

## Beneficial effects of Companion Planting

Some plants have a beneficial effect upon the garden because of some peculiar characteristic of their growth, scent, or root formation and soil demands. Odoriferous plants (produce odour), including those with aromatic oils, play an important part in determining just which insects visit the garden. But while some plants can repel insects, they can also hinder the growth rate of other plants or otherwise adversely affect them.

| Plant  | Companions and Effects   |
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| Asparagus  | Tomatoes, parsley, basil   |
| Basil  | Tomatoes (improves growth & flavour); said to dislike rue; repels flies & mosquitoes   |
| Bean   | Potatoes, carrots, cucumbers, cauliflower, cabbage, summer savoury, most other veggies & herbs   |
| Bean (bush)  | Sunflowers (beans like partial shade, unless you live up north, sunflowers attract birds & bees for pollination), cucumbers (combination of heavy and light feeders), potatoes, corn, celery, summer savoury |
| Beet   | Onions, kohlrabi   |
| Cabbage Family (broccoli, brussel sprouts, cabbage, cauliflower, kale) | Potatoes, celery, dill, chamomile, sage, thyme, mint, pennyroyal, rosemary, lavender, beets, onions; aromatic plants deter cabbage worms   |
| Caraway  | Loosens soil; plant here and there; great planting in the proximity of root vegetables (e.g. beetroot)   |
| Carrot   | Peas, lettuce, chives, onions, leeks, rosemary, sage, tomatoes   |
| Catnip   | Plant in borders; protects against flea beetles  |
| Celery   | Leeks, tomatoes, bush beans, cauliflower, cabbage  |
| Chamomile  | Cabbage, onions  |
| Chervil  | Radishes (improves growth & flavour).  |
| Chive  | Carrots; plant around base of fruit trees to discourage insects from climbing trunk.   |
| Corn   | Potatoes, peas, beans, cucumbers, pumpkin, squash  |
| Cucumber   | Beans, corn, peas, radishes, sunflowers  |
| Dead nettle  | Potatoes (deters potato bugs)  |
| Dill   | Cabbage (improves growth & health), carrots  |
| Eggplant   | Beans  |
| Fennel   | Most plants are supposed to dislike it.  |
| Flax   | Carrots, potatoes.   |
| Garlic   | Roses & raspberries (deters Japanese beetle); with herbs to enhance their  |



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|                 | production of essential oils; plant liberally throughout garden to deter pests.   |
| Horseradish     | Potatoes (deters potato beetle) around plum trees to discourage curculios.  |
| Hyssop          | Cabbage (deters cabbage moths), grapes; keep away from radishes.  |
| Lamb's-quarters | Nutritious edible weeds; allow to grow in modest amounts in the corn.   |
| Leek            | Onions, celery, carrots   |
| Lemon Balm      | Here and there in the garden  |
| Marigold        | The workhorse of pest deterrents; keeps soil free of nematodes; discourages many insects; plant freely throughout the garden. |
| Marjoram        | Here & there in the garden.   |
| Mint            | Cabbage family; tomatoes; deters cabbage moth.  |
| Nasturtium      | Tomatoes, radish, cabbage, cucumbers; plant under fruit trees; deters aphids & pests of cucurbits.                            |
| Onion           | Beets, strawberries, tomato, lettuce (protects against slugs), beans (protects against ants), summer savoury                  |
| Parsley         | Tomato, asparagus   |
| Pea             | Squash (when squash follows peas up trellis), plus grows well with almost any vegetable; adds nitrogen to the soil.           |
| Petunia         | Protects beans; beneficial throughout garden.   |
| Potato          | Horseradish, beans, corn, cabbage, marigold, limas, eggplant (as a trap crop for potato beetle).                              |
| Pot marigold    | Helps tomato, but plant throughout garden as deterrent to asparagus beetle, tomato worm & many other garden pests.            |
| Pumpkin         | Corn  |
| Radish          | Peas, nasturtium, lettuce, cucumbers; a general aid in repelling insects.   |
| Rosemary        | Carrots, beans, cabbage, sage; deters cabbage moth, bean beetles & carrot fly.  |
| Rue             | Roses & raspberries; deters Japanese beetle; keep away from basil.  |
| Sage            | Rosemary, carrots, cabbage, peas, beans; deters some insects.   |
| Soybean         | Grows with anything; helps everything.  |
| Spinach         | Strawberries  |
| Squash          | Nasturtium, corn.   |
| Strawberry      | Bush beans, spinach, borage, lettuce (as a border).   |



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| Summer Savoury | Beans, onions; deters bean beetles.   |
| Sunflower      | Cucumbers   |
| Tansy          | Plant under fruit trees; deters pests of roses & raspberries; deters flying insects, also Japanese beetles, striped cucumber beetles, squash bugs; deters ants. |
| Tarragon       | Good throughout garden.   |
| Thyme          | Here & there in garden; deters cabbage worm.  |
| Tomato         | Chives, onion, parsley, asparagus, marigold, nasturtium, carrot, limas.   |

This information was taken from:

[http://www.penrithcity.nsw.gov.au/uploadedFiles/Website/Environment/Waste\\_Services/Companion%20Planting%20&%20Organic%20Bug%20Sprays.pdf](http://www.penrithcity.nsw.gov.au/uploadedFiles/Website/Environment/Waste_Services/Companion%20Planting%20&%20Organic%20Bug%20Sprays.pdf)

