



WILDWOOD FARMS

Community Garden

The Wildwood Farms Community Garden wants to provide a healthy and sustainable garden environment for growing your own food. To promote that concept, we ask that organic gardening practices, when it comes to pest control, be used within the Community Garden fence. If you have any questions, please contact the WFCG Garden Manager (s).

Organic Gardening Methods and Approved Pesticide List for Use in the Community Garden

Defining Organic

The word organic has come to mean “foods grown without synthetic fertilizers or pesticides or hormones.” Organic methods promote a healthy ecosystem where birds, insects, plants, microorganisms, and people all reach a natural balance that is beneficial for all. The first line of pest control should be a careful evaluation and maximization of the soil and nutrients for a plant. Good compost and loose, rich soil are often the best solutions for pests. Make sure your plants receive enough water and sunlight, you choose plants that grow well in this part of the world, you utilize companion plantings and you rotate your crops. All of these considerations can help prevent insect problems.

Organic insect management

Organic management of insect pests is based on avoiding a pest outbreak rather than dealing with the pest after it has acquired a foothold in the garden. The following are some techniques to control insects organically:

- **Inspect plants**
Scout the garden often for evidence of insects. Note that insects are often gone after damage becomes evident. Physically remove any harmful insects found to prevent the population from spreading to adjacent plants. If using an organic pesticide, be careful to use it only on the insects being targeted in order to protect the beneficial insects from harm.
- **Habitat for beneficial insects**
Create an environment favorable for natural enemies of harmful insects. More than 100 families of insects, spiders and mites contain species that are natural enemies of harmful insects. Plant the borders of the garden in native flowers or plants such as clover or alfalfa to attract beneficial insects such as lady beetles, lacewings and praying mantis.
- **Row covers**
Row covers are lightweight, spun-bonded fabrics that can be suspended or draped over vegetables to protect them from invasive insects. Do not use row cover on crops that need insect pollination, except during the time prior to flowering and fruit set.
- **Date of planting**
Many vegetable insects will have peak populations throughout the growing season. Avoid high populations of insects by adjusting the planting date. For example, early-planted sweet corn will have much less corn earworm infestation than late-planted corn.
- **Intercropping**
Intercropping is the practice of growing two or more vegetables in the same area during the same growing season. Avoid planting large blocks of any single vegetable in the garden. Mixing vegetables prevents spread and buildup of harmful insects.

- **Keep plants healthy**
Healthy plants are less attractive to insects, and if attacked, are better able to survive and produce a marketable crop. This is also true for organic disease management.
- **Sanitation**
Remove plants after harvest to prevent them from becoming reservoirs for harmful insects.
- **Fall plowing**
- Plowing the vegetable garden after fall harvest exposes insects and insect eggs to birds or to desiccation during winter freezing and thawing.

Organic Controls and Pesticides

Pesticides used in the Community Garden should come from this list - Always read the label on a pesticide prior to using it. Just because it is an organic pesticide does not mean that it is not toxic.

Recommended Controls and Pesticides (insecticides and fungicides)

- beneficial insects (ladybugs, praying mantids, trichogramma wasps, lacewings, tachinid and syrphid flies, etc.)
- hand-picking
- traps (pheromone, sticky, water, food, etc.)
- row covers
- spraying with garlic, horticultural or vegetable oil, and pepper sprays
- insecticidal soaps (preferably biodegradable soap solutions) labeled for edible crops
- BT (*Bacillus thuringiensis*) often sold as Dipel
- chitin
- diatomaceous earth
- bicarbonates (sodium bicarbonate-baking soda, and potassium bicarbonate)
- sulfur (copper sulphate etc)
- Neem
- Pyrethrum
- Rotenone
- Sabadilla
- Spinosad

Resources:

- <http://extension.missouri.edu/main/DisplayCategory.aspx?C=67> = University of Missouri Horticulture Extension
- <http://www.planetnatural.com/site/xdpy/kb/soil-amendments-vegetables.html>
- www.organic-gardening.net
- www.organicgardening.com
- www.extremelygreen.com
- <https://www.omri.org/>
- <https://attra.ncat.org/>
- <http://www.missouriorganic.org/About/Leadership.aspx>