

Menace of Pesticide use: Effects above their permissible limits

Possible Ailments

- Nervous system related problems**
- Endocrine disruption**
- Liver dysfunction**
- Convulsion**
- Cancer**
- Enzyme inhibition**
- Kidney malfunction**

DO YOUR BIT

- 1. Wash the fruit and vegetables in running water four to five times.**
- 2. Soak them in salt water for a few minutes. This will help kill germs.**
- 3. Wash them with potassium permanganate solution and wash and wash again with fresh water before consuming them.**
- 4. Peel skin off fruit and vegetables whenever possible. Even if you plan to remove the skin from fruit and vegetables wash them first to eliminate pesticide residue.**
- 5. Buy organic fruit and vegetables if possible. Smaller the veggie in size, more organic it is.**

Home gardening: Grow Your Own Food ?

- Majority of households engage in some level of gardening or lawn care**
- Some do it for beautiful flowers, lush grass, fresh fruits and vegetables;**
- Growing food is another way to make your garden climate friendly. Most supermarket produce travels long distances (often in a refrigerated truck) to get to your dinner plate.**
- Recycling of biomass**
- Get fresher and better-tasting homegrown produce**
- Satisfaction of growing our own food/ vegetables**
- Physical exercise**
- Aesthetic purposes- peace and quiet or the connection to nature.**