



Pest control (DIY spray recipe)

Keep a close eye on your winter crops, especially for cabbage caterpillars. These pests often hide in the centre of plants and on the undersides of their leaves, and they'll quickly damage and destroy your veggies if given the chance.

Regular inspection is the best defence. You can remove caterpillars by hand and treat plants with neem oil.

For extra protection, try our natural homemade pest control recipe:

Ingredients:

1 bulb of garlic
1-2 fresh chillies
1 litre of water
A few drops of dish soap

Method:

Option 1 (Low effort):

Crush or blend garlic and chillies
Add to water
Leave to soak overnight

Option 2 (Stronger):

Crush garlic and chillies
Add to water
Bring water to the boil
Simmer for 10-15 minutes
Allow mixture to cool completely

Finish (both options):

Strain out the solids | Add a few drops of dish soap | Mix well, then pour into a spray bottle

