

## Eco therapy project – Growing plants using aromatherapy

This is an Aromatherapy Project which will help you with your Eco Therapy projects – It relates to Steeping Stone 9 on aromatherapy and also Steeping Stone 12 Eco – Therapy.

Very often it can be very disappointing to see the lovely plants and vegetables that you are growing destroyed by insects! It is a sign what you are growing is definitely YUMMY!! They queue up to munch on it.



It obviously defeats the object of growing pure and organic veggies to eat, if you are going to spray them with chemicals in order to deter or destroy insects.

The following sheet has been put together to help you avoid using pesticides by using essential oils that are used in aromatherapy instead. They are invaluable in gardening and growing as it relates to a concept called 'Companion Planting'. This is where you plant certain plants together because they make good team mates and grow well together. This is often because one plant will produce a volatile oil \*, that will deter unwelcome pests and insects from visiting it's neighbour. Often these companion plants taste good together when they are cooked. One good example of this is basil and tomato.

*\*that is what an essential oil is called whilst it is still in the plant. It is only called an essential oil after the plant has been processed.*

When you do planting out and growing with your child it is helpful to talk about using these oils and why and how they work.



### FACT SHEET FOR GARDENERS

Planting Willow - a holographic tree at Willow Bridge in recycled cans

Essential oils are useful in your garden in the following ways: Pest deterrents (pests carry bacteria & virus, fungi, mould,); increasing yields and quality of flowers and vegetables. For example Tagettes deters nematode worms. Roses love garlic, basil or thyme, basil enhances the growth and flavour of tomatoes. Thyme and lavender protect vegetables. Ants can be deterred by peppermint. Mosquitoes have an aversion to lemon grass and citronella.

There are many ingenious ways to use essential oils in the garden.

- Sprays: 4-8 drops of essential oil in 4 l of water.
- Hanging Strips: Place 1 drop of essential oil on a strip of material and hang from a branch or a stick.
- Cotton Wool: 3 drops of essential oil, to stop burrowing or on a nest.
- Cartons: For deterring slugs & snails, etc., bury old yoghurt carton so that the top is level with ground. Place 4 drops of essential oil inside and renew when necessary.
- String: Soaked in a solution of water and essential oil strung between rows.

Essential oils can be used for washing out plant pots. Indoor plant growth can be encouraged by spraying with a few drops of geranium, frankincense, or lemon grass in a water spray.

### INSECT REPELLENTS

- |                           |   |
|---------------------------|---|
| • Ants                    | Peppermint                                |
| • Aphids                  | Peppermint, Cedarwood, Hyssop             |
| • Bean Beetle             | Peppermint, Thyme                         |
| • Black Fly               | Lavender, Tagettes                        |
| • Cabbage Root Fly        | Thyme, Sage                               |
| • Cabbage White Butterfly | Peppermint, Sage, Rosemary, Hyssop, Thyme |
| • Carrot Fly              | Rosemary, Tagettes                        |
| • Caterpillars            | Peppermint                                |
| • Cut Worm                | Sage, Thyme                               |
| • Eel Worm                | Tagettes                                  |
| • Flea Beetle             | Peppermint, Lemon grass, Lavender         |
| • Fleas                   | Lemon grass, citronella, Lavender         |
| • Flies                   | Lavender, citronella, Peppermint          |
| • Gnats                   | Tagettes, citronella, Patchouli           |
| • Lice                    | Peppermint, Cedarwood                     |
| • Mosquitoes              | Lavender, citronella                      |
| • Moths                   | Lavender, citronella, Hyssop, Peppermint  |
| • Nematodes               | Tagettes, Sage, citronella                |
| • Plant lice              | Peppermint                                |
| • Slugs                   | Garlic, Cedarwood, Hyssop & Pine          |
| • Ticks                   | citronella, lemon grass, Thyme, Sage      |
| • Weevils                 | Cedarwood, Sandalwood, Patchouli          |
| • White Fly               | Tagettes, Lavender, Sage                  |
| • Woolly Aphids           | Sandalwood, Patchouli, Pine               |

Hyssop helps plants recover from a bacterial infection. Chamomile helps sick plants recover.

The following oils enhance specific vegetables:

Vegetable	Oil	Vegetable	Oil
Asparagus	Basil, Parsley	Leeks	Hyssop
Beans	Lavender, Basil	Lettuces	Tagettes
Beetroot	Celery, Marjoram	Onions	Chamomile
Broccoli	Basil, Thyme	Peas	Geranium
Cabbage	Peppermint, Sage, Thyme,	Potatoes	Basil, Sage
Carrots	Sage	Radishes	Parsley
Cauliflower-	Thyme	Swedes	Sage, Tagettes
Celery	Geranium	Tomatoes	Tagettes, Basil
Cucumber	Sage	Apples	Lavender



Spraying tomatoes with essential oil of basil enhances, growth, flavour and deters insects