C

ontaminants in Soil

Here is a great comprehensive article about soil contaminants, knowing previous uses of the area you plan to garden in, and having a plan on what to do.

**One thing to know is that as we improve our soil with proper compost and organic matter, proper minerals, balancing the supplements- we are releasing armies of microbes and fungi who are little workers binding up harmful chemicals and eventually neutralizing them. It is important to be careful and be aware of what we are starting with so we don’t harm ourselves or others with foods high in toxins. I find that Minnesota has the best information on just about all subjects relating to plants and growing.**

<https://www.pca.state.mn.us/living-green/gardening-urban-soil>

Here is a good article about using plants to clean up toxins.

<https://www.resilience.org/stories/2014-08-11/using-plants-to-clean-contaminated-soil/>