

Integrated Pest Management

**IPM**

FOR HEALTHIER LIVING

**INTEGRATED PEST MANAGEMENT for HEALTHIER LIVING**

is a pilot project of the Kenora Integrated Pest Management Committee. For more information, contact the Northwestern Health Unit at 1-800-830-5978 ext. 259.

**KENORA INTEGRATED PEST MANAGEMENT COMMITTEE**

The **KIPMC** includes representation from:

- City of Kenora
- Ministry of the Environment
- Northwestern Health Unit
- Professional Pesticide Applicators

**QUESTIONS ...**

**about IPM Strategies for your HOME or LAWN?**

**Contact one of the following Professional Applicators:**

TOM'S TURF & TREE PEST CONTROL	1-807-468-7562
POULIN'S EXTERMINATORS	1-888-768-5467
ORKIN	1-800-726-7378
NORWEST PEST CONTROL	1-800-360-1560
KENORA GOLF AND COUNTRY CLUB	1-807-468-4241
GREEN WITH ENVY	1-807-468-7727

**INTEGRATED PEST MANAGEMENT (IPM)**

Important information for families about  
ways to reduce the use of chemicals

**For a Healthier LAWN**

**IPM - for a Healthier Lawn!**

It might take a little more work and a little more time to produce a healthy lawn that is not dependent on chemical pesticides, but it can be done. Growing a healthier lawn can be part a your family's commitment to healthier living. This includes understanding pests and ways to control them so that the benefits of pest control are maximized and the risks to health and the environment are minimized. This approach to healthier living is called Integrated Pest Management (IPM). With an understanding of IPM, families can work together to develop a lawn care plan that uses pesticides sparingly or not at all.

**What is IPM?**

Integrated Pest Management (IPM) is an approach to pest control that combines habitat modification, physical and biological methods, cultivation techniques and, if necessary, pesticides. Using IPM, the benefits of pest control are maximized and the risks to health and the environment are minimized. Applications of pesticides are always the last resort in an IPM program. IPM is not, however, an anti-pesticide program. Rather, it involves selective use of pesticides designed specifically for an intended pest, and only in necessary amounts.

**FACT SHEET  
for FAMILIES**



*Northwestern  
Health Unit*  
[www.nwhu.on.ca](http://www.nwhu.on.ca)



## Integrated Pest Management Strategies for Your LAWN

**WEEDS** - Hand-digging is the best method of weed control. Hand-remove annual weeds before they seed and dig deep to remove the roots of perennials (like dandelions). Also, tolerate some weeds and allow beneficial plants (such as clover).

**RESEED BARE SPOTS** with a seed mixture before weeds fill them in. Since diseases can be selective, a mixture of grasses will prevent complete destruction of your lawn.

**AERATE LAWN** to reduce soil compaction and encourage deeper rooting. Lots of worm holes in the lawn mean the job is being done for you by these natural aerators.

**REMOVE THATCH** (through aeration and brisk raking) if it is more than ½" thick as thatch chokes out grass, prevents water and nutrients from reaching the soil and creates a home for pests.

**MOW OFTEN and AT PROPER HEIGHT.** Keep grass 8 cm (about 3") high. Use sharp blades so you don't damage your grass. Never cut more than 1/3 of the height at one time or you will "shock" your lawn. Taller grass crowds out weeds, grows longer roots and shades the soil. And deeper roots means less watering!

**LEAVE GRASS CLIPPINGS** as long as they aren't too long or lying in clumps. They provide a 4-1-3 fertilizer which is about as perfect a combination as a lawn needs.

**FERTILIZE NATURALLY.** Natural fertilizers (such as manure, seaweed and compost) reap long-term benefits and are needed less frequently. They are alive with beneficial micro-organisms which speed up decomposition of clippings and thatch.

**WATER DEEPLY** - A lawn needs 2.5 cm (1") of water per week to stay healthy. This should be given in one deep, heavy watering rather than several light sprinklings. For better absorption, avoid watering in the heat of the day.

**PROTECT BENEFICIAL BIRDS, WORMS AND INSECTS** (i.e. ladybugs, spiders, dragonflies). Choose products carefully as chemical pesticides may be indiscriminate, harming beneficial species which are integral to an IPM program.

### Why is IPM important?

There is growing concern about the misuse of chemical pesticides and the effects on human health and the environment. While they may help promote turf growth and rid your lawn of unwanted pests initially, they can create a chemical-dependent landscape where pest species become resistant to the chemicals designed to kill them, and more concentrated doses and frequent applications are required. They may also alter and contaminate aquatic ecosystems, pollute the air, damage agricultural lands, kill wildlife and damage or destroy beneficial species of insects or plants.

### How can you get started using IPM?

The transition from chemical lawn care to IPM requires patience, a willingness to learn about new lawn care strategies and participation by the homeowner. It may take some time to break the cycle of chemical dependency and create a naturally pest-resistant lawn. Safe and effective alternatives exist for most chemical pesticides if you are willing to become informed.

### Don't fool around with pesticides...

Did you know that it is against the law to apply more than two applications of herbicides to lawns in one year or to mix a chemical at a rate stronger than what is allowed on the label? Don't fool around with pesticides. Wear protective equipment and follow instructions carefully to avoid misuse. Better yet, call a professional pesticide applicator who is trained and licensed.