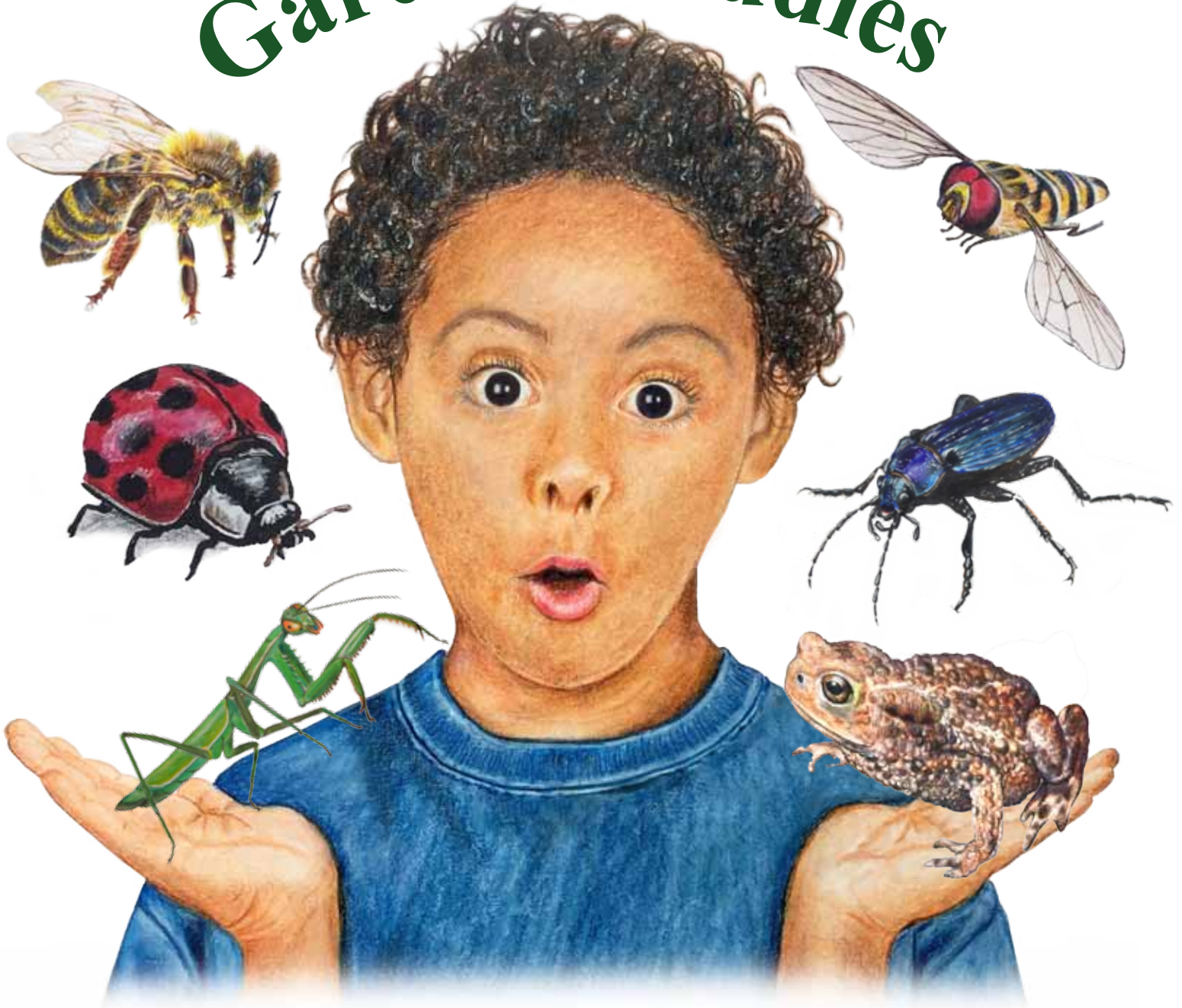


Garden Buddies



A look at some of the creatures that benefit a garden

Written & Illustrated by: Linda Fritz



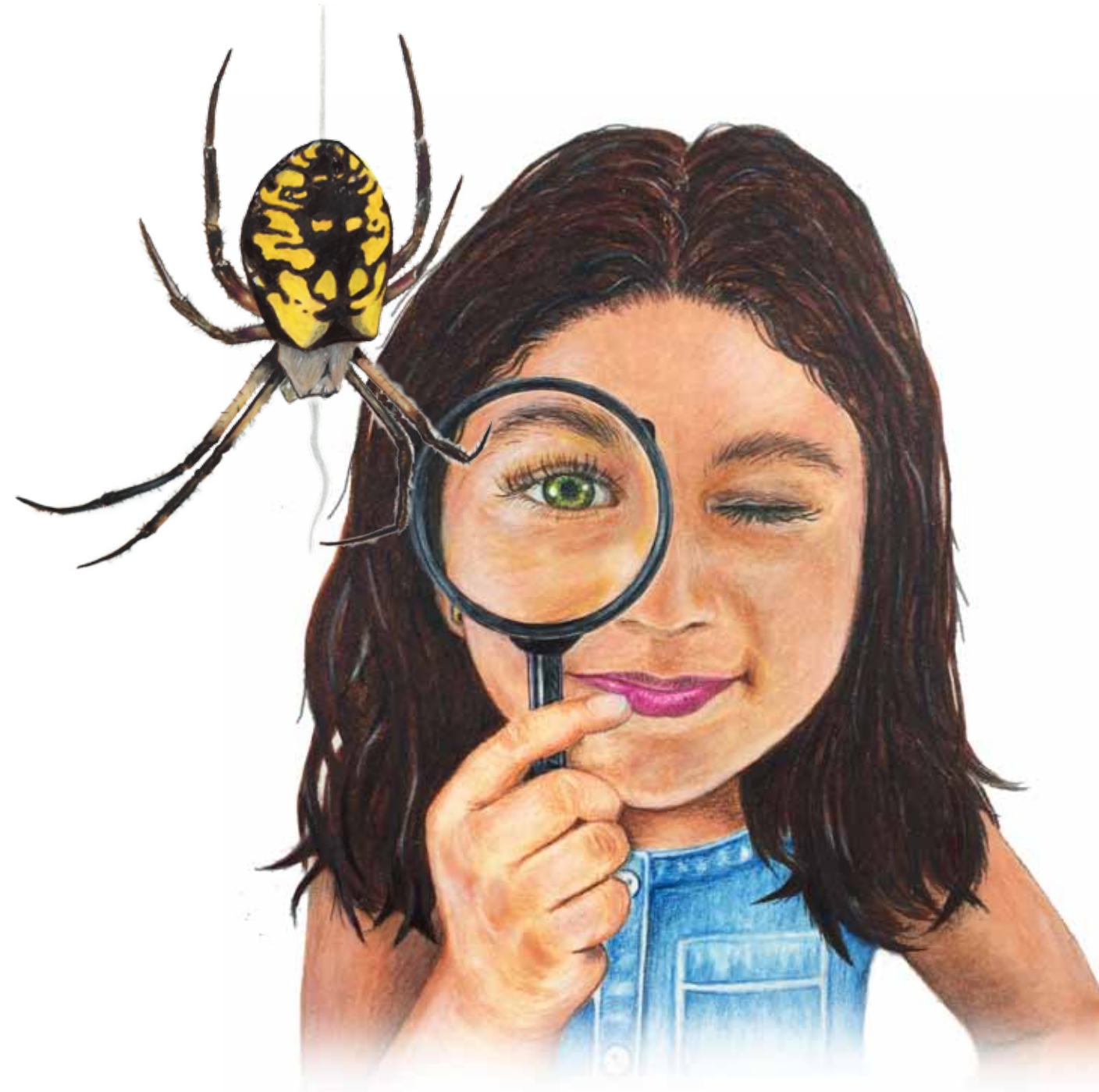
Garden Buddies

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Written & Illustrated by:
Linda M. Fritz

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Dedicated to those who love to help others learn.



Read the rhyme then find the Garden Buddy on each page!



I spy a hoverfly and this I'd like to know:
Will she keep the carrots safe, is she friend or foe?

Actually, she's a good bug, just like the centipede,
Zipping round the lettuce like a multi-legged steed.



Neither nibbles garden plants, but like the little shrew,
They eat the bugs that eat the beans, plus a worm or two.



