

# Protect Your Garden from Microplastics

*A quick-reference checklist for herbalists & home growers*

*Small, consistent changes create meaningful differences in the purity and safety of your harvest.*

## CONTAINERS & GROWING VESSELS

- Replace plastic pots with terracotta or ceramic
- Use coco coir or paper pots for seedlings
- Try soil blocks (no container needed)
- Switch to wooden seed flats or paper egg cartons
- Use glass jars or stainless steel for indoor herbs

## GROUND COVERS & MULCH

- Remove plastic mulch films & landscape fabric
- Use organic straw, wood chips, or dried leaves
- Try wool mulch or living mulches (clover)
- Use burlap or cotton row covers instead of plastic
- Use glass cloches for individual plant protection

## WATER MANAGEMENT

- Use stainless steel, wood, or ceramic rain barrels
- Replace plastic hoses with natural rubber
- Try terracotta ollas for drip irrigation
- Install RO filter for medicinal preparations
- Filter irrigation water (boil + fine mesh = ~90%)

## COMPOSTING

- Remove tea bags (many contain plastic mesh)
- Peel off produce stickers before composting
- Use only natural fiber twine & ties
- Avoid 'biodegradable' products w/ plastic polymers
- Compost loose-leaf tea, clean scraps, natural fibers

## TOOLS & EQUIPMENT

- Choose wooden or metal-handled garden tools
- Use jute, hemp, or cotton twine
- Switch to bamboo/wooden stakes & glass labels
- NEVER microwave plastic (regardless of claims)
- Replace plastic cutting boards with wood/bamboo
- Store dried herbs in glass, not plastic

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## MINDFUL SOURCING

- Buy seeds in paper envelopes, not plastic
- Support nurseries using biodegradable pots
- Verify compost is from known organic sources
- Avoid amendments with biosolids
- Save your own seeds to reduce packaging

