

Plants as protection against pests and diseases

Crop rotation and mixed cultivation prevent the proliferation of certain pests and diseases in the soil (see **Crop rotation and polyculture** information sheet).

Additionally, many plants have an impact on the health and pest defence of neighbouring crops.

In general, this effect comes from the emanation of essential oils or the secretion of plant substances through the leaves and roots.

These can be used in an organic garden to prevent or control pests.



In addition to being a good ground-cover plant that can help you combat weeds, nasturtium attracts pollinating insects. Its leaves and flowers are a delicious addition to a salad.

© Photo Stock - nasturtium

Friends and enemies in the garden

Pest or disease	Repellent plants
Currant leaf spot	Wormwood
Ants	Lavender, tansy, lamb's lettuce
Aphids	Nasturtium, lavender, savoury
Flea beetles	Wormwood, mint
Flies	Basil, tansy, walnuts
Potato beetles	Horseradish, dead-nettles, fern
Cabbage butterfly	Dill, sage, rosemary, thyme, mint, mugwort, tomato, celery
Mice, voles and muskrats	Garlic, fritillaries, sparges, dog's tongue, sunflower, narcissus, sweet yellow clover
Carrot fly	Onion, sage, watercress
Nematodes	Marigolds
Snails and slugs	Mustard seed, onion, garlic, nasturtium, sage, hyssop and thyme have a slight effect.
Onion fly	Carrot



Marigolds are a welcome addition to the natural garden. Not only are they pretty, they also attract beneficial animals and can be used to make ointments. Their root secretions help maintain healthy soil.

© Photo Stock - Marigolds





Sage is not just a cough remedy. In the kitchen, its strong aroma is the perfect finishing touch for many dishes. In the garden, sage has a beneficial effect on surrounding plants.



Lavender's positive effects are so varied that this plant has a place in every garden.

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