

COMPANION PLANTING EXAMPLES

Avoid Monoculture

Pests and diseases find it easy

Soil tends to become physically damaged, nutrient poor and short of mycorrhizal fungi

The need for artificial controls increase exponentially

Polyculture

Without thinking about it will have all of the following companion planting principles included;

Disguise

French Marigolds or Tagetes amongst tomatoes to ward off Whitefly and others

Onions or garlic alongside carrots to keep Carrot Fly away

Coriander to deter aphids from tomatoes

Celery to deter aphids from cauliflower

Resistant varieties inter-planted amongst normal varieties e.g. mildew resistant lettuce every 4 plants reduces mildew attack on the mildew prone varieties

Hormones

Tagetes to kill soil borne nematodes

Pot Marigold (Calendula) to knock back Horsetail

Fungicide

Garlic is a natural fungicide

Horseradish will increase the disease resistance of potatoes

Foxgloves on many plants

Predator attractant

Poached Egg plant (Limnanthes) to attract in Hoverflies

Parsnip in flower attracts predators e.g. under apple trees it will attract natural predators of Codling Moth and Light Brown Apple Moth

Lures

Nasturtiums planted amongst cabbage attract Cabbage White Butterflies away from the crop

Hosta are used commercially to attract Vine Weevil and so detect their presence

Mixing any insect friendly plants amongst the vegetable garden will help in natural pest control

Low Growing plants needing shade from tall plants

Peas or sweet corn will provide shade for crops that are otherwise prone to bolting such as coriander, lettuce and spinach

Tall Plants providing support for climbers

Maize is used to support climbing beans in traditional North American growing systems

Wind Protection

Planting hedges or mixed borders will provide protection for more delicate plants

Deep rooters

Achillea (Yarrow) pulls nutrients near to the surface of the soil for others to use

Alfalfa is used in agriculture for the same reasons – it is used as a green manure in gardens

Natural soil tilling

Clover breaks up difficult soils

Flavour enhancers

Basil amongst Tomatoes enhances the flavour of both

Living Mulches

Clover as a living mulch prevents soil erosion

Clover also will prevent Cabbage Root Fly from laying eggs

Allelopaths (nature's weedkillers)

Turnip against Couch

Calendula against Horsetail

Marigolds against Ground Elder and Bindweed