1. A few weeks after planting *Maruca* adults (moths) fly into the cowpea crop where they mate. The females then lay eggs and from these the young caterpillars (larvae) emerge and begin to attack the flowers or pods.

2. Pheromone traps like this catch the adult *Maruca* as they enter the fields and so can give a warning of when the infestations will begin. Larvae will begin to attack the cowpea a few days after the first adults are trapped in the fields.

3. Three to four weeks after sowing, place some traps in different cowpea fields around the village. One or two will not give a reliable indication, so it is important to use SIX (6) or more. The results will be better if the fields have been sown within one week of each other.

4. Check the traps at least 3 times each week. On each occasion, record the numbers of *Maruca* caught in each trap.

5. When the total number of adult moths caught reaches 12 (or 2 per trap) spray the cowpea fields within 3 days.