

Companion Planting Guide for Beginners

Plant together

Main Plant	Good Companions	Why They Help
Tomatoes	Basil, Marigold, Onions, Carrots	Basil boosts flavor, marigolds deter pests.
Carrots	Onions, Lettuce, Peas, Tomatoes	Onions deter carrot flies, tomatoes provide shade.
Lettuce	Carrots, Radishes, Cucumbers, Strawberries	Shade and soil moisture improvement.
Beans	Corn, Cucumbers, Strawberries, Radishes	Beans fix nitrogen; corn supports climbing.
Cucumbers	Beans, Peas, Nasturtiums	Nasturtiums deter beetles; beans add nitrogen.
Corn	Beans, Squash (Three Sisters Method)	Beans fix nitrogen; squash shades weeds.
Zucchini	Nasturtiums, Borage, Corn, Beans	Flowers attract pollinators, repel pests.
Cabbage	Celery, Dill, Nasturtiums, Onions	Aromatic herbs deter cabbage worms.
Potatoes	Beans, Corn, Marigolds	Marigolds repel potato beetles.

Avoid Planting Together

Plant Combination	Reason to Avoid
Tomatoes + Potatoes	Both attract blight.
Beans + Onions/Garlic	Onions stunt bean growth.
Carrots + Dill	Dill may deform carrots.
Cucumbers + Potatoes	Increased disease risk (blight).
Cabbage + Strawberries	Compete for space and attract pests.

Helpful Companion Flowers

Flower	Benefit
Marigold	Repels nematodes, aphids, and whiteflies.
Nasturtium	Lures aphids away, repels beetles.
Borage	Attracts bees, deters tomato hornworms.
Calendula	Pollinator magnet, deters aphids.