How to keep whitefly and caterpillars away from tomatoes, kales and sunflower.

Having a busy canopy creates a favorable environment for the breeding of pests and it’s important that you thin or remove some leaves to enable sunlight penetration as this helps prevent pests like white flies.

Pest management

Scouting is the first line in pest management as this helps to do pest detection early so as to intervene on time.
Weeds also create a favorable environment for pests hence weeding is a good management practice for pests.
Intercropping with onions, spinach, and coriander. Onions will repel some pests while coriander will attract beneficial insects like ladybirds which feed on some pests reducing on their number.
Boosting the crops to have them healthy can also enable them to minimize the effects of pest damage. This can be done by staking in the case of tomatoes and mulching to reduce water stress.