

# Ua Vaj Zaub Ntawm Cov Av Nyob Hauv Plawv Nroog



Daim duab muab los ntawm - Minnesota Department of Agriculture

Ua ntej koj xaiv ib qho av ua vaj zaub, xav txog qhov tias seb cov av ntawd siv ua dabtsi yav tag los. Tej thaum tej thaj av thiab qhov chaw es muab tso pov tseg tsis siv nyob hauv plawv nroog mas thaum ub yog siv rau tej lub tuam txhab ua hauj lwm, tuam txhab muag khoom los yog siv ua teb. Cov av nov mas feem ntau tsis tshua muaj chiv txaus lawm, raug muab tswm ua rau cov av tawv tawv thiab tej zaum kuj muaj tej daim txhais hlau me me es ua rau cov av tsis huv thiab muaj kev phom sij (iav tawg, tej daim txhais hlau me me), muaj khes mis thiab muab kab mob. Txua cov thawv/dab ntoo es txawb kom siab thiab ua raws nraim cov kev cob qhia hauv qab no yuav pab koj kom tau txais tej kev txiaj ntsim ntawm kev noj qab haus huv txog cog vaj zaub kom txo tau qhov es chwv tau tej yam tsis huv es muaj kev phom sij.

Thaum ua vaj zaub, qhov kev phom sij loj tshaj plaws es chwv tau tej yam tsuas es tsis huv - khes mis, txhais hlau thiab cov kab mob es phom sij – yog los ntawm cov av es tsuas tej yam tsis huv nkag tau rau koj lub qhov ncauj los yog nqus tau cov hmoov pa av. Txawm tias daim tawv nqaij chwv cov av es tsuas tej tej yam tsis huv xwb los yuav muaj kev phom sij rau kev noj qab haus huv thiab.

Ib txoj kev ntxiv es muaj kev phom sij nkag tau rau koj lub cev yog noj cov txiv hmab txiv ntoo ntawd. Kev tshawb fawb tau qhia pom tias tej cov kev phom sij es tsuas tsis huv yog los ntawm cov txiv hmab txiv ntoo, txawm li ntawd los, qhov tsis huv es muaj siab thiab qis ntawm cov txiv hmab txiv ntoo mas muaj qis dua li cov es tshawb pom nyob hauv cov av.

Tej yam es phom sij tsuas es yeej nrhiav pom hauv cov av yog muaj xws li lead, cadmium, arsenic, polycyclic aromatic hydrocarbons, thiab cov khoom es muaj petroleu. Lawv nkag mus rau hauv av vim:

- Ua txeej thiab nchuav los ntawm lub tuam txhab ua hauj lwm los yog lub chaw ua hauj lwm, daim teb, los yog cov neeg.
- Cov khes mis es ya mus nrog huab cua es rov qab poob los rau hauv cov av.
- Cov xim tha tsev es tawg ua tej daim me me es muaj lead siv tha hauv cov tsev los yog cov tsev loj es nti tawm poob rau hauv av.
- Muab cov tshuaj khes mis cuam pov tseg yam tsis raws txoj cai.
- thaum ub tau siv tshuaj khes mis rau hauv daim teb los yog ntawm cov chaw tib neeg nyob.

Cov kab mob phom sij es feem ntau tshawb pom nyob rau hauv cov av kuj muaj qee hom ntawm cov kab mob [\*Salmonella\*](#), [\*Listeria\*](#), thiab [\*E. coli\*](#). Lawv yeej ua tau rau muaj mob xws li zawv plab thiab ua daus no. Lawv nyob rau hauv cov av vim tias:

- Kab mob microbes, cov zoo thiab cov tsis zoo tib si, yeej cia li tshwm sim nyob rau cov av yam thas mab xaj.
- Cov dej es tsis huv, cov quav es muaj tej kab mob microbes hauv cov av.

## Kev cob qhia kom paub txog ua teb zaub ntawm cov av hauv plawv nroog.

- Siv lub thawv/dab ntoo txawb kom siab es muaj cov av kom huv.
- Ntxuav tes kom huv si tom qab ua teb zaub tag.
- Zam qhov es tsis txhob koj ris tsho uas lo av thiab cov khau lo av nkag los rau hauv tsev.
- Saib cov menyuam kom zoo kom lawv tsis txhob muaj hmoov av los yog lo cov av ntawm lawv txhais tes thiab cov khoom uasi kom nkag tau hauv lawm lub qhov ncauj.
- Ntxuav cov txiv hmab txiv ntoo kom huv si ntawm lub vaj zaub los ua ntej muab noj
- De tawm thiab muab cov nplooj zaub sab nraum cov zaub es muaj nplooj ntau ntau txhem pov tseg.
- Tev daim tawv los yog txhuam kom huv si ntawm cov zaub es muaj cag.



