My Food has Friends!

Companion Planting 101

Lola Bloom
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
• Cucurbitae – 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
Chenopodiceae / 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?