

## Companion Plant Relationships – Common Vegetable & Herbs

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### VEGETABLES

Common name	Botanical Name	Helps	Helped by	Attracts	Repels / Distracts	Avoid	Comments
Alliums (Onion & Garlic)	<i>Allium</i>	fruit trees, nightshades (tomatoes, peppers, potatoes, etc), brassicas (cabbage, broccoli, kohlrabi, etc) carrots	carrots		slugs, aphids, <a href="#">carrot fly</a> , cabbage worms[1]	beans, peas, parsley	<b>Alliums include onions, garlic, leeks, shallots, chives, and others</b>
Asparagus	<i>Asparagus officinalis</i>	Tomatoes	Aster Family flowers, Dill, Coriander, Tomatoes, Parsley, Basil, Comfrey, Marigolds			Onion, Garlic, Potatoes	Marigolds will deter beetles.
Brassicas	<i>Brassica</i>		geraniums, dill, alliums (onions, shallots, garlic, etc), rosemary, nasturtium, borage			mustards, nightshades (tomatoes, peppers, etc)	<b>Brassicas are a family of species which include broccoli, cabbage, brussels sprouts, kohlrabi, and cauliflower.</b>
Beans,	<i>Phaseolus</i>	Corn (see <a href="#">Three Sisters</a> ), Spinach, lettuce, rosemary, summer savory, dill, carrots, brassicas, beets, radish, strawberry and cucumbers	Eggplant, Summer savory		California beetles	Tomatoes, chili peppers, sunflowers, alliums (onions, garlic, etc), kales (cabbage, broccoli, etc)	Hosts nitrogen-fixing bacteria, a good fertilizer for some plants, too much for others
Beets,	<i>Beta Vulgaris</i>	lettuce, kohlrabi, onions and brassicas	Catnip, Garlic, Mint			Runner or pole beans	Good for adding minerals to the soil through composting leaves which have up to 25% magnesium. Runner or pole beans and beets stunt each other's growth.
Broccoli	<i>Brassica oleracea</i>		geraniums, dill, alliums, rosemary, nasturtium, borage			mustards, Tomatoes, peppers	Rosemary repels cabbage fly, geraniums trap cabbage worms, same general companion profile as all brassica (cabbage, kohlrabi, brussels sprouts, cauliflower, etc)
Cabbage	<i>Brassica oleracea</i>		geraniums, dill, alliums, rosemary			mustards, Tomatoes, peppers strawberries, and pole/runner beans	Rosemary repels cabbage flies, geraniums trap cabbage worms, same general companion profile as all brassica (cabbage, kohlrabi, brussels sprouts, cauliflower, etc)
Carrots	<i>Daucus carota</i>	Tomatoes, Alliums (onions, chives, etc), lettuce	alliums (leeks, shallots, etc), rosemary, wormwood, sage, beans, <a href="#">flax</a>	<a href="#">assassin bug</a> , <a href="#">lacewing</a> , parasitic wasp, yellow jacket and other predatory wasps		Dill, parsnip, radish	Tomatoes grow better with carrots, but may stunt the carrots' growth. Beans (which are bad for tomatoes) provide the nitrogen carrots need more than some other vegetables. Aromatic companion plants repel <a href="#">carrot fly</a> . Sage, rosemary, and radishes are recommended by some as companion plants, but listed by others as incompatible. Alliums inter-planted with carrots confuse onion and carrot flies. For the beneficial insect-attracting properties of carrots to work, they need to be allowed to flower; Otherwise, use the wild carrot, Queen Anne's Lace, for the same effect. Flax produces an oil that may protect root vegetables like carrots from some pests.
Celery,	<i>Apium graveolens</i>		Cosmos, Daisies, Snapdragons			corn, Aster flowers, these can transmit the aster yellows disease	
Corn / Maize	<i>Zea mays</i>	beans	Sunflowers, legumes (beans, peas, soybeans etc), peanuts, cucurbits (squash, cucumbers, melons, etc), amaranth, white geranium, lamb's quarters, morning glory, parsley, and potato			Tomato, Celery	Provides beans with a trellis, is protected from predators and dryness by cucurbits, in the <a href="#">three sisters</a> technique
Cucumber	<i>Cucumis Sativus</i>		Nasturtiums, radishes, marigolds, sunflowers peas, beets, carrots, and Dill	Beneficial for ground beetles		Tomato, Sage	

