

# ALTERNATIVES TO PESTICIDES

Blue Monarch Project (<http://www.BlueMonarchProject.com>) is using information from our research and radio show guest experts like Richard Bugman Fagerlund (on Facebook or email: [askthebugman2013@gmail.com](mailto:askthebugman2013@gmail.com)). He was an exterminator for 40 years and now advocates TO USE NO PESTICIDES EVER IF POSSIBLE.

**SAFE NO TOXIC WEED KILLING FORMULA:** Do you have weeds in your yard? Not necessary to use herbicides. Here are two recipes for controlling weeds in your yard.

## **WEED KILLING FORMULA #1:**

Or you can mix ½ gallon of Apple Cider Vinegar with ¼ cup of salt and a teaspoon of liquid dish soap. This mixture will kill dandelions and other weeds. The soap removes the protective oils from the weeds so the vinegar can work. These recipes are for weeds only, so be careful as they will damage plants you want.

## **WEED KILLING FORMULA #2:**

Mix a solution of 80% table vinegar and 20% rubbing alcohol and a dash of dish soap and spray weeds in cracks or along fences.

Recommend to never use soaps with artificial fragrance as those are **hormone disruptors**. Soaps like “Dawn Dish Soap” contain them along with other toxic unnecessary chemical. Organic bar soap uses less plastic, and companies like “Planet Dish Soap” and “Nellies Clean” laundry and multipurpose cleaners has dry powder with no fragrance/hormone disruptors and requires just a small amount. Have oxy product and detergent that made my clothes feel lighter and look cleaner than ever before. Residues like silicon coat and stay in clothes.

**Cockroaches** - Pesticides not necessary. You can control cockroaches with beer and duct tape.

We use boric acid. You can find products that are just pure boric acid. Sprinkle where they go, but not where pets or people walk or go like under the refrigerator and in corners under cabinets or the bottom of the cabinet under the sink. The boric acid stick to their body and starts to eat away and their protective waxy coating that helps them not need water for long period of time. They start to dehydrate and die.

Richard “the bugman” Fagerlund has these recommendations: There are a number of good baits available for controlling cockroaches. You can put equal amounts of baking soda and sugar out in flat containers and they will take it. There is a very good roach bait available commercially. It is Niban Bait and it is made from boric acid. You can't buy Niban in stores, but it is available online. When using Niban, put it under and behind appliances, around hot water heaters, inside lower cabinets, in the garage and other places roaches will hide. You can also put out some pie pans filled with beer around your home. The roaches love beer and will go in the pie pans and drown. They don't like Lite beer but prefer good beer and they don't check IDs.

**Ants** - You can repel ants with a wide variety of products, including cinnamon, baking soda, Comet Cleanser, cedar oil, chalk, coffee grounds, borax, garlic, broken egg shells, bone meal, black or red pepper, peppermint, paprika, chili powder and mint leaves. If you have ants going into your hummingbird feeder, you can put duct tape, sticky side out, on the wire holding the feeder, to deter them. The best way to control them when they get in your home is with baits. One good homemade bait is two tablespoons each of peanut butter and jelly mixed with one tablespoon of boric acid or Borax. Put it where you see the ants foraging. You can also use instant grits, which they can't digest. Terro Bait is a very good commercial bait that is available in stores. It is a liquid boric acid bait.

We use **Amdro ant bait** mixed with fish flavored cat food about 50/50. We put a spoonful in a place where there is a line of ants. We over the bait so it's not disturbed by other animals but the ants can still easily access. Use broken pots or dishes with a rock on top. A couple of other small rocks can help ants crawl under. This works because it is taken to feed the queen that might be underground and impossible to reach by spraying pesticides. The best time to put out the bait is right after the sun goes down. Sun dries out cat food.

Pick it up in a couple of days to prevent flies from forming.

**Mosquitoes** - We highly recommend using a product called "Dunks" to prevent mosquitoes in areas where water may accumulate such as fountains, ponds, plant water trays, etc. THIS PRODUCT IS ONLY TOXIC TO MOSQUITO LARVAE!

You can get the Dunk doughnuts that float on water or the crumbles that are good for plant water trays, dog water dishes, etc. If you have mosquitoes in your lawn you can take a five-gallon bucket fill it with water, let the water sit for 24 hours so the chlorine can evaporate (will kill good bacteria), add a couple of the Dunk doughnuts, half cup organic molasses to feed the bacteria to multiply faster, cover & let it sit another 24-48 hours, remove and save the Dunks. Add the liquid to some kind of sprayer and use on the areas where you see them breeding, or are the problem.

**MOST IMPORTANT FIND ALL STANDING WATER SOURCES TO STOP ANY BREEDING GROUNDS.** Enjoy your water features without the worry of mosquitoes. Will work better if you also use an aquarium filter to add oxygen to the water.

