



Companion Planting Guide

Science confirms some plants bully others. Certain plants grow rapidly, crowd others and take more than their fair share of water, sun and nutrients. Some exude toxins that retard plant growth or kill plants. A common example of this is the Black Walnut tree that produces hydrojuglone. Other plants are upstanding citizens and do good by adding nutrients to the soil, drawing beneficial insects into the garden or by confusing insects in search of their host plants.

Large groupings of one type of vegetable serve as a beacon to problematic pests. Many long time gardeners swear that growing certain plants together improves flavor as well. While science hasn't found support for some of the benefits of companion planting, there is support for the above information. Garden wisdom and experience supports these traditional beneficial plant companions.

Here are combinations found to be beneficial over time from Todd Weinmann of North Dakota State University Agriculture Extension:

BEANS - Companions: Beet (to bush beans only), cabbage family, carrot, celery, chard, corn, cucumber, eggplant, pea, potatoes, radish, strawberry.

Enemies: Garlic, onion and shallot stunt the growth of beans.

Allies: Marigold deters Mexican bean beetles. Nasturtium and rosemary deter bean beetles. Summer savory deters bean beetles, improves growth and flavor.

BEETS - Companions: Bush beans, cabbage family, lettuce, onion. **Ally:** Garlic improves growth and flavor.

Enemies: Pole beans and beets stunt each other's growth.

CABBAGE FAMILY (Broccoli, Brussels sprouts, cabbage, cauliflower, Chinese cabbage, kale and kohlrabi) - Companions: Beet, celery, chard, cucumber, lettuce, onion, potato, spinach.

Allies: Chamomile and garlic improve growth and flavor.

Catnip, hyssop, rosemary and sage deter cabbage moth. Dill improves growth and health.

Nasturtium deters bugs, beetles, aphids. Southernwood deters cabbage moth, improves growth and flavor. Thyme deters cabbageworm.

Enemies: Kohlrabi and tomato stunt each other's growth.

CARROTS - Companions: Bean, lettuce, onion, pea, pepper, radish, tomato. **Allies:** Chives improve growth and flavor. Rosemary and sage deter carrot fly.

Enemy: Dill retards growth.

CUCUMBER-Companions: Bean, cabbage family, corn, pea, radish, tomato

Enemy: Sage is generally injurious to cucumber.

Allies: Marigold deters beetles.

Nasturtium deters aphids, beetles and bugs, improves growth and flavor.

EGGPLANT-Companions: Bean, pepper. **Allies:** Marigold deters nematodes.

LETTUCE-Companions: Beet, cabbage family, carrot, onion, radish, strawberry. **Allies:** Chives and garlic deter aphids.

ONIONS - Companions: Beet, cabbage family, carrot, chard, lettuce, pepper, strawberry, tomato.

Enemies: Onions stunt bean, pea.

PEAS-Companions: Bean, carrot, corn, cucumber, radish, turnip. **Allies:** Chives deter aphids. Mint improves health and flavor.

Enemies: Garlic and onion stunt the growth of peas.

PEPPERS-Companions: Carrot, eggplant, onion and tomato

RADISHES-Companions: Bean, carrot, cucumber, lettuce, melon, pea. **Allies:** Chervil and nasturtium improve growth and flavor.

SPINACH-Companions: Cabbage family, strawberry

TOMATOES- Companions: Asparagus, carrot, celery, cucumber, onion, parsley, pepper.

Enemies: Corn and tomato are attacked by the same worm. Mature dill retards tomato growth. Kohlrabi stunts tomato growth. Potatoes and tomatoes are attacked by the same blight.

Allies: Basil repels flies and mosquitoes, improves growth and flavor. Bee balm, chives and mint improve health and flavor.

Borage deters tomato worm, improves growth and flavor. Dill, until mature, improves growth and health. Once mature, it stunts tomato growth. Marigold deters nematodes. Pot marigold deters tomato worm and general garden pests,

TURNIPS - Companion: Pea

The public library system lists 19 books on Companion Planting. You can find more in bookstores, Amazon.com, probably even thrift stores.