Eggplant or Aubergine	<i>Solanum melongena</i>	Beans, Peppers	Marigolds, tarragon, mints				Marigolds will deter nematodes.
Leek	<i>Allium ampeloprasum</i>	Celery, apple trees	carrots		cabbage worms, aphids, carrot fly, others	Legumes (beans, peas, etc)	Same companion traits as all alliums (onions, garlic, shallots, chives, etc)
Lettuce	<i>Lactuca sativa</i>		Radish, Kohlrabi, beans, carrots			celery, cabbage, cress, parsley	Mints (including hyssop, sage, and various "balm") repel slugs, a bane of lettuce and cabbages
Mustard	Brassicaceae, <i>Sinapis alba</i>	Cabbage, cauliflower, radish, brussels sprouts, turnips			various pests		Same general companion profile as all brassica (cabbage, kohlrabi, brussels sprouts, cauliflower, etc)
Nightshades	Solanaceae		carrots, alliums, mints (basil, oregano, etc)			beans, black walnuts, corn, fennel, dill, brassica (broccoli, cabbage, cauliflower, etc)	<b>Nightshade plants include tomatoes, tobacco, chili peppers (including bell peppers), potatoes, eggplant, and others</b>
Peppers	Solanaceae, <i>Capsicum</i>	themselves, marjoram	tomatoes, geraniums, petunias			beans, kale (cabbage, brussels sprouts, etc)	Pepper plants like high humidity, which can be helped along by planting with some kind of dense-leaf or ground-cover companion, like marjoram and basil; they also need direct sunlight, but their fruit can be harmed by it...pepper plants grown together, or with tomatoes, can shelter the fruit from sunlight, and raises the humidity level.
Onion	<i>Allium cepa</i>	Tomatoes, Kales (broccoli, cabbage, etc)	Carrots		aphids, carrot fly, other pests	beans, peas, parsley	Same companion traits as all other alliums (chives, garlic, shallots, leeks, etc)
Potato	<i>Solanum tuberosum</i>		Horseradish			Sunflower, Tomato, Cucumber	Horseradish increases the disease resistance of potatoes
Parsnip	<i>Pastinaca Sativa</i>	fruit trees		a variety of predatory insects			<i>The flowers of the parsnip plant left to seed will attract a variety of predatory insects to the garden, they are particularly helpful when left under fruit trees, the predators attacking codling moth and light brown apple moth. The root also contains Myristicin, which is toxic to fruit flies, house flies, red spider mite, pea aphids, an simple blender made extraction of three blended parsnips roots to one litre of water through a food processor (not one for preparing food) and left overnight, strained and use within a few days.</i>
Pumpkin Squash	<i>Curcubita spp</i>	corn, beans	Buckwheat, catnip, tansy, radishes	Spiders, Ground Beetles			Flea Beetles are warded off by radishes, Curcubita can be used in the <b>three sisters</b> technique
Spinach	<i>Spinacia oleracea</i>		Peas, Beans				The peas and beans provide natural shade for the spinach
Tomatoes	<i>Solanum lycopersicum</i>	roses, peppers, asparagus	basil, oregano, parsley, carrots, marigold, Alliums, celery, Geraniums, Petunias, Nasturtium, Borage, any type of onion or chives		asparagus beetle	Black walnut, corn, fennel, peas, dill, potatoes, beetroot, brassicas (kohlrabi, cabbage, etc), rosemary	

