

Preventing and curing attacks of insects using biodynamic methods

Last week we gave tips about short term solutions by identifying the circumstances leading to attacks, immediate care and of balancing fertility and responding to Aphids being on our plants.

In this post I give hints as to how to prevent these attacks with a view of medium and long-term solutions not just against aphids, but also other insects infestations.

How is this possible?

1 Through the creation of adequate environments and habitats to balance growth the atmosphere around our plants

2 Through the elaboration of biodynamic insect preparations to curtail their presence, while we heal the environment.

Creation of habitats and environments

A. Birds are instrumental in keeping down the insect population

- Nesting opportunities for birds under roofs (sparrows, swallows and house martins), in hedges and thorny ornamental bushes (bluetits, wrens, finches, etc.)

- Planting plenty of natural and ornamental, perennial shrubs, climbing plants with berries and to feed the birds all year round.

- Leave wild and cultivated herbs and flowers in the garden to go to seed like groundsel, sowthistles, chickweed, fat hen, black nightshade and others

- Ponds or other water features to provide liquid

B. Natural predators environments

- Dead wood and dry stone walls for wasps and wild bees

- Leave wild and cultivated herbs and flowers and let them go to seed

- Keep all dead seed bearing flower heads over winter

- Ponds and water features for dragonflies, etc

C. Practice companion planting

- Use vegetables in the same beds that repel each other's pests like Onions and Carrots, Cabbage family and Celery and Celериac, Leeks and Celery or with Beetroot, etc.

- Inter-plant annual herbs and flowers amongst your cultivars to protect them from insects like Beans and Summer Savoury, Tomatoes and Basil, French Marigolds, Parsley, Coriander and Rucula (Rocket), Nasturtiums, Caraway, Hyssop and Brassicas and Garlic as long as you keep it away from the legumes

- Plant perennial herbs and flowers at the end of beds or ornamental borders around the vegetables patch like Mints, Lemon Balm, Rue, Lavender, Rosemary, Wormwood, Tansy and Euphorbias

- Plant ornamental flowers to attract insects and kill them like Ornamental Tobacco, Nasturtiums for insects above the ground and Mustards for wireworm and other grubs under the ground

Last but not least, if you have a predominant and problematic insect population in the garden, collect about 60 specimens of the insects of any kind between April and June and burn them on hot embers, gather all the ashes, grind to a powder and dynamize them with a pestle and mortar for 1 hour and then either spread them in a circle around the affected

area on the soil or you can make the ashes even more effective, in my experience and according to Maria Thun's research, if you potentize them to D8 and spread the liquid that contains the information of the death process. This will prevent the treated species to eat or reproduce in the sprayed area until you will have created the balanced habitat for all insects and plants in your garden.

Find out more about that in our live or recorded online sessions of ["Grow Your Own Health"](#) and in our next practical workshops in Dorset this weekend and on the 10/11th June 2023 in Sussex.

As R. Steiner said in the Agriculture course, where he called the ashes peppers, "Peppering the farm or garden makes it a tasty experience just like when we pepper our meal". I urge you also to create an inner, intimate relationship with all the creatures big and small in the garden which can work even more subtly, than our other approaches mentioned above.

Happy biodynamic gardening

Hans-Gunther



