEST PRACTICES.



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