



Fatal Conveniences™: Watering Your Lawn

[00:00:00] Fatal Convenience - Watering Your Lawn

Darin: The grass is always greener on the other side, right? America's obsession with lush green lawns is insane, but also the other insane thing is for you to water grass for no reason other than having an idea of a perfect landscape. It's actually the opposite. Water is this precious resource, and not everyone has access to clean fresh water. Overwatering your lawn also has a bigger impact on the planet than you think. Grass doesn't need to be watered all the time anyway. In this episode, I'll break down all the reasons why you shouldn't be watering your lawn or even having one, and what can you do instead.

[00:00:56] Fatal Convenience Intro

Darin: Welcome to fatal conveniences where we address the things we may be doing in our daily lives that are actually harming us, and in some cases, slowly killing us. Tap water, Teflon, caffeine, blue light, food additives, you name it, we dive into it. We take a critical look at everyday products that really are affecting us and our bodies and the environment and how we can avoid them and find a solution. So, let's dive in.

[00:01:40] A lush, green lawn as a status symbol

Darin: In America, a well-kept dark green lawn has long been an indicator of high-class households, that's from Scientific America. A green lawn separated the wealthy from the poor. To this day, a fresh green lawn is a symbol of prosperity and social expectation. Again, we're slipping into expectations, man, who are you, what are you, and what do you want to actually create? Lawn grass is the most grown crop in the United States, that's crazy, taking up 63,000 square miles, roughly the size of Texas. Think about that. We are watering grass in our lawns for no reason other than status or a perceived look. What if I were to tell you, you can transform your lawn and grow food? Whoa, what a concept. I will let you know at the end how you can do that. How amazing is that? What makes it convenient? Well, obviously, grow grass, throw water on it, it's green, it's uniform, you can go play on it, I get it. There are also other ways. You don't have to create a lawn and play around. You can teach your kids to grow food. Let them play in the real dirt, not chemicalized dirt, not a lawn. You can still throw a football, just be in the dirt in between the rows of carrots.

[00:03:20] How much water does grass actually need?

Darin: You might be surprised that the people who are watering their lawns don't know how much water their lawn actually needs. Do you feel confident when you know how much water your lawn needs? In 2016 article posted by the Australian turf levy states that Australian and US studies show that the majority of homeowners do not know how much water is required by the lawn per week. 62% of the Kansas homeowners surveyed said they did not know how much water was required for their lawn, and 20% of those who said they did know how much water was needed claimed that it was more than two inches of water per



week while US research actually found only one inch per week. So the people that think they know are watering twice as much. Also, all this automatic irrigation, most if not all, is not adjusted properly and spraying way too much water. What if I told you there is a way to transform your lawn into a food forest that requires less water and maintenance of a lawn? Yes, that is true. So let's just understand how much water is actually being used. Each American uses on average 82 gallons of water per day. That's the average at home. This is roughly the same average for Canadians as well. The EPA estimates that 30% of each household's water use is used outdoors, 30%. This extends to between 30% to 70% for American households during the summer, depending on the region, with half of that being used on grass. It is estimated that over half of Texas' drinking water is used for lawns during the summer.

[00:05:22] What happens when you overwater your lawn?

Darin: When we use too much water on our lawn, this can cause shallow roots, and this will cause your lawn to actually weaken and rely on frequent watering. So it actually needs a little stress. Now, this is known throughout the plant industry. This is known within the botanicals. When you stress a plant, it creates stronger compounds and resiliency. You can actually train your lawn to be stronger. Watering your lawn less frequently and allowing your grass to grow deeper roots is particularly helpful, especially when it gets stressed even more during the summer months. Then it will actually be able to survive even more in these harsher weather conditions for longer periods of time. But hopefully, by the end of this, you strongly consider getting rid of all if not most of your lawn. The time of the day when you water really matters. According to the EPA, experts suggest that around 50% of the water that you use outdoors goes to waste from evaporation and wind or runoff due to overwatering. When you're watering during the day, you're losing water through the elements such as heat and wind. When you water too close to nightfall, you risk exposing your lawn to the growth of fungus. Did you know that? The North and South Rivers Watershed Association states that watering at or before daybreak is about 10 times more effective than watering at any other time during the day. Listen, conserving freshwater is something we all need to think about. With the rise of global temperatures, what do you think is gonna happen? You use water, it's gonna evaporate more and we have less and less of that freshwater. CBS News report in 2021 to be the driest year in California since 1924. Water restrictions have been enforced since January 2022. So all of my fellow Californians listen up, we need to do something different. We need to actually change this thing. As a whole, we need to preserve our water and use it more responsibly. Do you understand? Do you get that? I think you do. EPA suggests that at least 40 states anticipate water shortages by 2024. The more water you're using, the more energy you're using. Energy is needed to pump the water. By reducing the amount of water used, you're reducing the need for power and helping to prevent air pollution. Speaking of pollution, when you fertilize, we've already spoken about this in fatal conveniences of lawn fertilizers but when you fertilize your lawn, I do not recommend this at all, and then the lawn is overwatered, the water seeps below the roots because it can't be absorbed very well at all, and this causes the fertilizer to then contaminate the groundwater. You know this. So what can we do? I've hinted at it. Guess what we can do? We can create food.

