

Appendix E

CDPHE's Fact Sheet on Gardening in the VBI70 Study Area

Home Gardening

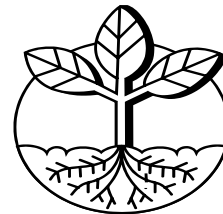
For the residents of Globeville (south of I-70), Swansea, Elyria, Cole and Clayton neighborhoods

Several public health agencies are studying soil samples in your neighborhood to see if there are any metals present that might pose a health risk. More information will be available from these ongoing studies, and this information may need to be revised.

If you decide to garden this season, here is some general information about metals and gardening, and some steps that you can take to reduce the levels of metals that fruits and vegetables grown in your garden may take in if there are metals present in your garden soil.

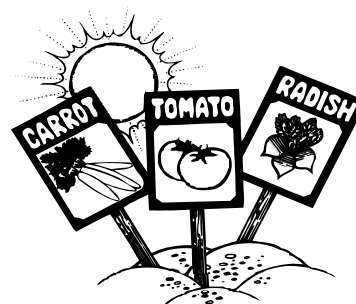
Metals and gardening

- Garden soils tend to have less metal than the rest of the yard. This is because people have added commercial products or materials from outside the area like garden topsoil and compost to their garden soil.
- Fruits and vegetables from the garden usually have less metal than the soil they are grown in. This is because not all the metal is absorbed by the plants.
- The primary way plants take in metals is from the roots, along with the nutrients plants need for growth. A smaller amount of metals may get into the plant in small particles the plant “breathes” in through leaf openings. Metals may also be present in the dust or soil that collects on the outside of the plant.
- The ability of a plant to take up metals from soil and store them in their leaves and fruits varies from plant to plant.



the yard.
garden
topsoil

What can I do to help protect my health?



Your garden soil

- You can add things such as compost, topsoil and phosphate from commercial and other outside sources to your garden soil. These products are available at your local garden store, will enrich your soil, and will help reduce the amount of metals that can be taken up by plants in your garden.
- After gardening be sure to wash up, especially your hands, clothes and shoes, to remove dust and soil and to avoid tracking soil into your home.

Your fruits and vegetables

- You can eat some fruits and vegetables grown from your garden, and some from the grocery store. This will reduce the possibility of being exposed to metals which may be in your garden soil.
- Wash and peel fruits and vegetables to reduce the amount of dust and dirt on the outside of fruits and vegetables.

You can following Colorado



call the people at the Department of

Public Health and Environment for more information

For information on garden studies/health effects:

Jane Mitchell

(303) 692-2644 or 1(800)886-7689

jane.mitchell@state.co.us

Nancy Strauss (*habla español*)

(303) 692-2785 or 1(800)886-7689

nancy.strauss@state.co.us

For information on metals in your soil:

Barbara O'Grady

(303) 692-3395 or 1(888)569-1831

barbara.ogrady@state.co.us

Marion Galant

(303) 692-3304 or 1(888)569-1831

marion.galant@state.co.us

For more information about metals in your soil or health effects, you may call the Agency for Toxic Substances and Disease Registry, Regional Representative Susan Muza at (303) 312-7011. For more information about gardening in general, you can call the Colorado State University Cooperative Extension Master Gardener at (303) 640-5278.

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