



BENEFICIALS & COMPANIONS - Thursday, March 22nd, 2012

Presenter: Alison Juta email: waterboroughfarm@gmail.com 506-362-1005 after 7PM and weekends

Companion planting chart

Vegetables							
Common name	scientific name	Helps	Helped by	Attracts	Repels / Distracts	Avoid	Comments
Alliums	<i>Allium</i>	fruit trees, nightshades (tomatoes, peppers, potatoes, etc), brassicas (cabbage, broccoli, kohlrabi, etc) carrots	carrots		slugs, aphids, carrot fly, cabbage worms	beans, peas, parsley	Alliums include onions, garlic, leeks, shallots, chives, and others
Asparagus	<i>Asparagus officinalis</i>	Tomatoes	Aster Family flowers, Dill, Coriander, Tomatoes, Parsley, Basil, Comfrey, Marigolds			Onion, Garlic, Potatoes	Marigolds will deter beetles.
Brassicas	<i>Brassica</i>		geraniums, dill, alliums (onions, shallots, garlic, etc), rosemary, nasturtium, borage			mustards, nightshades (tomatoes, peppers, etc)	Brassicas are a family of species which include broccoli, cabbage, brussels sprouts, kohlrabi, and cauliflower.
Beans,	<i>Phaseolus</i>	Corn (see Three Sisters), Spinach, lettuce, rosemary, summer savory, dill, carrots, brassicas, beets, radish, strawberry and cucumbers	Eggplant, Summer savory		California beetles	Tomatoes, chili peppers, sunflowers, alliums (onions, garlic, etc), kales (cabbage, broccoli, etc)	Hosts nitrogen-fixing bacteria, a good fertilizer for some plants, too much for others
Beets,	<i>Beta Vulgaris</i>	lettuce, kohlrabi, onions and brassicas	Catnip, Garlic, Mint			Runner or pole beans	Good for adding minerals to the soil through composting leaves which have up to 25% magnesium. Runner or pole beans and beets stunt each other's growth.
Broccoli	<i>Brassica oleracea</i>		geraniums, dill, alliums, rosemary, nasturtium, borage			mustards, Tomatoes, peppers	Rosemary repels cabbage fly, geraniums trap cabbage worms, same general companion profile as all brassica (cabbage, kohlrabi, brussels sprouts, cauliflower, etc)

Common name	scientific name	Helps	Helped by	Attracts	Repels/ Distracts	Avoid	Comments
Cabbage	<i>Brassica oleracea</i>		geraniums, dill, alliums, rosemary			mustards, Tomatoes, peppers strawberries, and pole/runner beans	Rosemary repels cabbage flies, geraniums trap cabbage worms, same general companion profile as all brassica (cabbage, kohlrabi, brussels sprouts, cauliflower, etc)
Carrots	<i>Daucus carota</i>	Tomatoes, Alliums (onions, chives, etc), lettuce	alliums (leeks, shallots, etc), rosemary, wormwood, sage, beans, flax	assassin bug, lacewing, parasitic wasp, yellow jacket and other predatory wasps		Dill, parsnip, radish	Tomatoes grow better with carrots, but may stunt the carrots' growth. Beans (which are bad for tomatoes) provide the nitrogen carrots need more than some other vegetables.
Celery,	<i>Apium graveolens</i>		Cosmos, Daisies, Snapdragons			corn, Aster flowers, these can transmit the aster yellows disease	
Corn / Maize	<i>Zea mays</i>	beans	Sunflowers, legumes (beans, peas, soybeans etc), peanuts, curcubits (squash, cucumbers, melons, etc), amaranth, white geranium, lamb's quarters, morning glory, parsley, and potato			Tomato, Celery	provides beans with a trellis, is protected from predators and dryness by cucurbits, in the three sisters technique
Cucumber	<i>Cucumis Sativus</i>		Nasturtiums, radishes, marigolds, sunflowers peas, beets, carrots, and Dill	Beneficial for ground beetles		Tomato, Sage	
Eggplant	<i>Solanum melongena</i>	Beans, Peppers	Marigolds, tarragon, mints			Runner beans	Marigolds will deter nematodes.
Leek	<i>Allium ampeloprasum v. porrum</i>	Celery, apple trees	carrots		cabbage worms, aphids, carrot fly, others	Legumes (beans, peas, etc)	Same companion traits as all alliums (onions, garlic, shallots, chives, etc)

Common name	scientific name	Helps	Helped by	Attracts	Repels / Distracts	Avoid	Comments
Mustard	Brassicaceae, <i>Sinapis alba</i>	Cabbage, cauliflower, radish, brussels sprouts, turnips			various pests		same general companion profile as all brassica (cabbage, kolhrabi, brussels sprouts, cauliflower, etc)
Nightshades	Solanaceae		carrots, alliums, mints (basil, oregano, etc)			beans, black walnuts, corn, fennel, dill, brassica (broccoli, cabbage, cauliflower, etc)	Nightshade plants include tomatoes, tobacco, chili peppers (including bell peppers), potatoes, eggplant, and others
Peppers	Solanaceae, <i>Capsicum</i>	themselves, marjoram	tomatoes, geraniums, petunias			beans, kale (cabbage, brussels sprouts, etc)	Pepper plants like high humidity, which can be helped along by planting with some kind of dense-leaf or ground-cover companion, like majoram and basil; they also need direct sunlight, but their fruit can be harmed by it...pepper plants grown together, or with tomatoes, can shelter the fruit from sunlight, and raises the humidity level.
Onion	<i>Allium cepa</i>	Tomatoes, Kales (broccoli, cabbage, etc)	Carrots		aphids, carrot fly, other pests	beans, peas, parsley	Same companion traits as all other alliums (chives, garlic, shallots, leeks, etc)
Potato	<i>Solanum tuberosum</i>		Horseradish			Sunflower, Tomato, Cucumber	horseradish increases the disease resistance of potatoes
Pumpkin Squash	<i>Curcubita spp</i>	Corn, beans	Buckwheat, catnip, tansy, radishes	Spiders, Ground Beetles			Flea Beetles are warded off by radishes, Curcubita can be used in the three sisters technique
Spinach	<i>Spinacia oleracea</i>		Peas, Beans				The peas and beans provide natural shade for the spinach
Tomatoes	<i>Solanum lycopersicum</i>	roses, peppers, asparagus	basil, oregano, parsley, carrots, marigold, Alliums, celery, Geraniums, Petunias, Nasturtium, Borage		asparagus beetle	Black walnut, corn, fennel, peas, dill, potatoes, beetroot, kales (kohlrabi, cabbage, etc), rosemary	Black walnuts inhibit tomato growth, in fact they are allelopathic to all other nightshade plants (chili pepper, potato, tobacco, petunia) as well, because it produces a chemical called juglone.

More useful information on other side →

Edible flowers: basil, nasturtiums, borage , lavender, calendula, chives, dill ,fennel, borage, arugula, viola.

Recommended Reading: “Great garden companions” by Sally Jean Cunningham - “Rodale press” - has a really good section on beneficial insects

Websites on beneficial insects :

<http://www.helpfulgardener.com/organic/2006/beneficial.html> - *descriptions of insects and what they do*

<http://insects.about.com/od/insectpests/p/attbeneficials.htm> - *how to plant an insectary, water, plants*