



Polyculture



Green manure



**Integrated control
(insect predators)**



Trap crops



**Biofertilisers (plant-based
slurry or manure)**



Seasonal crops



Mulching



**Biological work by roots
and insects**

<p>Green manure</p> <p>The use of certain plants such as white mustard, clover, fodder radish, grasses and legumes or a mixture of them, in order to incorporate the biomass that these plants generate into the soil, providing humus as well as active nitrogen and other essential nutrients.</p> <p>These effects include the recovery of nutrients from deep layers that our current crops cannot access, the supply of atmospheric nitrogen, the aeration and structuring of the soil and, in general, the provision of humus as well as active nitrogen and other essential nutrients.</p>	<p>Polyculture</p> <p>It is an agricultural practice that combines two or more crops on the same plot of land, with the possibility of achieving a great variety of crops, which is basically characterised by being adaptable to possible crop losses compared to a monoculture system.</p>
<p>Trap crops</p> <p>They are a group of certain plants that have the quality of being more palatable to insects than the rest of our crops, thus reducing insect pressure and serving as an indicator for us to know how to act more consistently and in advance.</p>	<p>Integrated control (insect predators)</p> <p>This type of pest control strategy involves the use of beneficial insects that prey on pests by combining controlled releases with minimally invasive agricultural practices that allow them to reproduce and establish on our crops. By using native insects we avoid the spread of foreign species into the environment.</p>
<p>Seasonal crops</p> <p>These are crops that are traditionally grown only at certain times of the year due to their better adaptation to environmental conditions, and which, as they are not forced by market needs, require less cultural work, sanitary controls, use of fertilisers or plastic covers such as greenhouses or microtunnels.</p> <p>A clear example: cabbage production in autumn and watermelons and melons in spring/summer.</p>	<p>Biofertilisers (plant-based slurry or manure)</p> <p>With the help of plants, livestock waste and micro-organisms we can prepare three types of fertilisers:</p> <p>Slurries or fermented extracts made from plants such as nettle and comfrey. Some also have insecticide capacity.</p> <p>Biol based on fermented manure in anaerobic conditions.</p> <p>The efficient micro-organisms (EEMM) that we can cultivate and apply where we are interested.</p>
<p>Biological work by roots and insects</p> <p>In a healthy soil, mechanical soil preparation work can be greatly reduced because we create the right conditions for the development of earthworms, beetles, centipedes, springtails and other insects that remove and oxygenate the substrate and if we also add plants with different types of roots that have various effects on the soil structure we will be avoiding compaction and allowing the entry of water and oxygen into our soil.</p>	<p>Mulching</p> <p>It consists of covering the bare soil with crop residues, stubble, pieces of paper or cardboard, straw. The purpose of which is to avoid the incidence of the sun's rays, wind, etc., preventing moisture evaporation and allowing the microorganisms in the soil to develop better conditions than in exposed soil.</p> <p>In addition, this practice prevents the proliferation of unwanted weeds in the garden.</p>



Crop rotation



Manual labour



Repulsive crops



Soil regeneration



Strengthening of plants



Manual work



Cultural work

Manual labour	Crop rotation
Soil regeneration (fallow, mulching, efficient micro-organisms)	Repulsive crops
Manual work: Movement from Yah people... ;)	Strengthening of plants
Cultural work: (hindering access and development of pests with manual interventions)	