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## Kuaj cov av ntawm lub vaj zaub

Kuaj seb puas pom tias muaj tej yam phom sij tsuas rau cov av hauv lub vaj zaub ua ntej koj cog khoom noj mas yeej muaj peev xwm kuaj tau tabsis tsis tas kuaj los yeej tau. Koj ua tau raws li cov kauj ruam hauv qab no kom npaj tau koj lub vaj zaub los cog khoom noj es tsis txhob them nyiaj rau qhov kev kuaj cov av. Mus saib hauv lub vas sab- [Ask a Master Gardener](#) (nug ib tug kws cog zaub) hauv lub tsev kawm ntawv qib siab University of Minnesota Extension yog tias koj xav tau kev pab txiav txim seb kom puas yuav tsum tau kuaj cov av los tsis kuaj. Kuj muaj cov ntaub ntawv qhia txog tias yuav kuaj kom pom dabtsi thiab yuav kuaj cov av li cas hauv lawm lub vas sab - [Urban Gardens and Soil Contaminants \(PDF\)](#). (Ua vaj zaub hauv plawv nroog thiab Cov Av es Tsuas tsis Huv). Kuaj av seb puas muaj kab mob microbes ntawv cov av hauv lub vaj zaub yeej tsis yog ib qho es tib neeg kuaj thiab xav qhia tsis tas kuaj. Ua raws nraim li cov kev cob qhia sab saud kom ceev tau cov av es muaj khes mis tsis huv thiab cov kab mob microbes koj txhob nkag tau rau koj lub cev.

## Yuav npaj av hauv vaj zaub li cas

Muaj ntau txoj hauv kev los npaj cov av hauv vaj zaub. Siv lub thawv kom txawb siab es muaj cov av huv si yog qhov kev zoo tshaj kom txo tau qhov chwv cov av es tsuas tsis huv.

- Tso cov av es mus nqa ntawm qhov chaw muaj cov av huv es tsis tsuas rau hauv lub thawv txua es txawb kom siab zog.
- Tso cov av kom ntau rau hauv lub thawv kom cov cag zaub tuaj taus. Siv ib daim ntauub pua hauv nruab nrab ntawm cov av es muaj chiv zoo nyob sab saud thiab cov av es tsis huv nyob sab hauv. Qhov no yuav pab txo qhov es cov cag zaub chwv tau cov av es tsis huv. Lub tsev kawm ntawv qib siab University of California thiab Nebraska-Lincoln Extension muaj cov ntaub qhia txog cov zaub cog es cov hauv paus zaub mus tob npaub cas hauv [Vegetable Root Depths \(PDF\)](#) thiab [Vegetable and Fruit Production \(PDF\)](#). (Cog zaub thiab txiv hmab txiv ntoo)
- Siv tej thoob pob zeb ci los yog cov ntoo es tsis tsau tshuaj los txhua lub thawv/dab cog zaub. Tsis txhob siv cov ntoo es tsau tshuaj kom txhob lwj los txua lub thawv/dab cog zaub xws li cov ntoo siv sib txuas hauv kev cia hlau los yog pressure treated wood. Lub Tsev Kawm Ntawv Qib Siab Minnesota Extension muab kev taw qhia hauv kev tshaj tawm [Raised Bed Gardens](#).



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- Siv tej lub thoob rau cov yub zaub es muaj cov cag mus tob tob, xws lis txiv lws thiab cov zaub rhu barb. Lub tsev kawm ntawv qib siab Purdue University Extension luam tawm cov ntawv qhia txog [Container and Raised Bed Gardening](#). (Cov thoob thiab Cov Thawv/Dab cog Vaj Zaub)

