





TOMATOESCARROTSLETTUCECompanion Planting Guide

Crop Name	Companions		Benefits and Notes		
ASPARAGUS	Calendula Petunias Tomatoes		Calendula, tomatoes, and petunias are thought to deter asparagus beetles.		
BASIL	Peppers Purslane Tomatoes		Purslane is used to shade the soil around basil plants, helping them to remain fresh in hot weather. Basil improves the growth and flavor of tomatoes and peppers.		
<u>BEANS</u>	BeetsRosemaryCornSquashLovageStrawberriesNasturtiumSunflower		Nasturtiums can be used as a trap plant to entice aphids away from beans. Lovage and rosemary also have excellent insect repellent qualities. Sunflowers can be used to create shade for sun-stressed crops. Corn will benefit from the beans' nitrogen-fixing capabilities. Pole beans provide structural support.		
<u>BEETS</u>	Brassicas Lettuce Bush beans Onion family Garlic		Beets are companions for chicory and endive. Onions protect against borers and cutworms. Beets adds minerals to the soil, as beet leaves are composed of 25% magnesium.		
BROCCOLI	Oregano Other Brassicas (Cabbage, brussels sprouts, cauliflower, etc.)		Oregano has insecticidal properties. Plant Brassicas together so that they can all be covered with nets to protect from pests such as cabbageworm. They also all like lime added to the soil.		
<u>CABBAGE</u>	Garlic Nasturtium Sage		Nasturtiums deter insect pests such as beetles and aphids. Garlic planted alongside cabbage repels insects with its odor. Sage deters cabbage moth.		
<u>CARROTS</u>	Chives Leeks Onions Peas	Radishes Rosemary Sage	Chives improve the growth and flavor of carrots and deter aphids, mites, and flies. Rosemary and sage repel carrot fly. Leeks are thought to repel flying pests (including carrot rust fly). Foes: Dill can reduce the yield of carrots. Dill, coriander, and other members of the Carrot family should not be planted near carrots (they tend to cross pollinate).		
CORN	Beans (pole) Cucumbers Dill Melons	Peas Squash Sunflower	Dill is thought to protect against aphids and mites. Beans can provide more nitrogen to the corn. Sunflowers can act as a structure and a windbreak for the corn, and dwarf sunflowers bring in ladybugs to control aphids. Pole beans are sometimes interplanted with corn, adding nitrogen and providing structural support. Spinach grows well in the shade of corn, keeping corn roots cool.		
<u>CUCUMBERS</u>	BeansOreganoBorageRadishDillSunflowersLettuceTansyNasturtiums		Dill is thought to protect against aphids and mites. Nasturtium deters aphids, beetles and bugs and improves growth and flavor. Oregano deters pests in general. Radish, Nasturtium, and Tansy repel cucumber beetles; radish also repels flea beetles. Tansy also deters ants, beetles, bugs, flying insects, as does borage, improving flavor and growth.		
<u>LETTUCE</u>	Chives Onions Oregano Peas	Poached Egg plants Radishes Scallions Zinnia	Chives, onions, and garlic deter aphids and other pests by masking the scent of the lettuce with their aroma. Basil is thought to improve the flavor and growth of lettuce. Radishes can be used as a trap crop for flea beetles. Poached egg plants (Limnanthes), a wildflower, will bring hoverflies and other beneficials that eat aphids.		

See the Companion Planting Guide for more information: <u>Almanac.com/companion-planting</u>

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CABBAGE Crop Name	ONION: Companions	5	BE	ANS Benefits and	CORN Notes	PEPPERS
<u>ONIONS</u>	Beets Cabbage Carrot Chard	Lettuce Strawberry Tomatoes		Onions protect against borers and cutworms. Their aroma disorients pests. Onions benefit from marigolds as the smell of marigolds reduces the egg laying of onion maggot fly.		
<u>PEAS</u>	Alyssum Carrot Chives Corn Grapes	Lettuce Mint Radish Spinach Turnip		Chives deter aphids. Mint improves health and flavor. Alyssum brings in pollinators and encourages green lacewings, which eat aphids. Foes: Do not plant near garlic and onion, as they will stunt the growth of peas		
<u>PEPPERS</u>	Basil Marjoram Onions Oregano			Herbs like basi quality.	l, oregano, and marjoram hav	e a protective, insecticidal
<u>POTATOES</u>	Basil Garlic Beans Horseradish Calendula Oregano Catmint Peas Cilantro Tansy		Beans can improve the size of potato tubers. Cilantro protects against aphids, spider mites and potato beetles. Calendula, tansy, and horseradish planted at the corner of a potato patch wards off Colorado potato beetles. (Note: Tansy is considered invasive in some areas. See local guidelines before planting.) Catmint also repels Colorado potato beetles, but can bring cats into the vegetable garden, so it is a good idea to plant it in pots around the edge of the plot.			
<u>RADISHES</u>	Chervil Lettuce Nasturtium Peas			for radishes. Ra	es growth and flavor. Nasturt adishes are often used as trap gen to the soil which benefits	crops for flea beetles.
<u>WINTER SQUASH</u> and <u>PUMPKINS</u>	Beans (pole) Buckwheat Calendula Corn Marigold	Nasturtium Oregano		Buckwheat brings in pest predators which reduce insect pests. Nasturtiums protect against pumpkin and squash beetles. Oregano provides general pest protection. Calendula deters beetles and root nematodes. Squash is traditionally planted with corn and beans ("three sisters") to disorient the adult vine borer.		
<u>SPINACH</u>	Beans Cilantro Eggplant Oregano Peas	Rosemary Strawberries		Peas and beans provide natural shade for spinach. Cilantro, oregano, and rosemary is thought to repel insects.		
<u>TOMATOES</u>	Asparagus Basil Borage Calendula Dill	Garlic Nasturtium Onion Parsley Thyme		Calendula deters general garden pests Asparagus repels nematodes. Basil repels whiteflies, mosquitoes, spider mites, aphids. Basil also attracts bees, which improves pollination, tomato health, and flavor. Borage repels hornworms. Dill makes it difficult for cutworms to lay their eggs and supports parasitic wasps that attack pest caterpillars. Thyme reduces egg laying by armyworms.		
ZUCCHINI and SUMMER SQUASH	Buckwheat Oregano Nasturtium Zinnia			Buckwheat brings in pest predators which reduce insect pests. To attract pollinators, plant oregano and zinnias. Nasturtium protects against aphids and whiteflies.		