

A Guide to Companion Planting

by Trees for the Future



Forest Garden
Training Center

CROP	COMPANIONS	ANTAGONISTS	TIPS
LEAF LETTUCE	Mint - Beans - Beets Carrots - Maize - Marigold Onions - Peas Radish - Strawberries	Parsley	Mint repels slugs, which feed on lettuce.
SPINACH	Beans - Lettuce Peas - Strawberries	Potato	Beans & peas provide shade for spinach.
KALE SWISS CHARD COLLARDS	Beets - Carrots Marigold Radish - Turnips		
CABBAGE	Beets - Bush Beans - Celery Mint - Onion - Potato - Oregano Rosemary - Dill - Sage	Pole & Runner Beans - Peppers Strawberry - Tomato	Celery, onion and herbs keep pests away. Rosemary repels cabbage fly.
BROCCOLI CAULIFLOWER	Basil - Bush Beans - Cucumber Garlic - Lettuce - Marigold - Mint Onion - Potato - Radish Rosemary - Dill - Sage - Thyme	Mustard - Oregano Strawberry - Tomato	Rosemary repels cabbage fly. Dill attracts wasps for pest control.
TOMATO	Beans - Basil - Carrots Spinach - Broccoli Cauliflower - Celery Marigold - Peppers - Melons	Cabbage - Kale Maize - Peas - Potatoes Rosemary - Broccoli Cauliflower - Dill	Growing basil 25 cm from tomatoes increases tomato yields. Marigolds repel hornworms and nematodes.
EGGPLANT	Beans Peppers Potato		
SWEET PEPPER HOT PEPPER	Basil Onions - Spinach Tomato	Beans Cabbage Kale	
BEETS	Broccoli - Cabbage Cauliflower - Collards - Garlic Onion - Lettuce - Sage	Pole & Runner Beans	Beans and beets compete with each other. Beet leaves add magnesium when composted.
CARROT	Beans - Garlic - Lettuce Onion - Parsley - Peas Rosemary - Dill - Tomato	Dill Parsnip	
RADISH	Cabbage - Corn Cucumber Eggplant - Lettuce		Radish can be used as a trap crop against some beetles and aphids.
TURNIP	Peas		

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ONION LEEK GARLIC	Beets - Cabbage Carrots - Lettuce - Rosemary Strawberry - Tomato Each Other	Beans Peas	Onions, leeks, and garlic repel aphids, carrot fly, and other pests.
CELERY	Bush Beans - Cabbage Dill - Leeks Tomatoes	Potato Parsnip	
SQUASH ZUCCHINI WATERMELON	Flowering Plants	Sweet Potato	Flowering plants assist in pollination.
PUMPKIN	Beans - Corn Radish	Potato	Corn, beans, and pumpkin are an age-old companion group, The 3 Sisters.
CORN	Beans - Cucumbers Peas - Potatoes - Pumpkin Squash - Zucchini	Tomato	Corn attracts tomato worm and tomato attracts corn worm.
CASSAVA	Beans		
Groundnut	Beets - Cabbage - Carrots - Celery Maize - Cucumber - Eggplant Lettuce - Marigold - Pea - Potato Radish - Rosemary - Strawberry	Basil Onion	
PEAS	Beans - Cabbage Carrots - Celery - Corn Cucumber - Lettuce Potato - Sage	Onion Leeks Garlic	
BEANS	Beets - Cabbage - Cauliflower Kale - Cucumber - Celery Swiss Chard - Spinach - Maize Eggplant - Peas - Potatoes	Onion - Leeks Garlic - Peppers	Maize is a natural trellis and/or shelter for beans and beans provide nitrogen for the maize.
AFRICAN YAM	Beans - Oregano Basil - Dill - Marigolds		
POTATO	Beans - Cabbage Corn - Eggplant	Celery - Cucumber Pumpkin - Rosemary Strawberries - Tomato	Cucumber and tomato attract pests that can attack potatoes.
SWEET POTATO	Beets - Okra Dill - Thyme	Squash Zucchini Watermelon	

Get more tips and guidance on companion planting
and permagardening at training.trees.org.
Chapter 13 of the Forest Garden Technical Manual
has more instruction on spacing, timing, and care.



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