

## Damsel Bug

The **damsel bug** *Nabis alternatus* is the insect predator that has been most consistently found present in hemp in eastern Colorado. It is a generalist predator, associated with many crops, particularly alfalfa. In hemp it is likely feeding on aphids, nymphs of Lygus bugs and leafhoppers, young stages of caterpillars and other small insects associated with the crop.

Reproduction within the crop does occur. Eggs are inserted into stems and nymphs hatch from the eggs in about 9 days. The immature stages closely resemble the adults in form, but are smaller and lack wings. A generation is completed in about a month so multiple generations may be produced during a growing cycle.

Hemiptera: Nabidae



**Adult damsel bug (*Nabis alternatus*).**



**Nymph of a damsel bug (right) next to a convergent lady beetle.**