

Companion Planting

Types of companion relationship:

Botanical Families

Similar cultural needs and pest problems

Performance Families

Combinations that help each other grow

Pest Fighting Families

Plants that attract beneficial insects (trap plants)

Or plants that repel insects

Cultivation Families:

Plants that require similar light, moisture and nutrients

Similar Feeding needs

Heavy feeders: corn, celery, cucumber, eggplant, melons, peppers, pumpkins, tomatoes

Moderate Feeders: Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Chinese Cabbage, Kale, Lettuce, Parsley, Spinach, Swiss Chard

Light Feeders:

Beets, Garlic, Onions, Radish, Carrots, Leeks, Potatoes, Turnips

Soil builders: *Beans and Peas, never together*

Cover crops: clover, alfalfa, rye, buckwheat, vetch, field pea, oats and others

Companion plants “**lend a hand**”

e.g. Corn shades lettuce, peas grow on arugula

Use nutrients and **space efficiently**

Cabbage & garlic – harvest the nutrient loving cabbage, first

Help prevent **pest problems**

Repellent smell – onions & chives repel carrot rust flies and Japanese beetles

Marigolds are classic with beans to repel beetles

Attract Beneficial Insects with plants & water source

Tansy brings lady beetles

Trap crops

Nasturtium attracts aphids

Planting Strategies: Crop rotation, Inter-planting, Succession sowing, Vertical growing, Square-foot gardening, Season extension

Reference: Sally Jean Cunningham, *Great Garden Companions*