

Companion Planting

Also called interplanting. Things to consider when companion planting, or interplanting are:

- 1 - Structure or size, height of the plants and roots
- 2 - Light, water and fertilizer needs - **plant families** have similar needs
- 3 - Pests and diseases
- 4 - Plant benefits to the garden, soil and other plants. An example is beans that fix nitrogen in the soil.

There are many garden websites with information about companion planting but most of it is anecdotal and not based on scientific study. The scientific research I found follows:

University of Nebraska study shows that radishes planted with pumpkins repel squash bugs. Nasturtiums planted around fruit trees deter moths because they secrete water soluble glucosinolates from their roots into the soil. Brassicas do the same

University of Nice Sophia Antipolis in France - tomatoes and basil

Iowa State - thyme and tomatoes

University of Kentucky - dwarf sunflowers w/corn. The sunflowers attract ladybugs. Dill attracts parasitic wasps to control cabbage worms

Rutgers University - dill attracts enemies of the potato beetle

Reasons to plant flower and herb companions:

- 1- deter pests (the presence of herbs can confuse pests)
- 2 - attract beneficial insects (bugs that eat other bugs)
- 3 - improve the health of your garden through biodiversity
- 4 - add beauty and feed pollinators

Great Garden Companions

Flowers that attract beneficial insects such as nasturtiums, cosmos, sunflowers, zinnias, alyssum, borage, marigolds, chamomile, and tansy.

Anything in the aster family. Carrots love caraway, coriander, parsley, dill, fennel and lovage

Herbs - thyme, oregano, sage, basil and dill

SEE ATTACHED PAGE FOR PLANT FAMILIES