



# OFFICE INTERNATIONAL

du Coin de Terre et des Jardins Familiaux

association sans but lucratif

1926-2016  
90 ans

Regroupement des fédérations européennes des jardins familiaux  
Membre d'Europa Nostra  
Statut participatif auprès du Conseil de l'Europe

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The Office International du Coin de Terre et des Jardins Familiaux and the affiliated federations call upon all allotment gardeners to take part in the Week without pesticides organised from 20th till 30th March 2021.



## Gardens without pesticides

### *An example of good practice*

Cultivation without pesticides is an important issue both nationally and internationally. It is tempting to use pesticides on weeds, but you can do much better with preventive work. One who tries to live up to this principle is Per Stray, a Norwegian allotment gardener. He has a large variety of plants, and perhaps also Solvang's most beautiful garden (Oslo). As a third-generation gardener he has a lot of knowledge and experience with organic farming. Already as a child he had a garden spot where he grew his own vegetables.

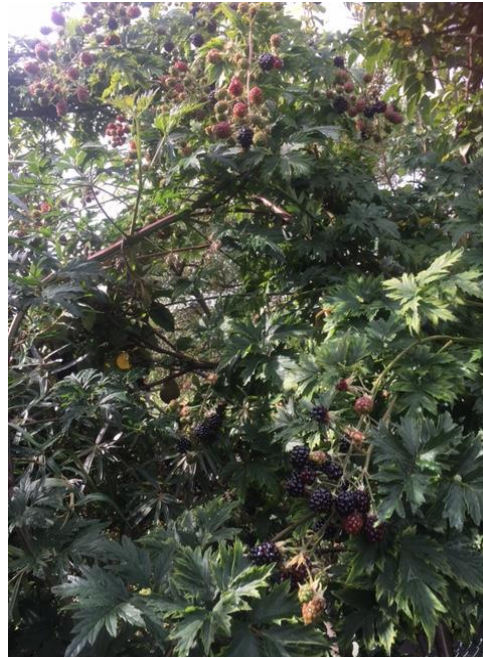
Per started gardening when he was 16 years old and completed his education in horticulture in the fruit village of Hardanger, Norway. Today he is, among other things, responsible for the garden of the American ambassador in Oslo.



I think his thoughts about organic gardening are important. Below I present some of his ideas, so that more people can benefit from these principles.

Per early became aware of the great damage pesticides do and how they disturb the balance in nature. Poison can be effective, but it always kills more than you wanted to. You risk killing all the beneficial animals that could otherwise keep the bugs away, and you can lose your pollinators so that your bushes are left without berries. The result is a poorer garden. He emphasizes the collaboration with nature, in order that gardens become part of nature's cycle. Unfortunately, much productive waste is thrown and removed from the gardens instead of being used in the compost. It is unwise to get rid of the garden's own resources. Per believes that good composting is important for creating well-functioning gardens. By planting in compost, you get resistant plants. Hence, nutritious compost is crucial. A compost bin is filled with garden waste such as grass, twigs, branches, plant, fruit residues, coffee grounds and tea. It is definitely a good investment to acquire a compost grinder. There you can also add food waste such as eggshells etc. to strengthen the nutrient content, but then you will also need an insulated compost bin.

Knowledge of plants is important. The plants comfrey and nettle are very nutritious and can be used for green manure, especially in late summer. Specifically, this means that the leaves are harvested and put in a water bottle to rot. The plants are rich in potassium and are therefore well suited for the growth process.



Most flowering plants depend on pollination, and many of the vegetables we eat exist due to bees and other pollinating insects. Planting food plants for insects that provide pollen and nectar are critical in organic gardening. When the bees fly in search of food to eat, the pollen is spread to other plants. There are several different flowers that attract such insects with their fragrance, colour, and taste.

The bees thrive in wild meadows with a variety of flowers. The diversity itself ensures that pests on plants are controlled. Butterfly bush and Melton Pastels are examples of plants that are particularly suitable.



The insects also need to rest after long days in the garden. What we call an insect house is well suited for this. When it comes to the design of these, only your imagination sets the limits.

Per himself started with small scale gardening, but he organized the garden into different spaces with paths in between so that you got the feeling of being in a bigger garden. Finally, he adds that a garden is never completed. It should always be subject to further development and growth and changing without the use of poison.

The Office International du Coin de Terre et des Jardins Familiaux and all the affiliated federations call upon their members not only to participate in the week without pesticides with a special activity, but to take responsibility themselves in their daily life for the environment, fellow human beings, plants and animals by the application of good practices.

A modern allotment garden is managed ecologically.