



TRAIL AREA

Health & Environment Program

Tips for Growing Food Locally

Home grown fruit and vegetables offer many benefits. Local studies show produce may contain metals from soil and dust, with some veggies more likely to have higher levels.

Have your soil tested!

Choose what you grow.

Always wash fruits and vegetables before eating.

The fruit parts of plants (e.g. tomatoes, cucumbers, berries, beans, etc.) have the lowest metals.

Leafy greens and root veggies are likely to have higher levels of metals

Wash leafy greens thoroughly. Washing gets rid of some, but not all of the metals.

Peel root vegetables before eating.

flip for more tips

**Amend your soil
to help reduce
metal uptake.**



**Wash your
hands (and your
children's hands)
after working in
the garden.**

Bare soil in yards and gardens is a source of dust and may contain lead.

Keep your yard healthy and safe.

**Sign up for FREE soil testing
at thep.ca**



CONTACT US



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