



COMPANION PLANTING

A BEGINNERS GUIDE

Basil

Basil doesn't fare well in most northern climes but if it can be grown outside it is said to improve the both flavour and growth of most garden crops, especially tomatoes and lettuce.

Beans

Beans, cabbage, and corn all will help potatoes grow better. Beans and other legumes are good companion plants for most vegetables since they increase nitrogen levels in the soil.

Beets

Beets, as well as nasturtiums and marigolds make great companions for broccoli as they do not require the large amount of calcium and broccoli likes a lot of calcium

Borage

Plant near tomatoes, cabbage, strawberries and squash, to reduce damage from leaf-eating caterpillars such as cabbage whites

Broccoli and Brussels Sprouts

Plant near celery, onions, garlic, shallots, leeks, and potatoes. Other garden favourites that grow well planted alongside broccoli are beets, dill, lettuce, spinach, rhubarb, cucumbers, Swiss chard, and radishes.

Cabbage and Cauliflower

Plant near broccoli, brussels sprouts, celery, chard, spinach, tomatoes.
Tomatoes and celery can repel cabbage worms.

Carrots

Plant near cabbage, chives, early potatoes, leeks, lettuce, onions, peas, radishes, rosemary, sage, and wormwood.

Keep some space between root crops so they do not compete for available phosphorus.

Onions, leeks, and wormwood repel carrot flies.

Chives

Plant near apples, berries, carrots, grapes, peas, and tomatoes.
Chives improve flavour and growth of companions and deter aphids.

Dill

Plant near broccoli, brussels sprouts, cabbage, cauliflower, cucumber, lettuce, onions as it improves both flavour and growth of cabbage family plants.

Garlic

Plant near cabbage, fruit trees and tomatoes.

Keep away from both peas and beans

Garlic deters aphids and garlic oil spray deters onion flies and aphids and a garlic tea helps repel late potato blight.

Kale

Plant near aromatic herbs, cabbage, marigolds and nasturtiums but it does not like growing next to beans, strawberries or tomatoes

Kohlrabi

Plant near cabbage or cauliflower companions but keep away from tomatoes as it stunts their growth

Lettuce

Plant near beets, carrots, parsnips, radishes, strawberries

Lettuce can tenderise summer radishes.

Marigolds

Stimulate vegetable growth and deters, aphids, nematodes and maggots.

Marjoram

Stimulates vegetable growth.

Mustard

Plant near fruit trees and legumes as it stimulates growth of companion plants.

Nasturtiums

Plant near apples, beans, cabbage family, greenhouse crops, potatoes, pumpkins, radishes, squash.

Nasturtiums repel aphids and destroys white flies in greenhouses.

Onions

Plant near beets, cabbage family, carrots, chamomile, lettuce, parsnips but keep away from beans and peas.

Onions can deter most pests, especially maggots.

Oregano

Deters many insect pests.

Parsley

Parsley flowers attract hoverflies, the larvae of which eat aphids and other harmful insects. Some harmful beetles are also repelled by the presence of parsley.

Parsnips

Plant near onions and wormwood as they help keep root maggots from parsnips.

Peas

Improve the soil for all plants as they are nitrogen fixers.

Tall plants, like peas create partially shaded conditions for crops prone to bolting, such as coriander, lettuce and spinach.

Peppers

Carrots, cucumbers, radishes, squash all do well when grown near peppers

Potatoes

Plant near basil, beans, cabbage family, corn, aubergine, marigolds, peas, squash

Fruit trees like apple and cherry often attract blight, a disease that can decimate a potato crop so don't plant these trees close to potatoes.

Basil deters potato beetles while Marigolds (dug into crop soil) deter nematodes.

Radishes

Plant near chervil, cucumbers, lettuce, melons, peas, nasturtiums, root crops

Radishes deter cucumber beetles. Chervil makes radishes hot. Lettuce helps make radishes tender and Nasturtiums improve radishes' flavour.

Rosemary

Plant near beans, cabbage, carrots.

Rosemary repels bean beetles, cabbage moths, and carrot flies.

Sage

Plant near cabbage family, carrots, tomatoes.

Sage deters cabbage moths and carrot flies and invigorates tomato plants.

Keep away from cucumbers as it attracts pests that eat cucumber leaves.

Spinach

Plant near celery, cauliflower, eggplant, strawberries. Strawberries and spinach draw nutrients from different soil levels and don't compete with each other. Also, the spinach grows taller and will provide partial shade for strawberries

Strawberries

Plant near borage, lettuce and spinach but keep away from cabbage family as they will have their growth impaired by strawberry plants close by

Sunflowers

Plant near cucumbers as they can provide shade.

Keep away from potatoes

Swiss Chard

Plant near kohlrabi and onions.

Tarragon

Plant near all garden crops as it improves both flavour and growth.

Thyme

Deters cabbage moths.

Tomatoes

Plant near asparagus, basil, cabbage family, carrots, gooseberries, mustard, parsley, onions, rosemary, sage but keep away from fennel, kohlrabi and potatoes



For more information sheets, head to

<https://abundantborders.org.uk/training-programme/growing-together/>