**Head lice** - You can safely control head lice with coconut oil or olive oil shampoos or a product called **Greenbug for People**. You can also put a shower cap on the head and use a hair dryer. The heat from the hair dryer will kill the lice. You can safely control head lice with coconut oil or olive oil shampoos. Salt water will also kill lice, so if you live near an ocean, a swim would help.

**Fleas – WONDERCIDE #1 choice.** All their products work great. We've used oil on our dog for the fleas. We start with that then shampoo with the cedar oil products. They also have an oil that is excellent. Spray all areas with the "Cedar Oil" spray. Not a bad smell but can be strong at first so just open windows. All dogparks should use this product not Dicamba, Roundup or 2-4D which all cause cancer and many other conditions and IS WHAT IS BEING USED RIGHT NOW at the majority of parks.

**NEVER USE FLEA PRODUCTS SOLD WITH PESTICIDE/POISON IN THEM** (most all brands). Flea collars and flea products given by mouth can kill your animals, cause seizures, skin conditions, destroy their gut bacteria/immune system. Harmful for the entire family if you read the fine print on the instructions.

**House flies** - When you swat a fly remember that it has an unblurred range of vision of only about 1½ feet. You should aim your flyswatter about 1½" behind the fly, because when houseflies take off from a horizontal surface, they jump upward and backward. Set out a saucer filled with bubble soap to attract and kill flies. Adult flies eat only sugar, so make some light Karo Syrup or honey or sugar water with 5% boric acid or borax baits. Rescue Fly Traps work very well outside. I have frequently written about hanging Ziploc bags filled with water around doors and windows. The sun's refractive light is said to disorient flies when the sun's rays are shining through the bags and the flies won't come in the building. Flies have a lot of eye parts and they will see double vision many times over and leave.

**Wasps** – If you have a wasp nest, please don't buy the can of wasp pesticide. It is awful! Instead search the internet for a product that comes in a can called "Trick Shot." This is a product made from soybean oil that is a penetrating lubricant. What is so great is that when you push and hold the button to use it the stream can shoot several feet so you can stand way back and aim at the high point where the wasp nest is located and just start spraying and not let up so they can't fly away and escape. The oil coats their bodies so they can't fly away and will not come off easily so they die.

**DON'T SPRAY THE WASP NEST IN THE MIDDLE OF THE DAY!** Best to get up just when the sun is rising in morning because at night they all come to the nest and sleep together. If you spray in the middle of the day you will miss the wasps that have left and are looking for food. Around 5:30 am – 6:00 am is best. You can put a piece of plastic under it if there is vegetation in the area. Avoid getting Trick Shot on plants and if you do get any on the plant, wash it off with a good spraying of water or it will damage the leaves. Knock down the nest and dispose of it. This has worked for me every time and without filling the air with poison that stinks too.

**Scorpions** – If you have scorpions on your property, put some thick cloth like burlap or denim, dampen it and put it outside on the ground. Scorpions will be attracted to it and hide under it. You can remove the cloth each day and deal with the scorpions you find.

**Termites** – Termites may require an exterminator, but most pests you can control yourself. Don't use Vikane or toxic gas fumigation, it was originally developed as a chemical weapon and is released full strength from the house into the air to travel into neighboring windows and cracks. It can easily destroy all plants. Yours and your neighbors, it is a neurotoxin that destroys our brains and motor function, and can damage a fetus, small child for life. Orange oil is effective and not toxic. Sometimes just replacing old stairs/infected wood and treating with orange oil can be enough. Don't believe what Terminix tells you. Search: Beyond Pesticides for advise on the risks of different kinds of chemicals. Pesticides NEVER tested on children.

You can determine if you have termites under your house or close to it with some monitoring traps. You will need some flat pieces of cardboard. Cut some cardboard into two feet by two feet squares. Bury them around the house about a foot from the foundation. One on each side of the house should be adequate unless you have a large house. Bury them about four inches deep and soak them with Ginger Ale before you apply the dirt. Dig them up in about three weeks and if you find termites under any of the cardboard then you need to get your home treated. If the termites are under your house or close to it they'll be attracted to cardboard.

**Fungus gnats:** The best way to control them is to let the plants dry out almost to the point of wilting before re-watering. That will kill the larvae in the soil. Then put an inch of aquarium gravel on the soil to prevent female fungus gnats from laying anymore eggs in the potting soil. You can also place a yellow sticky trap on a stick in the soil to catch the adult gnats.

**Snails:** The best method of control is to put Diatomaceous earth (DE) under and around all plants you want to protect as they will not crawl over it. You can also trap them with small pans of beer in the yard. The good news is the beer will also attract and kill any cockroaches in the yard. Never use a commercial snail bait that contains methaldehyde as this is very dangerous to dogs.

Organic farmers and gardeners are now recommending a product "Sluggo" since European snails have been introduced to places like California. It is an iron phosphate product that is not harmful to other insects and animals. Snails eat the pellets, find a place to hide and die. Saw improvement with a small amount.