[00:08:42] How to use your lawn for food



Darin: I mean, listen, if I were you, and if you have 400 square feet, 500 square feet, an eighth of an acre, one acre, two acres, make food, literally grow food. Don't use lawn anymore. Grow food. I joined the board of this incredible company called Food Forest Abundance. That's right, you can literally send information into them. They've been working at 15 different countries. They have installers all over the United States in the world. You can buy a blueprint for your particular property and know how to grow and the best way to grow. Then it'd be less and less maintenance. Guess what, instead of watering lawn that serves no purpose other than this idea, you can actually grow your own food and have sovereignty there. You could buy a blueprint from them depending on how big your lawn is. You share the details with them, how much you want to design, what is your purpose, how much food you want to grow, how much space you have. Since they launched in Earth Day 2021, they have designed food forests for customers in 40 states and 15 countries, resorts, small lots, big lots from 500 square feet to a bunch of acres. I'll be building one here on my property once I get some other steps in place. So that's what you can do. There are some steps to follow in terms of if you're keeping your lawn or part of it.

[00:10:22] When you should water your lawn

Darin: The timing of when you water really matters. Water your lawn early in the morning before daybreak, if possible. If you have to do it manually, do it as close to daybreak as possible. This is common sense, if it's predicted to rain, don't water your lawn. This is a cool tip, a good way to tell if your lawn even needs water, which is by the NSRWA, and they call this the walk test. What is that you said? Well, you literally walk on it. If the grass springs back, then it's not thirsty. So you walk on it, it springs back, it's healthy. If it doesn't really spring back, then it needs some water, easy test. This is super important, make sure you have the appropriate equipment for your lawn. Smaller yards are fine for regular hose and everything else, that's no problem. But if you're using a sprinkler, there are certain tweaks that can make big differences and that is make sure you're not watering pavement. When you have the sprinklers on the timer and then they go on and you're seeing water on the pavement, make the adjustments, make the tweaks. If you have automated irrigation, make sure that you're adjusting it properly over the year. But obviously, throughout the year, it rains at different periods of time, so making sure that you're adjusting that and you're not just doing it and forgetting it. If you are keeping your lawn, or at least right now today, make sure that you make these tweaks, make sure that you make these adjustments to save on water, and actually create a stronger lawn.

[00:12:00] Ditch the lawn and create a food forest instead

Darin: Now, of course, I highly recommend that you go to foodforestabundance.com and start transitioning to growing and watering your own food. If you've got a porch and that's it, cool. Grow some herbs, grow an herb garden. If you've got a little backyard, cool, grow some beds, put a bunch of lettuces in there, carrots, onions, squashes, perennials, you name it and just keep going. Depending on your climate, you can control those climates and there's a lot of ways to do that. Go to foodforestabundance.com to start your journey, and just go to the link and my affiliate code, and they will help you along the way. Bring back the power, bring back the sovereignty. Fresh food for you and your family is the way to go. Transform your lawn into an abundance growing food forest. Okay, everyone, I love you.



[00:13:08] Podcast Outro

Darin: That's it for today's fatal conveniences. Thank you so much for tuning in. If you want this valuable information in email form, you can sign up for my fatal conveniences newsletter at fatalconveniences.com. I send out an in-depth breakdown of what we covered in each episode every Monday after an episode airs. If you make any changes in your life or home from these episodes, I want to see them. Tag me in your Instagram posts and show me how you're avoiding these harmful products and making better choices. It's awesome to see the impacts these episodes have, and I love seeing how creative my audience is. Remember, small changes can have a big impact. Oh, and if you haven't had a chance to check out the interview I released earlier in the week, here's what you missed:

[00:14:09] Snippet - Working Out for Personal Growth

Sal: If you're a beginner, and you walk into a gym, and you don't know how to use a piece of equipment, or you're struggling, that big, scary guy in the gym with his headphones on, if you tap on his shoulder, and you say, "Hey, can you show me how to do this?" They will take their headphones out. They'll come over and they'll be so happy to help you probably because they've gone through that journey themselves. Everybody in there who's serious or dedicated is going through that process. Then let's talk about that for a second. We talked about the process and the result. Do you know what the next step of that is? The next step or the evolution of that is even better because at first, it's like if I do this, I get a result. But at some point, you can't keep getting stronger. I mean, if that were the case, by now I would be able to squat 5000 pounds or whatever. At some point, what ends up happening is the result is the side effect and what you love is the journey, and the journey is where everything happens. This is a quote that I've said on other podcasts, I love saying it, it's like, "The man who loves walking will walk further than the man who loves the destination."