



Purins & macérations (Les cahiers de l'expert Rustica) (French Edition)

Pierrette Nardo

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Réaliser soi-même des traitements à base de végétaux se révèle être un choix judicieux, tant pour le portemonnaie que pour le jardin : ils renforcent la résistance des plantes et permettent de lutter contre les maladies et parasites, tout cela sans produits chimiques.

L'auteur vous explique d'abord comment réaliser et utiliser les macérations, décoctions, infusions et purins à l'aide de dessins en pas à pas. Elle vous présente ensuite 45 plantes que vous pouvez utiliser pour réaliser ces préparations : pour chacune, vous trouverez une fiche de culture, les recettes possible ainsi que leurs effets sur les végétaux.

Des tableaux récapitulatifs en fin d'ouvrage vous donnent pour chaque problème la plante adaptée.

Au sommaire :

- Les principes de base : Les éléments indispensables ; Les préparations.
- Les préparations plante par plante : Absinthe, Achillée millefeuille, Ail, Algues marines, Bardane, Bégonia, Betterave, Bouleau verruqueux, Camomille, Capucine, Cataire, Chêne, Chou, Ciboulette, Consoude, Fougère, Genêt, Lavande, Lierre grimpant, Mélisse, Menthe, Navet, Noyer, Oignon, Origan, Ortie, Oseille, Piment, Pissenlit, Prêle, Raifort, Reine-des-prés, Rhubarbe, Rue, Santoline, Saponaire, Sarriette, Saugue, Serpolet, Souci des jardins, Sureau, Tagète, Tanaisie, Tomate, Valériane.
- Tableaux récapitulatifs : Les maladies, parasites et ravageurs ; Les plantes aux vertus stimulantes ; Les plantes soignantes ; Les plantes aux vertus répulsives et insecticides.
- Bibliographie.

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