

10 WAYS TO PROTECT AGAINST GLYPHOSATE



Buy from producers that do not use glyphosate-based products,

either because they follow organic or biodynamic agriculture or other sustainable principles and do not use herbicides.



Explain to children

why you are buying sustainably grown produce, or why you prefer farmers' markets, Earth Markets or CSA schemes, emphasizing the importance of choosing food that is wholesome and free of herbicide residues. In the future, it will be natural and easy for them to become conscious and aware consumers.



Do not spend much time close to intensively cultivated fields,

where dangerous substances are often used.



If farmers are spraying their fields and there are clouds of pesticides in the air, **stay away.**



Carefully wash or peel fruits and vegetables of unknown origin,

even though these precautions do not guarantee the complete elimination of any contaminants.



Avoid the use of synthetic pesticides at home

(for pot plants, gardening, greenhouses, pets, pest control, etc.), preferring instead manual, physical, mechanical and biological methods.



If you are a small-scale farmer, try to apply one of the alternative solutions

to the use of glyphosate, choosing whichever is most suited to your farm: manual weeding, green manuring, mulching...



Always choose local species and varieties

to plant in a food garden or orchard, so as to protect biodiversity and have healthier plant growth, better able to compete with weeds.



Protect animal biodiversity too by encouraging the presence of small insects

like ladybugs and some other beetles and spiders, because they feed on parasites, making it easier to avoid the use of chemical pesticides.



Sign the “Stop Glyphosate” European Citizens’ Initiative.

www.slowfood.com/stop-glyphosate



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