

## Companion Planting for our Gardens\*

- . If we already plant herbs: Anise Hyssop, Monarda, Sage, Mint, Lemon Balm, African Basil, in our flower gardens, why not Vegetables?
- . Actually we've been experimenting with vegetables in our formal town gardens for several years now. Vegetables can show a mass of color, texture, flowers and are edible.
- . You can do this in your own gardens, particularly if you have limited sunny spots.
- . Large planters are an excellent choice, for the root ball will totally consume the soil and you need not amend it from year to year.
- . **The Three Sisters** are an excellent example companion planting. Corn grows tall and provides support for poll beans. Beans provide nitrogen back into the soil for nitrogen hungry corn. Squash provides groundcover for the other two plantings.
- . Plant French marigolds (Tagetes – Asteraceae - aster family) planted near Tomatoes to deter Nematodes (root knot). Till in the marigolds after harvest. But also encourage the good Nematodes in our lawns that take care of Japanese & Masked Shafer beetles. (Don't over use grub control in your lawns.) Dill will attract tomato hornworms away from tomato plants. Basil (Lamiaceae -mint family) will repel tomato hornworms. But who can resist hornworms when they become those cute hummingbird moths? Try removing them first.
- . Plant Nasturtiums to take care of: cabbage caterpillar, white fly, cucumber beetle, Mexican bean beetle, Colorado potato beetle, green peach beetle and colding moth (attacks apple trees)
- . **More Plants to deter bad insects**
  - a. Plant broad beans and/or chives to get rid of aphids.
  - b. Sunflowers to trap Harlequin bugs (black stink bugs) that attack the Brassicaceae (cabbage family) and Cleome.
  - c. Rue repels Japanese beetles.
  - d. Artemisia repels cabbage butterfly.
  - e. Nicotiana repels flea beetles.
  - f. Mint repels cabbage caterpillars.
  - g. Onion, Garlic or Chives help deter carrot rust flies.

## **. Companion planting to attract good insects**

- a. Plant daisies, asters, Monarda, dill, coriander, fennel and parsley to make the pollinators happy.
- b. The common dandelion is a scourge to our lawns, but the pollinators love them and they release ethylene gas that encourages fruit setting and ripening.
- c. Fennel and Coriander of the Apiaceae family attract braconid wasps, hoverflies, lacewings and ladybugs.
  1. Braconid wasps lay their eggs on tomato hornworms – it's not pretty, but it does keep the hornworm population down.
  2. Hoverflies and lacewings larvae eat aphids, spider mites, thrips, whitefly, leaf hoppers, beetle larvae and pest moth eggs.
  3. Ladybugs eat aphids
- b. Parsley (Apiaceae family) attracts monarch butterfly caterpillars
- c. Queen Ann's Lace (Apiaceae family) attracts hoverflies, ladybugs and spiders.
- d. Sweet Alysum (Brassicaceae –cabbage family) attracts parasitic wasps such as braconid wasps, chalcid wasps and hoverflies. Hoverfly larvae feed on aphids and thrips.

So Bon Appetite!!

\*Much of this was taken from: [www.countryfarm-lifestyles.com](http://www.countryfarm-lifestyles.com)