



**Welcome to
my weekly
series!**



Linda K. Lillie of Sprigs & Twigs

ask the landscape professional

SEND ME YOUR QUESTIONS ... I will do my best to address the ones of most general interest. **Email or mail your questions to: info@sprigsandtwigs.net or Linda Lillie, Sprigs & Twigs Inc, PO Box 245, Gales Ferry, CT 06335**

Linda's Question of this Week:

I saw you at the Home Show and was impressed that you are a fully organic company. Can you tell me more about what it means to be an organic company?

Linda's Answer:

At Sprigs & Twigs, everything we do follows the organic procedures and principles of NOFA, the Northeast Organic Farmers Association. Eight of our employees are fully NOFA accredited, which means they have demonstrated their organic proficiency through extensive training, a written exam and annual reaccreditation.

Here are some of our organic principles (see www.organiclandcare.net for more information)

- 1. Keep pesticides and herbicides off your lawn and gardens...** Using only non-toxic materials on your property reduces the health risk to yourself, your family, your neighbors and your local environment. Sprigs & Twigs never uses toxic materials; there are safe organic alternatives available today.
- 2. Use non-synthetic fertilizers from natural sources...** Synthetic fertilizers are made in a chemical process that uses fossil fuel. Use of synthetic nitrogen fertilizers has a serious negative impact on the world's ecosystems. All fertilizers Sprigs & Twigs uses are non-synthetic and organic. I will be writing about organic lawn care in the future.
- 3. Remove invasive plants...** Invasive plants grow quickly and spread easily and often reduce the biodiversity of whole ecosystems. Learn about invasive plants, how to avoid spreading them, and how to remove them from your own property
- 4. Home gardening with native plants...** Sprigs & Twigs emphasizes the use of native plants in all of our landscape designs. Native plants are site adapted and usually require little to no watering, fertilizing or pesticides. Stunning gardens can be made from entirely native plants.
- 5. Make and use compost...** Compost has many advantages as a soil amendment. Incorporating compost improves turf, shrub and shade tree performance in marginal or poor soils. Good quality compost improves soil structure, reduces runoff and compaction, enhances biodiversity and many other things.
- 6. Test your soil...** To get your property to look its best, to save money, and to protect the environment even more, Sprigs & Twigs can perform the soil test and give you an explanation in plain English what is going on as well as recommendations on what should be done.
- 7. If you have a lawn...** Mow 3 1/2" high, leave grass clippings on lawn; encourage a bit of white clover; fertilize with compost, aerate each year and over-seed in fall or early spring.

Consumers must educate themselves on organics. Just because a retailer sells a product, doesn't mean it is safe; just because the garden center sells a plant, doesn't mean that it's not invasive; just because a landscape company claims that "organic programs are available" or "organically based" doesn't mean that they are truly organic. Read labels and call us with questions.

Sprigs & Twigs, Inc is a proud sponsor of the first annual Ledyard Colonel Classic 5K Road Race on April 5th at 9 am. The race begins and ends at Ledyard High School (24 Gallup Hill Road). Proceeds will benefit Ledyard High School scholarship funds. Runners and walkers can register for the race at www.ledyardrec.org.

Sprigs & Twigs is a highly regarded, professional, full service, national award winning Landscape Design, Installation, Maintenance, Tree Care and Lawn Care Company. We are completely organic. Visit our website or call us for more information.

Sprigs & Twigs

Linda K. Lillie is the President of Sprigs & Twigs, Inc, the premier landscape tree care & lawn care company in SE Connecticut for the last 18 years. She is a graduate of Connecticut College in Botany, a Connecticut Master Gardener and a national award winning landscape designer for her design and installation work.

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