And the braconid wasp you never should kill, on purpose or by chance,
She keeps the hungry hornworms from chewing tomato plants.



Now it's true he's sometimes scary - that great big bumblebee,
But he's a Garden Buddy too, helping sunflowers grow with glee.



Earthworms snack and squirm, making the soil a breeze to scoop,
The sweet potatoes taste so good from all the earthworm poop!



A honey bee is definitely making her pollen rounds,
Causing squash and zucchini to end up weighing many pounds.



Birds are surely Garden Buddies, eating every insect pest,
They protect the peas, sing sweet songs, and never seem to rest.



On the pepper plants you'll find a dashing damsel bug,
She keeps away the caterpillars, thrips, and even slugs.



And juicy, luscious watermelons would never be the same,
If not for the avid aphid eater, "ladybug" is his name.



Many creatures ravage corn and ear worms are the worst,
But the pirate bug sucks them dry, making them feel cursed.



And the sugary smell of strawberry plants entice each butterfly,
To stop and sip and carry a bit of pollen as they pass by.



A sleepy farm cat takes a catnap beside a garden crate,
For a mouse in search of cucumbers, a meal may be its fate.



White potatoes in the ground grow so big and round,
Since lacewings eat potato bugs, plants above stay sound.



Nutty-flavored edamame beans never need to fear,
The nimble praying mantis keeps their leaves quite free and clear.



Radishes and onions offer the perfect place,
For the yellow garden spider to catch a moth in her silky space.



Although he looks like stink bugs you should never, ever crush,
The pumpkins love the soldier bug for keeping their leaves lush.



Fragrant herbs of many types definitely add some spice,
While at night the ground beetle makes predators think twice.



And the cantaloupes could not cope without their froggy friend
Who brings the bugs that eat their leaves to a sticky end.



Thank you, Garden Buddies! You make our lives so sweet!
You help protect the plants we grow that give us good things to eat!

Garden Buddies

Quick Reference Guide

Did you find the Garden Buddy on each page?
Check out the following information to learn a little more
about each one and how they help your plants!

Except the cat. That was a bonus buddy.



Braconid Wasp *page 6*

A braconid female wasp injects her eggs into the body of pests like hornworms. The eggs hatch and feed on the worm's insides. As the larvae mature, they eat their way through the skin and spin white oval cocoons. As adults, they exit at the top of their cocoons and the worm dies.



Bumble Bee *page 7*

Bumble bees do not produce honey but pollinate garden plants. Their size and the fact that their wings beat 130 or more times per second allows them to vibrate the flowers until the flowers release their pollen. More pollen helps the plants produce more fruit.



Butterfly *page 14*

Butterflies are great pollinators. They love fragrant flowers and feeding on a flower's nectar. As they travel from one flower to another they pollinate the plants. While it's true that as caterpillars they do eat leaves, as butterflies their benefits far outweigh that small damage.



Cardinal page 10

Most birds love to eat the insects that feed on garden plants and the red male cardinal is no exception! Cardinals will eat pests like snails, beetles, grasshoppers and stink bugs as they feed themselves and their babies. The brown female cardinal will sing to her mate while on her nest.



Centipede page 4

Centipedes have between 15 and 300 legs. They hunt at night and use the venom in their two front legs to kill their prey. Prey includes pests like moths, flies and rootworm, but they'll eat any soft body that fits in their mouth. They prefer moist places because they dry out easily.



Damsel Bug page 11

Male and female damsel bugs feed on aphids and other garden pests that hang on low plants. They use their front legs - not to curtsy like a damsel - but to grab their prey. They use their beaks to pierce and suck juices from insects they capture. Damsel bugs can fly but prefer running.



Earthworm page 8

The tiny tunnels that earthworms make will increase the amount of air and water that flows in the soil. This gives roots room to spread out. Worms also eat organic matter like fallen leaves, grass clippings and dirt. The minerals in their castings (poop) are essential for plants to grow.



