



Cabbage Worms

Cabbage Worms don't actually eat cabbage, they live on cruciferous vegetables in the Brassicaceae Family. Velvety green larvae that grow to 1-1/4" long. They are very hungry and spend their days eating leaves, cutting swaths out of leaves or larger holes in leaves. They can eat all the leaf just leaving the stem.

Their eggs are small, yellow or leaf-green hangs on the underside of the leaf. It looks like a small grain of rice standing on its end, you probably won't notice them.

They like: Bok Choy, Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Collards, Kale, Kohlrabi, Lettuces, Mustard Greens, Turnips, Radishes, Rutabaga, and Beans.

Steps:

1. Remove old and dead plants quickly. In its pupa stage, the caterpillar will over-winter in plant debris
2. Crop rotation is important
3. Place Diatomaceous Earth on the crop and at the base of the plant. It is a powder that is spiny on a microscopic level and it has a desiccating effect on small insects.
4. Hand-picking the worms off will slow the infestation. Then crush them and put in the garbage, or put them in a jar of soapy water to kill them.
5. Sprinkle dry cornmeal or rye flour on damp leaves will kill the worms.
6. Make a spray for the leaves
 - a. In a blender, combine any combo of the following, garlic, mint, onion, hot pepper, horseradish, and/or mineral oil
 - b. Add equal amount of water
 - c. Strain. Sprinkle the solids under the plant and liquid in spray bottle
 - d. Add tbsp. of liquid soap
 - e. Spray on plants between watering.
7. Companion planting to deter these garden pests
 - a. Garlic
 - b. Allium
 - c. Thyme
 - d. Tomatoes
 - e. Onions
 - f. Sage
 - g. Borage
 - h. Nasturtium
 - i. Rosemary



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This is how many I pulled off my plants this morning. On initial inspection I saw zero of them!

