

My Food has Friends!

Companion Planting 101

Lola Bloom

City Blossoms



Why do we care about companion planting?

- Chemical
- Physical
- Biological



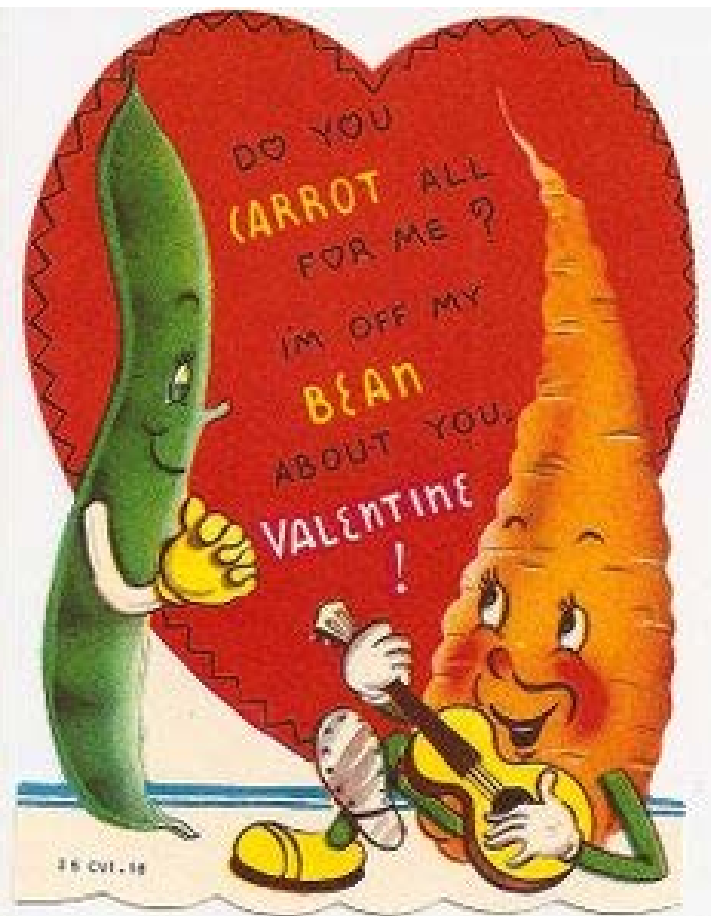
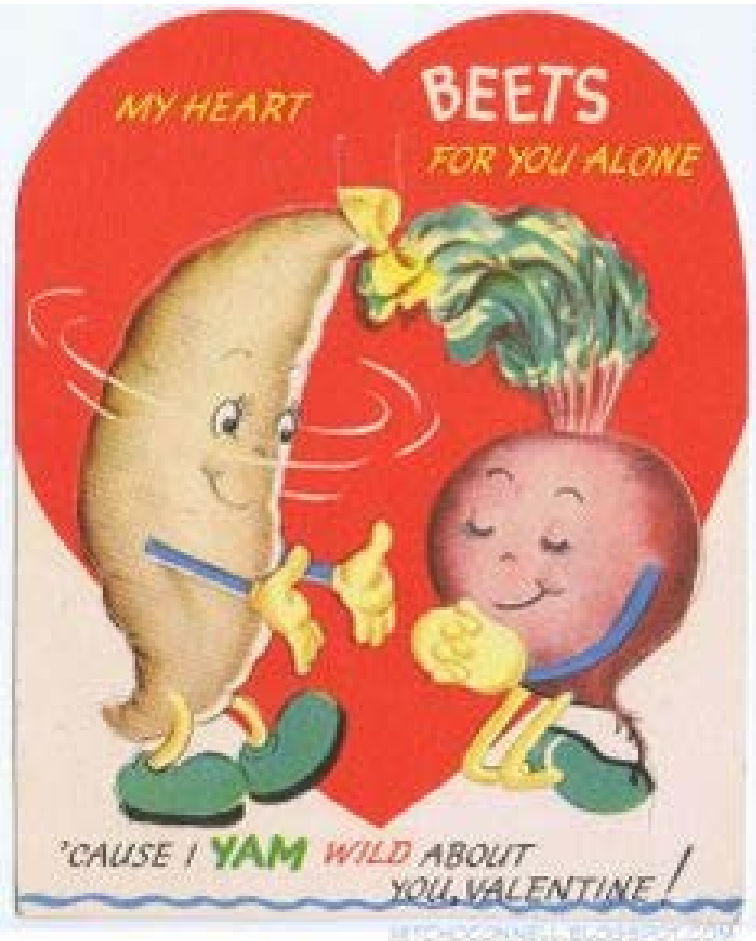
Three Sisters



Plant Families

- Brassicas – Kale, cabbage, broccoli, cauliflower, radishes, Brussels sprouts
- Legumes – Beans, peas, fava beans, peanuts
- Solanaceae – Tomatoes, eggplants, peppers
- Alliums – Onions, garlic, chives, leeks
- Umbeliferae – Carrots, dill, parsley, fennel, cilantro, celery
- Cucurbits – Cucumbers, melons, pumpkins, gourds, squashes
- Chenopodiceae – Swiss chard, spinach, beets
- Misc. – Corn, okra, asparagus, jerusalem artichokes, berries, etc

Companion Speed Poly-Dating



Brassicas – Collards, Kale, Broccoli, Cauliflower, etc



- Brassicas benefit from aromatic plantings which can deter cabbage worm, such as garlic, rosemary, mint, sage
- Tomatoes can prevent flea beetle
- Trap crops include radishes

Legumes – Beans and Peas



- The giver of the garden – nitrogen fixers
- Peas are friends with beans, borage, carrots, corn, cucumber, lettuce
- Beans get along with corn, summer savory
- Summer savory helps repel bean beetles
- Not friends with garlic and onions

Solanaceae/ Nightshades – Tomatoes, Peppers and Eggplants (not mentioning potatoes yet!)



- Tomatoes have lots of buddies - marigold, basil, carrots
- Nightshades can be planted nearby each other
- Onions and peppers are good together
- Family disagreement: Keep potatoes out of it.

Okay now Potatoes (also Solanaceae/ Nightshades)



- Friends with beans, onions, radishes
- Not friends with tomatoes or other nightshades - blight

Alliums – Onions, Garlic, Chives, Leeks, Shallots



- Friends with brassicas, lettuce, peppers, beets, swiss chard, strawberries
- Not friends with beans and peas

Umbelliferae – Carrots



- Friends with tomatoes, beans
- Family Disagreements: Fennel, Dill and Coriander, Parsnips

Cucurbits – Cucumbers, Squash, Melons



- Friends with corn, sunflowers, okra, beans, radishes
- Not friends with potatoes
- Trap crop – blue hubbard squash

Chenopodiaceae / Goosefoot – Beets, Spinach, Swiss Chard



- Friends with alliums and some brassicas (not mustard)
- Beets and Swiss chard not friends with potatoes, tomatoes or legumes

Wanna learn more?

