

Healthy Home and Garden Tips

Spring Lawn Care

After a long winter's nap, the grass in my yard is finally showing signs of life again. The tiny tips of green sprinkled among the weeds and moss are a reminder that lawns don't just grow back healthy and hearty each year without some help. Breathing new life into my lawn is easy though with the right tools from my local lending library. A great community resource, a tool library provides affordable access to gardening equipment while reducing unnecessary consumption.

Recently, I was able to borrow a sharpening stone for my lawnmower blade from the tool library. Having a well-maintained mower with a sharp blade is one of the keys to a lush green lawn without the need for pesticides. Blunt blades tear the grass, leaving the plants weakened and more vulnerable to disease. With my lawnmower in tip top shape, I will soon visit the tool library again to pick up tools to remove weeds and moss from my lawn. Once weeds and moss are removed, there will be lots of bare spots that will need to be reseeded before new weeds can fill those spots. Soon my lawn will be all set for summer fun.

Overseeding Tips

1. Use a rake to remove moss and hand tools to remove weeds
2. Sprinkle ½ inch or less of compost over lawn and rake in
3. Add a local seed mix using 25% of the recommended rate on label
4. Cover with thin layer of compost
5. Water frequently and stay off lawn until new grass is established.

Learn more about reseedling -
<https://youtu.be/kyID1WjeN90>



Lawn Care Basics

1. Mow frequently during the spring and fall growing season. Instead of using weed and feed, leave grass clippings on the lawn after mowing.
2. Maintain a sharp mower blade and mow high to encourage deep root growth
3. Water deep and infrequently – one inch per week during the peak growing season
4. Use Perennial rye grass seeds for sunny spots and Fescue for shady areas
5. Want an alternative to grass, use an eco-lawn mix of Dwarf perennial ryegrass, yarrow, clover, English daisy and alyssum

Learn more lawn care basics by visiting
oregonmetro.gov/lawn

catalog.extension.oregonstate.edu/sites/catalog/files/project/pdf/ec1521.pdf

Dressing sustainably

Cleaning out my closet of unwanted clothes is an annual ritual that marks the changing season. Clothing is sorted into piles based on keeping, donating, selling, repurposing or other. I would really like to keep the few items in the “other” bag out of the landfill but my options are limited. Many fabrics are a complex blend of natural yarns, man-made filaments, plastics and metals, making them difficult to separate and recycle. Although the ability to effectively separate natural and synthetic blends using mechanical and recycling techniques looks promising, scaling up this technology to an industrial scale remains challenging.

While the fashion industry is taking strides to become more sustainable, I have a responsibility too. As a conscious consumer, I need to be mindful of my shopping habits and the impact my clothing purchases are having on the planet.

Tips for dressing sustainably

- Purchase gently pre-owned items instead of buying new.
- Choose garments made from recycled materials or plant-based fabrics such as cotton, linen, hemp and bamboo.
- Check clothing for durability and repairability, not just looks.
- Help your clothes last longer by following the care instructions on the label and drying your garments on a clothesline.
- Swap clothes with a friend or family member.
- Take damaged garments to a local tailor or community “fix-it” event to be repaired.
- Donate your good garments to a secondhand store or non-profit that assists the houseless.
- Repurpose clothing into rags, quilts, handbags and more.



Recycling Corner	
Use this simple guide for recycling metal at home.	
Recycle	
	<p>Metal cans Rinse well. No need to flatten. Lids can be recycled if left attached or put inside the can.</p>
	<p>Other metal items Items that are 95% metal, no longer than 30 inches and no more than 30 pounds.</p>
	<p>Small metal objects Contain them in a larger metal container that can be closed or crimped shut.</p>

Ask Metro Find the tools you need to cultivate a safe and healthy home - <https://www.oregonmetro.gov/tools-living>

