

## Session 3 – Managing pests and diseases organically



### General Approach

- ❖ Attract beneficial predators, eg. Ladybirds, lacewings, hoverfly, frogs, birds
- ❖ Let some vegetables go to seed and don't be too 'tidy' over winter this enables insects to complete their full life cycle
- ❖ A biodiverse garden is a healthy garden. Can you put in a pond? Leave a part of your plot wild?
- ❖ A healthy soil means healthy plants, which means plants are less prone to attack. Build up soil fertility with homemade compost or manure, or green manures/cover crops. Use mulches to add nutrients and add comfrey or nettle tea to add nutrients at crucial stages of growth.
- ❖ Keep soil covered or with 'roots in the ground' as much as you can.

### Specific actions

- ❖ Companion planting. Eg. Nasturtiums with beans. Flowers that attract beneficial insects. Or flowers with a smell that repels pests, eg garlic, French marigold.
- ❖ Intercropping to fill gaps in rows
- ❖ Pay attention to planting time. Sometimes planting things at certain time of year avoids peak pest season. Eg. Broad beans that are sown in the autumn fruit early enough in the year to avoid severe black fly attacks.
- ❖ Crop rotation
- ❖ Planting resistant varieties, eg Avoncrisp lettuce which is resistant to root aphid

### Dealing with problems

- ❖ Can try garlic spray for aphids, green fly and black fly and other pests. Or spray off with a jet of water.
- ❖ Netting. For instance to prevent cabbage moths laying eggs on brassicas, or prevent birds from eating berries.

- ❖ Crushed egg shells – lay in a wide barrier around the base of the plant to deter slugs. Could also try sawdust, bark or wood ash.
- ❖ Plastic cloches around young plants to prevent slugs

### **Pests and their enemies**

<b>Pest</b>	<b>Enemies</b>
Aphids	Hoverflies, earwigs, ladybirds, spiders, parasitic wasps, birds
Cutworms	Blackbirds, chickens, digging over the soil in winter
Slugs	Frogs, hedgehogs, birds, chickens, ducks, ground beetles, slow-worms, toads
Millipedes	Birds, hedgehogs, frogs, toads, ground beetles

### **Useful websites**

- Glasgow Community Food Network [www.glasgowfood.net](http://www.glasgowfood.net) Sign up to our newsletter for info on events etc
- Urban Roots – environmental charity in South Side of Glasgow [www.urbanroots.org.uk](http://www.urbanroots.org.uk)
- Grow Veg Garden Planner [www.growveg.co.uk](http://www.growveg.co.uk)
- Organic Gardening Catalogue (Plants and equipment) [www.organiccatalogue.com](http://www.organiccatalogue.com)
- Seeds – Real Seeds [www.realseeds.co.uk](http://www.realseeds.co.uk)
- Seeds of Scotland [www.seedsofscotland.com](http://www.seedsofscotland.com)
- Garden Organic – the charity that promotes organic gardening. Lots of advice [www.gardenorganic.org.uk](http://www.gardenorganic.org.uk)