

**February 2019**

## **NEUDORFF – Create your healthy garden**

Gardening is officially good for you. Whilst gardeners have always known this, people of all ages and abilities are increasingly using it as a way to escape, to relieve stress and to combat mental health challenges.

Our fast paced digital lifestyles are stressing us out but gardening and spending time outdoors has been proven to help.

Being outdoors can bring fantastic therapeutic benefits, whilst planting, tending and watching the plants and vegetables grow in the garden is hugely rewarding.

Creating a healthy space to grow is equally important. Pioneers of natural gardening, Neudorff, provide gardeners with information via the [Natural Garden Advice](#) section on the website and downloadable [Garden Guide](#) to help them easily create and care for their garden as naturally as possible. If they do have to reach for a pest or weed control to aid them, Neudorff's weed, feed and control products provide effective results, using active ingredients from plants and other natural resources wherever possible.

Neudorff's WeedFree range provides effective action against stubborn weeds to keep them from returning. It doesn't contain glyphosate nor does it accumulate in the soil.

The pesticide range; BugFree, is certified by the Organic Farmers & Growers Association. The neonicotinoid-free formula will tackle unwanted pests, providing effective action against adult insects, eggs and larvae.

For slug and snail control the Sluggo Slug & Snail Killer range use the active ingredient iron-III-phosphate, an iron compound that also occurs in nature. Consumption of the pellets causes the pests to stop eating quickly. It is metaldehyde-free so will not dehydrate the pests and leave unsightly slime trails throughout the garden.

Neudorff's wide range also covers fridge-free nematodes to control lawn and garden pests, organic solid and liquid fertilisers to provide nutrients and nourishment to plants and edibles and a range of organic lawncare options.

**Neudorff's 10 DIY tips to create a healthy garden**

1. Select plants that encourage beneficial insects to help tackle bugs naturally
2. Install a birdbath and feeder to attract garden birds
3. Remove weeds and their roots by hand
4. During slug season water in the morning to prevent damage from slugs and snails
5. Select weed, feed and control products that are gentle on the garden and wildlife
6. Use electric or battery powered lawn equipment rather than petrol
7. Make your own compost using garden and kitchen waste
8. Collect rainwater to use in the garden
9. Deadhead and prune regularly to encourage new growth
10. If you can, start replacing plastic pots for terracotta or wood

For more information visit [www.neudorff.co.uk](http://www.neudorff.co.uk)

**Use plant protection products safely. Always read the label and product information before use.**

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