



Safer Gardening

Reducing Lead Exposures from Soil

Best Gardening Practice

- Wear gloves and wash after gardening; wash hands before eating and drinking.
- Remove shoes outside the home to prevent tracking soil inside the home.
- Clean tools, gloves, and shoes outside before bringing into the home.
- Grow plants, especially leafy vegetables, with a layer of mulch to stop soil from splashing onto leaves.
- Plant your garden away from buildings, specifically windows and shutters that might have chipping paint.
- Keep dust down by making sure the soil is wet before working in it; remove weeds when they are small.
- Cover soil paths with mulch or gravel to keep soil in place.
- Add organic material to the soil to dilute the lead levels in the soil.
- Consider growing vegetables in raised beds.

Best Gardening Practices for Preparing Vegetables

- Wash excess dirt off outside in an area that won't be tracked into the home.
- Remove the outer layers of leafy greens before washing.
- Peel vegetables that are in direct contact with the soil, such as carrots and potatoes.

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