

# THE BROCCOLI SHIELD

## 7 Natural Guardians for a Pest-Free Harvest

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### ◆ MARIGOLD 🌻 The Golden Guardian

- **Superpower:** Two-layer defense — above + below ground
- **Science:** Releases alpha-terthienyl (toxic to nematodes); scent repels whiteflies & aphids
- **Plant It:** Ring around broccoli, 8" away. Best: French marigolds 'Bonanza' or 'Disco'
- **Zen Note:** The sun's golden shield — protection from the soil up

### ◆ DILL 🌿 The Predator Summoner

- **Superpower:** Calls in beneficial insects to hunt cabbage worms
- **Science:** Volatile oils attract parasitic wasps & ladybugs; wasps lay eggs on caterpillar larvae
- **Plant It:** Eastern side of broccoli; let it flower — umbels are landing pads for allies
- **Zen Note:** Protection through alliance — call the right guardians at the right time

### ◆ ROSEMARY 🌿 The Scent Barrier

- **Superpower:** Makes broccoli invisible to flying pests
- **Science:** Camphor & 1,8-cineole mask broccoli's chemical scent trail — moths can't locate it
- **Plant It:** Corner of broccoli patch as aromatic sentinel; woody upright growth forms boundary
- **Zen Note:** Rosemary remembers to guard — even when you're not watching

### ◆ NASTURTIUM 🌸 The Sacrificial Shield

- **Superpower:** Trap crop — absorbs pest damage so broccoli doesn't have to
- **Science:** Glucosinolates attract aphids & cabbage butterflies; pests prefer nasturtiums over broccoli
- **Plant It:** Outer edge of broccoli bed, on the pest approach side; remove affected leaves + pests
- **Zen Note:** Victory through sacrifice — a quiet heroism in the garden

### ◆ CHAMOMILE 🌿 The Soil Healer

- **Superpower:** Suppresses clubroot (can persist 20+ years in soil) + attracts hoverflies
- **Science:** Chamazulene & bisabolol are antifungal/antibacterial; hoverfly larvae devour aphids
- **Plant It:** Scatter liberally throughout bed; let self-seed and naturalize
- **Zen Note:** The plant's physician — strengthens everything it grows beside

### ◆ THYME 🌿 The Ground Defender

- **Superpower:** Living mulch that protects roots & stem base
- **Science:** Thymol suppresses damping-off & root rot fungi; aromatic ground cover disrupts cabbage root fly
- **Plant It:** Between broccoli plants as creeping carpet; same well-drained conditions broccoli prefers
- **Zen Note:** Courage at ground level — guards where most forget to look

### ◆ SAGE 🌿 The Moth Repeller

- **Superpower:** Stops the cabbage worm problem at its source — the moth
- **Science:** Thujone & camphor disrupt egg-laying behavior; prevents caterpillars before they begin
- **Plant It:** Western side of bed; prevailing winds carry scent across broccoli leaves
- **Zen Note:** Sage cleanses the space — creating a boundary pests hesitate to cross

## SACRED COMBINATIONS ✨ The Complete 360° Shield:

### Combination

→ **Ring of marigolds** (soil + above ground)

→ **East side:** Dill + nasturtiums (summon predators + absorb first wave)

→ **Corners:** Rosemary + sage (aromatic perimeter)

→ **Throughout:** Chamomile (soil purification + hoverflies)

→ **Ground:** Creeping thyme carpet (root + stem defense) 7 Plants.

*360° Protection. One Living Fortress.*