## HERBS

Common name	Botanical Name	Helps	Helped by	Attracts	Repels / Distracts	Avoid	Comments
Basil	<i>Ocimum basilicum</i>	tomato, peppers, oregano, asparagus, petunias	chamomile, anise	butterflies	asparagus beetle, mosquitoes and flies	common rue, sage, rosemary (basil will kill your rosemary)	is said to make tomatoes taste better, chamomile and anise are supposed to increase the essential oils in many herbs like basil
Borage	<i>Borago officinalis</i>	Almost everything, especially strawberry, cucurbits (cucumber, gourds), tomatoes		Predatory insects, honeybees	many pests		Borage is the magic bullet of companion plants
Caraway	<i>Carum carvi</i>	Strawberries		Parasitic wasps, parasitic flies			
Chamomile	<i>Matricaria recutita</i>	Basil, Wheat, Onion, Cabbage, Cucumber		Hoverflies, wasps		Growing near herbs will increase their oil production.	
Chervil	<i>Anthriscus cerefolium</i>	Radish, lettuce, broccoli			aphids		loves shade, fortunately it grows well with shade-tolerant food plants; will make radishes grown near it taste spicier
Cilantro / Coriander	<i>Coriandrum sativum</i>	spinach	beans, peas	tachinid fly	aphids, spider mites and potato beetle		
Chives	<i>Allium schoenoprasum</i>	Apples, carrots, tomatoes, brassica (broccoli, cabbage, mustard, etc), many others	carrots		cabbage worms, carrot fly, aphids	beans, peas	Same companion traits as all alliums (onions, garlic, shallots, leeks, etc)said to prevent apple scab after 3 years planting at base of apple trees
Dill	<i>Anethum graveolens</i>	Cabbages, Corn, Lettuce, Onions, Cucumbers		Tiger Swallowtail butterflies/caterpillars, Hoverflies, Wasps, Tomato Horn Worms, honeybees, Ichneumonid Wasps	Aphids, spider mites, squash bugs, cabbage looper	carrots, tomatoes	one of the few plants said to grow with fennel
Fennel	<i>Foeniculum vulgare</i>	Dill	Dill	ladybugs, syrphid fly, tachinid fly	aphids	Almost everything	Fennel is allelopathic to most garden plants, inhibiting growth, causing to bolt, or actually killing many plants
Garlic	<i>Allium sativum</i>	Apple trees, Pear trees, Roses, Cucumbers, Peas, Lettuce, Celery			Aphids, cabbage looper, ants, rabbits, cabbage maggot		Deters rabbits, same companion traits as all alliums (onions, chives, shallots, leeks, etc)
Hemp	<i>Cannabis sativa L. subsp. sativa</i>	Brassica (cabbage, brussels sprouts, other kales)					Repels many types of beetles which attack cabbages.
Hyssop	<i>Hyssopus officinalis</i>	Cabbage, grapes		honeybees, butterflies	Cabbage moth larvae, Cabbage Butterflies		Stimulates growth of grapes.
Lovage	<i>Levisticum officinale</i>	Almost all plants	beans	Ichneumonid Wasps, ground beetles (good)		rhubarb	Is thought to improve the health of almost all plants, like borage and geraniums, is considered a "magic bullet" of companion planting
Oregano	<i>Origanum vulgare</i>	Tomatoes, peppers, many other plants	basil		aphids		provides ground cover and much-needed humidity for pepper plants if allowed to spread among them
Peppermint	<i>Mentha piperita</i>	Brassica (cabbage, kholrabi, broccoli, and the other kales)			cabbage fly, ants, cabbage looper		Repels cabbage flies, has same general companion properties as other mints
Rosemary	<i>Rosmarinus officinalis</i>	sage, cabbage, beans, carrots			bean beetle	Basil	Deters cabbage flies, repels many bean parasites
Sage	<i>Salvia officinalis</i>	rosemary, cabbage, beans, carrots		honeybees, cabbage butterfly	cabbage flies, carrot fly, black flea beetle, cabbage looper, cabbage maggot		Deters cabbage flies, repels many bean parasites
Southernwood	<i>Artemisia abrotanum</i>	Fruit trees					Controls cabbage moths and malaria mosquitoes.
Spearmint	<i>Mentha spicata</i>				ants, aphids		Controls ants and aphids, has same general companion properties as other mints.
Summer Savoury	<i>Satureja hortensis</i>	Green beans, onions,					also delays germination of certain foul herbs
Tansy	<i>Tanacetum vulgare</i>	beans, cucurbits (cucumbers, squash, etc), corn, roses		honeybees	flying insects(Ichneumonid Wasps), Japanese beetles, striped cucumber beetles, squash bugs and ants		Is reputed to generally repel insects (except for nectar-eating types). This herb should not be consumed, as it is quite toxic.
Tarragon	<i>Artemisia dracunculus</i>	Everything, but especially eggplant					Its scent is disliked by most pests, and this plant is also thought to have Nurse Plant properties, enhancing the growth and flavor of crops grown with it.