## Lwm Cov Tswv Yim Qhia Kom Paub Npaj Lub Vaj Cog Zaub

- Yog tias lub thawv/dab cog zaub yog ib qho ua tsis tau, ua koj lub vaj zaub rau qhov chaw kom cov av tsis txhob muaj tej yam tsuas tsis huv rau. Cov chaw vaj zaub es tsis txhob ua kom ze rau ces yog cov chaw ze rau txoj kev tsheb, txoj kev tsheb nkag los tsev, ze qhov chaw lub tsev txawb rau, thiab hauv qab ntawm tus ciav dej tsis txuas (qhov chaw es dej nrog saum ces kaum ntawm ru tsev).
- Hu rau Gopher State One Call ntawm 800-252-1166 ua ntej koj khawb xyuas es puas muaj xaim fai fab, xaim nkev, thiab xaim dej.
- Npog rau thiab npog ib puag ncig lub vaj zaub thiab ib ncig cov yub zaub es siv cov hmoov ntoos es tsis txuag tshuaj kom txhob lwj. Qhov no yuav ua rau cov khau rau, cov khaub ncaws thiab cov tes kom huv si. Nws kuj yuav pab kom cov av tsis txhob swb thiab txav, thiab txo kom txhob muaj nroj tuaj.
- Koj yeej kuaj tau koj cov av seb puas muaj chiv, pH, thiab muaj tej yam zoo rau koj cov av kom txiav txim siab tau seb koj puas yuav tsum tau nrhiav kev pab kom cov av zoo dua rau koj lub vaj zaub. Cov tshuaj xws li, chiv fertilizer, tshuaj xws li lime, los yog lwm yam tshuaj, kuj pab kom cov av muaj chiv kom zoo. Yog tias koj siv tej yam nplooj ntoos los yog ntshiv ntoos es muab zom mos mos los siv tov, mus saib hauv lub tsev kawm ntawv qib siab University of Minnesota Extension's [Composting and mulching: a guide to managing organic yard wastes](#). (Zom nplooj ntoos thiab Ntshis ntoos: ib qho kev cob qhia kom tswj tau tej nroj tsuag ib puag ncig qab vag tsib taug).

## Lwm cov kev qhia

Nrhiav kom tau cov ntaub ntawv qhia txog cov chaw es paub tias yeej muaj thiab cov chaw tias tsam ces muaj cov av tsis huv hauv lub xeev Minnesota, mus saib lub vas sab ntawm:

Minnesota Department of Agriculture: [What's In My Neighborhood? Agricultural Interactive Mapping](#) (Muaj Dabtsi nyob hauv Kuv Lub Zej Zog? Daim ntawv Qhia cov Chaw ua teb)

Minnesota Pollution Control Agency: [What's in My Neighborhood](#) (Muaj Dabtsi nyob hauv Kuv Lub Zej Zog)

Environmental Protection Agency: [Growing Gardens in Urban Soils](#) (Ua Vaj Zaub ntawm cov av hauv plawv nroog)

University of California: [Vegetable Gardening: Handbook for Beginners \(PDF\)](#) (Cog Vaj Zaub: Phau ntawv qhia rau cov neeg pib xyaum cog zaub)

Washington State University: [Organic Pest Control in the Vegetable Garden \(PDF\)](#) (Tswj cov kab noj Vaj Zaub es Tsis siv tshuaj tua)

National Center for Appropriate Technology: [Potting Mixes for Certified Organic Production](#) (Cov Chiv Sib Tov Tso rau Hauv Lub Hub siv cog Cov Khoom Noj Tsis Siv Tshuaj Tua)

Minnesota Pollution Control Agency: [Compost](#) (Zom nplooj ntoos kom mos mos ua chiv)

Minnesota Department of Agriculture: [Produce Safety Program](#) (Chawv Qhia kev puaj phais txog cog qhoob loo)

Tsim tawm los ntawm lub tuam tsev MN Department of Health, MN Department of Agriculture thiab MN Pollution Control Agency.

Minnesota Department of Health | Site Assessment and Consultation Unit

Xov tooj: 651-201-4897 los hu dawb rau 1-800-657-3908 | Email: [health.hazard@state.mn.us](mailto:health.hazard@state.mn.us)

Xav kom tau cov ntaub ntawv qhia no yog lwm hom format, hu rau: 651-201-4897.

