

Healthy Parks

= Healthy People



Get Outside and Play!

Boulder Parks are healthy places for you to enjoy.



Each spring, you will see dandelions in your parks. This is a sign that **we have eliminated the use of synthetic chemicals** that are typically sprayed to control weeds in order to create healthy places to play.

We mow regularly to keep weeds down. According to natural lawn care basics, we keep our grass three inches high in the parks and a bit shorter on our playing fields. The tall grass allows the roots to grow strong and access water deep in the ground. As a result, the taller grass naturally shades out some weed seeds from germinating. Even after being cut, dandelion flowers are persistent and sometimes grow back overnight.

Just remember, when you see a dandelion, it means **the grass is healthy and safe for you and your family**. It also means that we have to focus on restoring soil and turf processes, not just chemical products, to make grass healthy and strong. This may take time, but our community is worth it.

For more information on the environmental work that Parks and Recreation is doing, visit:
www.BoulderParks-Rec.org

For more information on the City's Integrated Pest Management practices, visit:
www.BoulderColorado.gov/IPM





Keep Your Lawn Safe and Healthy Use Natural Lawn Care

All residents are encouraged to use natural lawn care techniques. It's a simple and cost-effective method of maintaining your green spaces.

Follow these four tips, and you can enjoy a beautiful lawn that is safe for your children, pets and the environment.

1 Water Deeply and Infrequently
Water deeply and infrequently to encourage deep root growth—one inch per week is ideal. You can easily measure that amount by placing a cup in your yard while watering. When your sprinkler fills it one inch deep, your watering for the week is done. Water early in the morning to minimize turf disease problems.

2 Mow High
Keep your lawn mowed at three inches or higher. This will increase the root strength and naturally shade out weeds. Don't mow your lawn unless it needs it. This creates healthy grass that can withstand drought and stay green longer.

3 Use Organic Fertilizers
Commercial fertilizers easily wash away, polluting nearby lakes and streams. Many contain toxic weed killers. Choose an organic fertilizer to capture and deliver nutrients to the lawn throughout the growing season. Keep grass clippings on the lawn as they are an excellent natural fertilizer.

4 Weed Naturally
Proper lawn care maintenance naturally eliminates most weeds. Avoid using pesticides, as they can harm other beneficial living things such as bees, birds and fish. The right tool makes quick work of weeding. After pulling weeds, use grass seed and soil to fill in the hole. Your lawn will be strong and healthy as a result.



**Be a part of the solution. It all starts with a personal choice.
Use these simple tips to make your lawn healthy and safe for everyone.**