Can I use Rain Barrels to Irrigate a Vegetable Garden?

# Summary:

* Asphalt roofs produce water that has relatively low levels of metal contamination.   
  Wooden shingle roofs - NOT OK.
* The biggest concern seems to be e-coli from bird droppings and animal poop on the  
  roof. The experts recommend
  + treating the water with chlorine bleach
  + use only drip or soaker hose irrigation; do not spray water on leaves like lettuce

# Make up your own mind:

The two links below provide data and detailed recommendations

<https://news.extension.uconn.edu/2018/05/18/can-i-water-vegetables-with-my-rain-barrel-water/>

<https://njaes.rutgers.edu/fs1218/>