

VEGETABLE	FRIENDS	FOES
<b>Artichoke</b>	Brassica family	
<b>Asparagus</b>	basil, marigold, nasturtium, parsley, tomato	allium family
<b>Bean-Bush</b>	beets, celery, corn, cucumber, nasturtium, peas, radish, strawberry, summer savory	allium family, fennel
<b>Bean-Pole</b>	carrot, catnip, celery, chamomile, corn, cucumber, garlic, marigold, nasturtium, oregano, peas, potato, radish, rosemary, spinach, squash, summer savory	allium family, beets, brassica family, fennel
<b>Beets</b>	Allium family, beans (bush), lettuce, brassica family, tomato	beans (pole)
<b>Broccoli</b>	artichoke, beets, candy tuft, catnip, celery, chamomile, cucumber, dill, garlic, hyssop, mint, nasturtium, onion, oregano, pennyroyal, peppermint, potato, radish, rosemary, sage, southernwood, thyme, wormwood,	basil, beans (pole), peas (snap), strawberry, tomato
<b>Brussels sprouts</b>	artichoke, beans (bush), beets, celery, chamomile, garlic, nasturtium, onion, peas, pennyroyal, potato, rosemary, sage, southernwood, spinach, thyme, wormwood	basil, kohlrabi, beans (pole), strawberry, tomato
<b>Cabbage</b>	artichoke, beets, celery, chamomile, cucumber, dill, garlic, nasturtium, onion, peas, pennyroyal, peppermint (potted), potato, rosemary, sage, southernwood, spinach, thyme, wormwood	basil, beans (pole), tomato
<b>Carrots</b>	beans, candy tuft, chives, leeks, lettuce, onion, parsley, peas, pepper, radish, rosemary, sage, tomato, wormwood	celery, dill
<b>Cauliflower</b>	artichoke, beans (bush), beets, cabbage, celery, chamomile, garlic, lettuce, nasturtium, onion, peas, potato, rosemary, sage, southernwood, spinach, thyme, wormwood	basil, beans (pole), strawberry, tomato
<b>Celery</b>	beans, Brassica Family, chives, cilantro, garlic, leeks, nasturtium, spinach, tomato	carrot, parsnip
<b>Collards</b>	artichoke, beets, celery, chamomile, rosemary, southernwood, thyme, tomato, wormwood	basil, beans (pole)
<b>Corn</b>	alfalfa, beans, cucumber, geranium (white), jerusalem artichoke, marigold (odorless), melon, parsley, peas, potato, pumpkin, squash, sweet potato	tomato
<b>Cucumber</b>	beans, broccoli, cabbage, catnip, chives, corn, dill (use sparingly), eggplant, kale, kohlrabi, lettuce, marigold, nasturtium, onion, oregano, peas, radish, sunflower, tomato	basil, marjoram, potato, rosemary, sage, summer savory
<b>Eggplant</b>	beans, cilantro, cucumber, marigold, pepper, potato	
<b>Garlic</b>	beets, Brassica family, celery, chamomile, lettuce, radish, roses, tomato	beans, peas
<b>Kale</b>	artichoke, beets, beans (bush), celery, chamomile, cucumber, dill, garlic, lettuce, mint, nasturtium, onion, peas, potato, rosemary, sage, southernwood, spinach, thyme, wormwood	basil, beans (pole), strawberry, tomato
<b>Kohlrabi</b>	artichoke, beets, brassica family, celery, chamomile, cucumber, garlic, nasturtium, onion, aromatic plants, late cabbage, late potato, radish, rosemary, sage, southernwood, spinach, thyme, wormwood	basil, beans (pole), pepper, strawberry, tomato
<b>Leek</b>	carrot, celeriac, celery, onion	beans, peas
<b>Lettuce</b>	beets, carrot, cauliflower, cucumber, dill (use sparingly), kale, radish, strawberry	allium family, brassica family (except cauliflower and kale)
<b>Melon</b>	corn, radish, squash, sunflower, tomato	potato
<b>Mustard</b>	artichoke, beets, celery, chamomile, garlic, kohlrabi, nasturtium, radish, rosemary, sage, southernwood, thyme, wormwood	basil, beans (pole), tomato
<b>Onion</b>	beets, brassica family, carrot, chamomile, cucumber, dill, leeks, pepper, potato, roses, spinach, squash, strawberry, summer savory, tomato	asparagus, beans, peas, sage
<b>Peas</b>	aromatic herbs, beans, brassica family, carrot, cilantro, corn, cucumber, mint, radish, spinach, tomato	allium family, gladiolas
<b>Peppers</b>	basil, carrot, catnip, eggplant, nasturtium, okra, onion, parsley, tomato	fennel, kohlrabi
<b>Potato</b>	beans, brassica family, catnip, cilantro, corn, eggplant, horseradish, marigold, nasturtium, onion, peas	Foe: cucumber, pumpkin, spinach, squash, sunflower, tomato
<b>Radish</b>	beans, beets, broccoli, carrot, chervil, cucumber, garlic, kohlrabi, lettuce, melon, mustard, nasturtium, peas, squash, tomato	hyssop
<b>Spinach</b>	beans, Brassica family, celery, onion, peas, strawberry	potato
<b>Squash</b>	beans, borage, catnip, celeriac, celery, corn, marigold, melon, mint, nasturtium, onion, radish	potato, pumpkin
<b>Strawberry</b>	beans (bush), borage, lettuce, onion, sage, spinach, thyme	Brassica Family
<b>Tomato</b>	asparagus, basil, bee balm, beets, borage, carrot, chives, cilantro, cucumber, garlic, marigold, melon, mint, nasturtium, parsley, peas, pepper, onion, radish, sage	brassica family, corn, dill, fennel, potato
<b>Turnip/Rutabaga</b>	artichoke, beets, celery, garlic, peas, rosemary, sage, southernwood, spinach, thyme, wormwood	basil, beans (pole), hedge mustard, tomato

