**Title:**

**Effects of frass from black soldier fly (*Hermetia illucens*) larvae and yellow mealworms (*Tenebrio molitor*) on growth and resistance to insect herbivores of field mustard (*Brassica rapa*): differences between insect species and frass treatments**

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**Short title:**

**Frass as a sustainable soil amendment: enhancing plant growth and herbivory resistance.**

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**Key words:**

Insect production, Insect residual streams, Soil amendment, Organic fertiliser, Incubated frass, Composted frass, Raw frass, Sustainable agriculture, Pest management, *Delia radicum, Plutella xylostella,* Insect herbivory