

Appendix F

ATSDR's Fact Sheet Evaluating Gardening in the VBI70 Study Area



Eating Vegetables from your Garden in Swansea, Elyria, Cole, Clayton, & South Globeville

Soil Sampling in your Neighborhood . . .

As you might know, soil from yards in the Vasquez Boulevard and Interstate 70 Superfund Site study area (VBI-70 area) is currently being tested to see if it contains elevated levels of metals such as arsenic and lead. The study area includes the communities of Swansea, Elyria, Cole, Clayton, and southwest Globeville (south of Interstate 70 and west of Interstate 25). As the sample results become available, several public health agencies are looking at them to see if the metals that are found could cause health problems.

Eating Vegetables from your Garden . . .

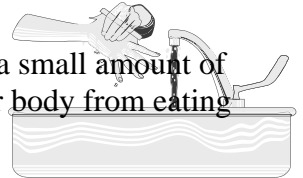
The Agency for Toxic Substances and Disease Registry (ATSDR) along with the Colorado Department of Public Health and Environment (CDPHE) just finished an evaluation that looked at fruits and vegetables that are grown in yards where metals are found in the soil. Since arsenic is the metal that has been found most often at elevated levels in the yards that have been sampled so far, the study answered these questions about arsenic:

- ✓ **If elevated levels of arsenic are found in the soil of gardens in the VBI-70 area, is it safe to eat home-grown fruits and vegetables?**

Yes, it is safe to eat fruits and vegetables that are grown in your garden in the VBI-70 area. It is not likely that eating home-grown fruits and vegetables will be harmful.

- ✓ **If there are elevated levels of arsenic in the soil, will arsenic also be found in the fruits and vegetables?**

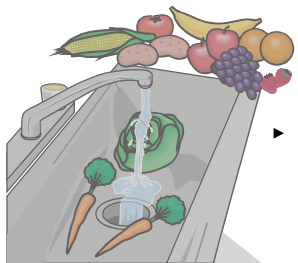
Fruits and vegetables that are grown in soils with any level of arsenic will take up a small amount of arsenic through their roots. But the amount of arsenic that might be taken into your body from eating these fruits and vegetables is far below the levels that are known to cause illness.



- ✓ **Are there healthy ways to garden?**

Yes, the following tips are healthy practices for all gardeners:

- ▶ Wash your hands after working in the garden and before handling fruits and vegetables.
- ▶ Wash fruits and vegetables, especially low-growing vegetables like collard greens, spinach, and lettuce that are grown in your garden.



For More Information . . .

For more information about gardening and other health studies in your area, you may contact:

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