Kho dua tshiab thaum lub 3/2023

## Cov ntaub ntawv qhia

1. [Salmonellosis \(Salmonella\) \(Muaj kab mob\) \(https://www.health.state.mn.us/diseases/salmonellosis/index.html\)](https://www.health.state.mn.us/diseases/salmonellosis/index.html)
2. [Listeriosis \(Listeria monocytogenes\) \(Muaj kab mob Listeriosis\) \(https://www.health.state.mn.us/diseases/listeriosis/index.html\)](https://www.health.state.mn.us/diseases/listeriosis/index.html)
3. [Escherichia coli \(E. coli\) \(Muaj cab hauv hnyuv\) \(https://www.health.state.mn.us/diseases/ecoli/index.html\)](https://www.health.state.mn.us/diseases/ecoli/index.html)
4. [Ask a Master Gardener \(Nug Tus Kws Ua Vaj Zaub\) \(https://extension.umn.edu/master-gardener/ask-master-gardener\)](https://extension.umn.edu/master-gardener/ask-master-gardener)
5. [Urban Gardens and Soil Contaminants \(Cov Vaj Zaub hauv Plawv Nroog thiab Cov Av es Tsis Huv\) \(PDF\) \(http://misadocuments.info/Urban\\_Soil\\_Contaminants.pdf\)](http://misadocuments.info/Urban_Soil_Contaminants.pdf)
6. [Vegetable Root Depths \(PDF\) \(Cov Cag Zaub Mus Tob Npaum cas\) \(https://celosangeles.ucanr.edu//files/121762.pdf\)](https://celosangeles.ucanr.edu//files/121762.pdf)
7. [Vegetable and Fruit Production \(PDF\) \(Cog Zaub thiab Txiv Hmab Txiv Ntoo\) \(https://extensionpublications.unl.edu/assets/pdf/g2189.pdf\)](https://extensionpublications.unl.edu/assets/pdf/g2189.pdf)
8. [Raised bed gardens \(Txua lub thawv/dab cog zaub\) \(https://extension.umn.edu/planting-and-growing-guides/raised-bed-gardens\)](https://extension.umn.edu/planting-and-growing-guides/raised-bed-gardens)
9. [Container and Raised Bed Gardening \(Cov thoob thiab lub thawv/dab cog zaub\) \(https://edustore.purdue.edu/item.asp?Item\\_Number=HO-200-W\)](https://edustore.purdue.edu/item.asp?Item_Number=HO-200-W)
10. [Composting and mulching: a guide to managing organic yard wastes \(Zom nplooj ntoos thiab Ntshis ntoos: ib qho kev cob qhia kom tswj tau tej nroj tsuag ib puag ncig qab vag tsib taug\) \(https://conservancy.umn.edu/handle/11299/54827\)](https://conservancy.umn.edu/handle/11299/54827)
11. [Minnesota Department of Agriculture \(MDA\): What's In My Neighborhood? Agricultural Interactive Mapping \(Muaj Dabtsi nyob hauv Kuv Lub Zej Zog? Daim ntawv Qhia cov Chaw ua teb\) \(http://www.mda.state.mn.us/chemicals/spills/incidentresponse/neighborhood.aspx\)](http://www.mda.state.mn.us/chemicals/spills/incidentresponse/neighborhood.aspx)
12. [Minnesota Pollution Control Agency \(MPCA\): What's in My Neighborhood \(Muaj Dabtsi nyob hauv Kuv Lub Zej Zog\) \(https://www.pca.state.mn.us/data/whats-my-neighborhood\)](https://www.pca.state.mn.us/data/whats-my-neighborhood)
13. [Environmental Protection Agency: Growing Gardens in Urban Soils \(Cog Vaj Zaub hauv Plawv Nroog\) \(https://clu-in.org/ecotools/urbangardens.cfm\)](https://clu-in.org/ecotools/urbangardens.cfm)
14. [University of California: Vegetable Gardening: Handbook for Beginners \(PDF\) \(Cog Vaj Zaub: Phau ntawv qhia rau cov neeg pib xyaum cog zaub\) \(https://ucanr.edu/sites/ccmg/files/292083.pdf\)](https://ucanr.edu/sites/ccmg/files/292083.pdf)
15. [National Center for Appropriate Technology: Potting Mixes for Certified Organic Production \(Cov Chiv Sib Tov Tso rau Hauv Lub Hub siv cog Cov Khoom Noj Tsis Siv Tshuaj Tua\) \(https://attra.ncat.org/product/potting-mixes-for-certified-organic-production/\)](https://attra.ncat.org/product/potting-mixes-for-certified-organic-production/)
16. [Minnesota Pollution Control Agency: Compost \(Zom nplooj ntoos thiab ntshis ntoo\) \(https://www.pca.state.mn.us/air-water-land-climate/composting-and-managing-organic-waste\)](https://www.pca.state.mn.us/air-water-land-climate/composting-and-managing-organic-waste)
17. [Minnesota Department of Agriculture: Produce Safety Program \(Chawv Qhia kev puaj phais txog cog qhoob loo\) \(https://www.mda.state.mn.us/food-feed/produce-safety-program\)](https://www.mda.state.mn.us/food-feed/produce-safety-program)