

A photograph of a garden bed. In the foreground, there are several large, green lettuce plants. Behind them, a row of marigolds in various shades of yellow and orange is in bloom. The background is slightly blurred, showing more greenery and a wooden structure, possibly a raised garden bed or a fence. The overall lighting is soft, suggesting late afternoon or early morning.

GROWING VEGETABLES Enhancing Success Through COMPANION PLANTING

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Companion Planting

- WHAT IS COMPANION PLANTING?
- BENEFITS?
- EXAMPLES, EXAMPLES, EXAMPLES

A close-up photograph of several vibrant pink cosmos flowers with bright yellow centers, set against a blurred green background of foliage. The flowers are in various stages of bloom, with some fully open and others as buds. The lighting is bright, creating a soft glow around the petals.

COMPANION PLANTING: What is it?

- The practice of planting certain species in close proximity to benefit one or both of the plants
- Herbs and flowers interplanted with vegetable plants/crops



COMPANION PLANTING

Plants, flowers and insects have a mutually beneficial relationship that can:

- Enhance or compliment nutrient needs of adjacent plants/crops
- Result in fewer 'pests' in the garden
- Attract more beneficial insects
- Competitively deter weed growth
- Increased vegetable yield and crop quality!

COMPANION PLANTING: It's a Good Thing...

For many reasons!

- Generally, flowers attracts pollinators of all kinds – diversity within the ecosystem is the natural way to support Mother Nature (and our gardens!)
- Pollinators help to transfer pollen between fruit and seed producing plants
- Control of garden “pests” by way of attracting predator insects
- Some plants/flowers will also act as repellent to garden pests





COMPANION PLANTING: It's a Good Thing... 'cont



- Dill attracts ladybugs (who in turn eat aphids and spider mites)
- Parsley attracts predatory insects (such as ladybugs, parasitic wasps, hoverflies)
- Mint repels aphids
- Sage repels cabbage moths and carrot flies



Basil's strong scent repels pests (and also enhances flavour of tomatoes)

Garlic repels aphids

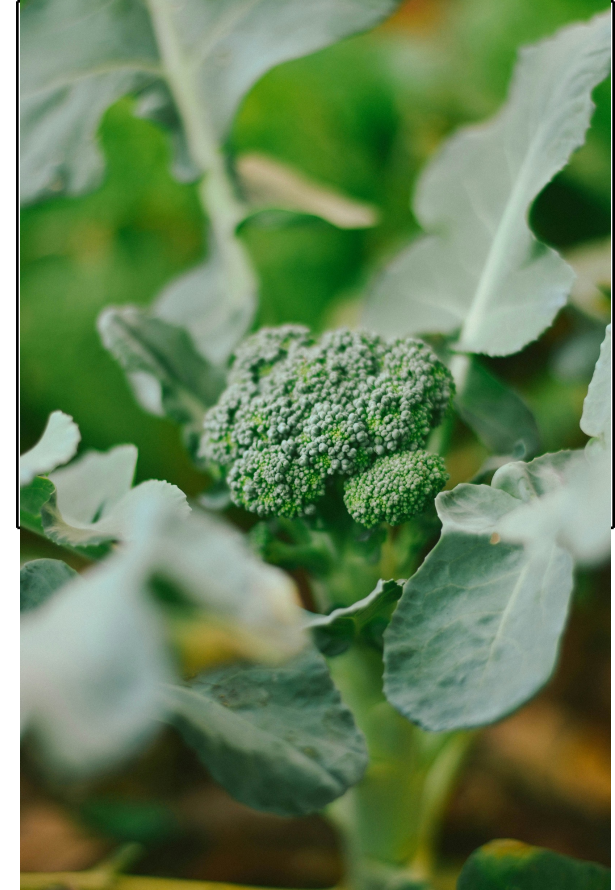
COMPANION PLANTING: It's a Good Thing... 'cont

- Calendula and Cosmos attract parasitizing wasps and hover flies (who in turn eat aphids and other pests)
- Marigolds repel aphids, beetles, nematodes



COMPANION PLANTING: It's a Good Thing... 'cont

- Different nutrient and growing needs of plants means some plants are well suited to grow together
 - E.g. Brassicas, peppers, tomatoes tend to be heavy feeders whereas legumes (peas, beans, clover, alfalfa) feed the soil via nitrogen fixation
- Lettuces and spinach don't like heat and don't mind being shaded by taller plants
- Maintaining plant density helps deter weeds from germinating





Borage: Garden All-star

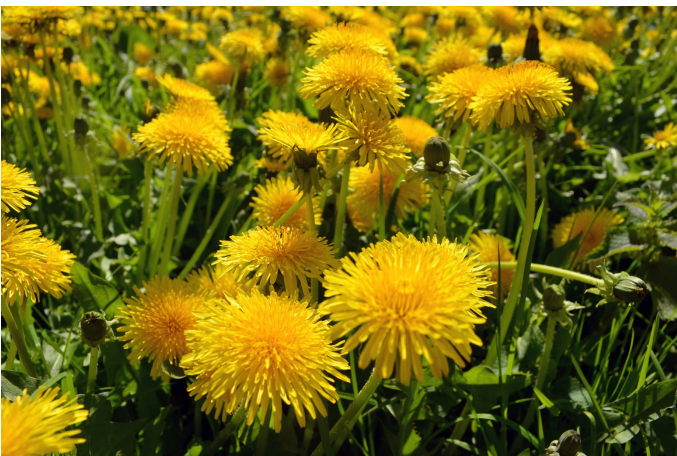
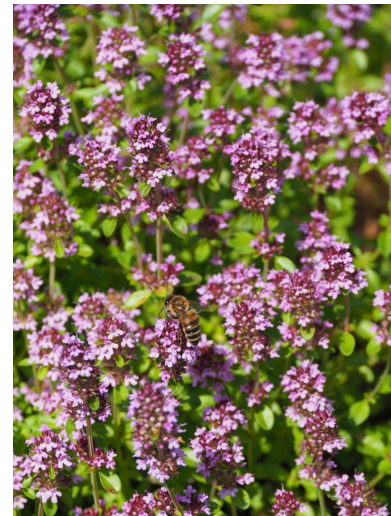


- Attracts pollinators
- Releases calcium and potassium into soil
- Great companion plant for tomatoes and squash (calcium can prevent blossom end rot)
- Edible flowers and leaves
- Attracts aphids – can be used as a decoy plant
- Has long tap-roots, which breaks up soil, particularly good for clay-based soils
- When composted or left to decay on the soil (green manure), contributes nitrogen



More Quick Pick Companion Plants

- Anise hyssop
- Coriander
- Dandelion
- Thyme
- Monarda (bee balm)
- Buckwheat






More Quick Pick Companion Plants

- Dwarf alpine aster
- Lavender
- Fennel
- Yarrow
- Lemon Balm
- Lobelia
- Alyssum







There's so much more...

- [A Year in the Edible Garden: Sarah Raven](#)
- [Gaia's Garden: A Guide to Home-Scale Permaculture: Toby Hemenway](#)
- [Prairie Gardener's Go-To for Vegetables: Melrose & Normandeau](#)
- [West Coast Seeds Website: Companion Planting](#)
- [Almanac.com: Companion Planting Guide for Vegetables](#)





How do you
Companion
Plant?

The background of the slide is a close-up photograph of green foliage, likely a plant with pinnate leaves, which is slightly out of focus. The leaves are a vibrant green color and are arranged in a branching pattern. The lighting is soft, creating a natural and organic feel.