**Earwigs:** If you have earwigs in your yard and you don't want them, roll up some newspaper, dampen it a little and put it the yard. Earwigs love newspapers and will hide in them. Then pick the paper up in the morning and dispose of the newspaper or take them somewhere else.

**Pesticides are not necessary.** If you have to control earwigs, you can spray around your foundation up to three feet up and four feet out using a hose-end sprayer filled with dishwashing soap.

If you have a basement, vacuum the floor very well along with the garage. You can also trap earwigs by putting a little honey or peanut butter in a shallow dish or tuna can and putting it in the ground so the top is ground level. Add a little fish oil and check it early in the morning. You can shake the earwigs into a pail of soapy water. You can also set out rolls of cardboard or newspapers and put them under bushes, plants, trees and other areas. The earwigs will hide in the rolls of paper or cardboard. Throw them away in the morning.

If you have mulch around your house, you should dust it with food-grade diatomaceous earth. Also seal or caulk all cracks and crevices in the foundation. If you want to keep them out of a certain area, you can put a barrier of petroleum jelly or duct tape, sticky side up. Earwigs won't cross it, either. You can also put out a pie pan with beer in it. Not only will it catch earwigs, it will also attract and catch any cockroaches in the area. A friend of mine in the North Valley puts out a pie pan with beer almost every night and always catches 15-20 roaches a night. Apparently they don't check IDs as she catches quite a few young ones as well. She will put it in parts of her yard where her dogs (or neighbors) can't find it, but it is easily accessible to the cockroaches. Beer is also effective for controlling snails.

**Silverfish:** You can trap them by putting some flour in a glass jar and wrapping it with duct tape so they can climb up the sides. They will get in the jar but will not be able to get out.

**Gophers:** Pour some castor oil in their burrows and they will leave the area. You can use a Victor gopher trap. It only costs about \$15 and can reuse over and over. Personally have gotten close to 80 gophers with one Victor black box trap. Even if you step right on it nothing will happen because the trap part is hidden inside the box. Only costs about \$15 and use over and over. Find where they just finished digging. With a shovel dig to find the tunnel underground beneath the mound. Using the shovel create a flat surface on the area where the tunnel starts. Place the flat side of the trap that is already set against the tunnel. Add soil around it so the gopher doesn't sense the change in the soil density without blocking the trap from triggering. Can cover so other animals can't drag away the trap with a dead gopher. Use gloves to not leave a scent.

**Garden Tips: Squash bugs** - It is a good idea to put small, flat boards in the garden where these bugs live. They will hide out under the boards in the daytime, allowing you to find them and dispose of them. This also works for cutworms as they hide during the day.

**Spider mites** - If you have mites, try mixing 4 tablespoons of buttermilk with a cup of all-purpose flour and a gallon of water. This mixture will suffocate the mites.

**DON'T KILL ANY CATERPILLARS UNLESS ABSOLUTELY NECESSARY. CATERPILLARS ARE FOUNDATION OF ALL LIFE ON EARTH AND OVERWHELMINGLY THE #1 CHOICE OF BIRDS TO FEED THEIR YOUNG. LIKE A SAUSAGE FILLED WITH ENERGY, NUTRITION, AND CAROTENOIDS FOR COLOR TO ATTRACT A MATE. CATERPILLARS ARE THE FOUNDATION FOR ALL LIFE ON EARTH!**

**Caterpillars** - You can mix 1 cup of flour with ½ cup of salt for caterpillars. Make sure you mist the plants before applying the flour/salt powder. Get a aluminum pie pan and put some slices of cucumber in it. Place it in your garden. The natural material in the cucumber will react with the aluminum and give off a smell that humans can't detect, but that will drive bugs crazy and they will leave the area.

Have also heard from dairy farmers that spraying milk (choose organic) on plants help get rid of caterpillars that are cutting leaves excessively. It is also a fertilizer and might be why it is so effective against invaders that come when a plant is weak like right after it has been sprayed with pesticides. Expect to see aphids after plants have been compromised by pesticides/herbicides. People spray more pesticides when aphids which just makes it worse. Just go and buy some ladybugs immediately when you see them. They have cleared hundreds of plants of aphids in a week once they reach their population tipping point. It is a beautiful sight. I've kept ladybugs the entire winter by allowing some aphids to stay for food for the ladybugs and their young. It worked beautifully when aphids tried to invade in February, and my ladybug army went into overdrive and took care of the problem in a couple of weeks.

These are just a few ways to control some pests without using toxic pesticides and there are many more. You do not need to use toxic pesticides or pay a lot of money to an exterminator to spray pesticides in and around your home. You can treat most pests yourself, safely and effectively.

Some safe products you can use to control some pests include baking soda, beer, borax / boric acid, catnip, diatomaceous earth, garlic oil, rosemary, salt, soap, sugar, vinegar, buttermilk, essential oils, baby food jars, flour, newspapers, brown paper bags, saltwater, a hair dryer, dirty socks and cheese.