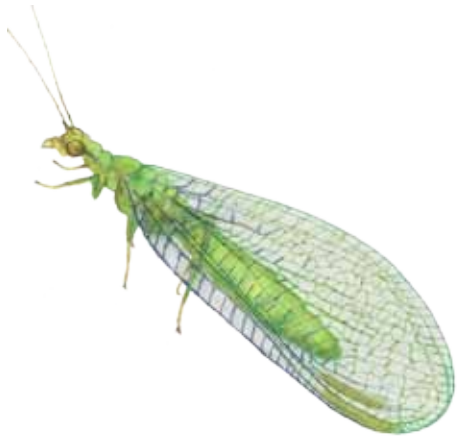
Frog page 21

Frogs are carnivores, which means they eat other creatures. Small frogs catch insects like flies, moths, and mosquitos with their long, sticky tongues. A single frog can eat over 100 insects in one night! They also eat slugs, grubs, snails and other garden pests.



Garden Spider page 18

The Yellow Garden Orb Weaver Spider spins a web like an "orb" or circle. In its web it can catch a wide range of flying prey. Once caught, the prey is then paralyzed by the spider's venomous bite. Female orb weavers are much larger than the males and will try to eat the males after mating.



Green Lacewing page 16

Aphids are tiny flat green bugs that eat plant sap and ruin plants. Lacewings in the larvae stage eat about 600 aphids during that short stage. When they change to adults, lacewings are excellent pollinators and lay their eggs on long thin stalks with one egg per stalk.



Ground Beetle page 20

The ground beetle is a hungry predator of slugs, snails, cutworms, maggots, ants, and other pests that live in your garden's soil. One beetle larva alone can eat more than 50 caterpillars. They usually come out at night to hunt. Their burrowing helps break down organic matter.



Honey Bee page 9

Some plants, like corn, are pollinated by wind. Plants with flowers that turn into vegetables and fruits need pollinators like honey bees. As bees collect pollen and nectar, they move the pollen from one plant to another. The bees turn pollen they collect into honey for food at their hive.



Hoverfly page 3

When hoverflies are larvae (or maggot stage) they eat greenflies and aphids. When they emerge as adults they are useful pollinators, drinking nectar and ingesting pollen. They are unique because they can “hover” or fly in one place and, even though they look similar to a wasp, they do not sting.



Ladybug page 12

One ladybug can eat up to 5,000 pests in its life time including aphids, mites and flies. Technically they are beetles and can have spots, stripes, or no marks at all. Their name came from farmers long ago thanking God and the Virgin Mary for sending the beetles in her red coat to save their crops.



Minute Pirate Bugs page 13

Minute (“my newt”) pirate bugs feed on insects and insect eggs and are an important predator of corn earworms in corn fields. Their minute (small) 1/8 inch long bodies have a piercing sucking mouth that latches onto thrips, mites, flies, and leaf hoppers. They also love to be near flowers.



Praying Mantis page 17

A praying mantis eats insect pests like crickets, flies, caterpillars, grasshoppers and moths. Even though it moves slowly, its long barbed legs reach very quickly to capture its prey, so fast you can't see it with your naked eye. It also can camouflage itself by blending in with surrounding colors.



Shrew page 5

Instead of digging tunnels like mice and moles, shrews live under grass and leaves. They have poor vision but get around by echolocating and with their excellent sense of smell. A few are good in your garden since they eat a variety of insects and their poop is free fertilizer.



Spined Soldier Bug page 19

Spined Soldier Bugs feed on over 100 garden pests. Unfortunately Soldier Bugs look similar to the brown or green stink bugs that feed on plants. The difference is the pointed shoulders of the Soldier Bug's shield. Be careful not to smash either bug, both will stink when squashed!

About the Author & Illustrator: Linda Fritz



Linda Fritz is the owner of Sun Sugar Farms in Verona, Kentucky where she and her team commercially grow fresh organic edamame and sun sugar cherry tomatoes. Her interest in how nature works and in farming sustainably inspired her to write and illustrate this book. She also has a marketing design business and before that was an automotive electrical engineer. Linda also invented a collapsible shopping crate system called "CRESBI crates" to replace plastic grocery bags and a compostable, recyclable "Sustainable Produce Container" to replace plastic packaging for tomatoes and berries. Contact Linda at 888-883-7259 or at Linda@SunSugarFarms.com.



Live well.

Ecclesiastes 9:7

How do you grow a garden and keep it safe from the bugs that want to eat your plants?
Look for a Garden Buddy on each page and learn how they can help!

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