## HERBS

**Basil:** *Friend:* asparagus, marigold, pepper, tomato

*Foe:* beans, brassica family, cucumber, rue

**Bee balm:** *Friend:* tomato

**Borage:** *Friend:* squash, strawberry, tomato

**Catnip:** *Friend:* beans, broccoli, cucumber, pepper, potato, squash

**Chamomile:** *Friend:* beans, brassica family, garlic, onion

**Chives:** *Friend:* carrot, celery, cucumber, lettuce, roses, tomato

*Foe:* beans, peas

**Cilantro:** *Friend:* caraway, celery, eggplant, parsley, peas, potato, tomato

*Foe:* fennel

**Dill:** *Friend:* brassica family, cucumber, lettuce

*Foe:* carrot, fennel, tomato

**Fennel:** **Dislikes most garden vegetables**

*Foe:* beans, caraway, cilantro, dill, pepper, tomato, wormwood

**Mint:** *Friend:* brassica family, peas, squash, tomato

**Plant mint in containers due to its invasive nature.**

**Oregano:** *Friend:* beans, cucumber, squash

**Parsley:** *Friend:* asparagus, carrot, cilantro, corn, pepper, roses, tomato

**Pennyroyal:** *Friend:* broccoli, brussels sprouts, cabbage

**Rosemary:** *Friend:* beans, brassica family, carrot, sage

*Foe:* cucumber

**Sage:** *Friend:* brassica family, carrot, oregano, rosemary, strawberry,

tomato

*Foe:* allium family, cucumber, wormwood

**Thyme:** *Friend:* brassica family, eggplant, potato, strawberry, tomato

*Foe:* cucumber

## HOW CLOSE DO THEY NEED TO BE?

Plants that have known beneficial relationships (friends) should be planted **within** two or three rows of each other. Plants that are known to have detrimental relationships (foes) should be planted at least 2-3 rows **apart**. There are many neutral plants that can be used to fill space between friends and foes. So, just because two plants are not beneficial to each other doesn't mean you can't have both in your garden.

If you would like to know more about companion planting here are some resources.

## REFERENCES

[Carrots Love Tomatoes](#)

By Louise Riotte

[The Gardener's A-Z Guide to Growing Organic Food](#)

By Tanya L.K. Denckla

Ed Hume Seeds

[www.humeseeds.com/comp1.htm](http://www.humeseeds.com/comp1.htm)

Compiled By Sara Denney

## INTRODUCTION



### Companion planting

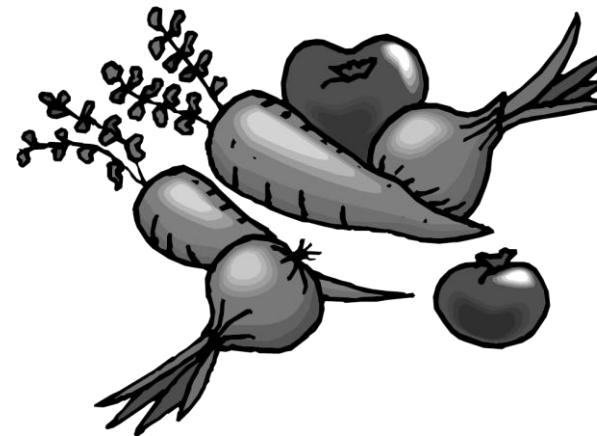
is a technique based on a long history of observations of the interaction between plants in the garden. Certain combinations of plants can add to, or detract from the abundance and health of edibles in your garden by altering the soil, attracting or repelling insects or creating a helpful microclimate. Companion planting has been used by gardeners for centuries. Some plant relationships have been scientifically proven, while others have been developed by trial and error over hundreds of years. The most well known companions are the three sisters (corn, beans, and squash) used by Native Americans.

Companion planting is a holistic approach to gardening, developed through time by experimentation. As you implement this practice yourself keep a log of what did or didn't work well to help you understand what succeeds in your garden. Remember, every garden is different.

By using this brochure as a guide you can encourage natural pest control and improve the overall growth, yield, and flavor of your vegetables and herbs.

# Companion Planting

## An Introduction and Guide to Healthy Plant Relationships



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