

Companion Plants for Vegetable Gardens

plants that make your vegetable gardens healthier and more bug-free!

the Three Sisters: Corn, Pole Beans & Squash

Corn provides a stake for the Pole Beans;
Pole Beans add nitrogen to the soil;
Squash acts as a mulch, shading the soil, keeping it moist, preventing weed-growth; the bristles repel bugs;
The three plants together provide balanced nutrition for us!

Repellants: plants that shoo insects & critters away from your garden!

Ants:	garlic, peppermint, spearmint
Aphids:	cilantro, alliums (the onion family), oregano, spearmint, petunias, nasturtium, sunflower
Cabbage Looper:	dill, garlic, peppermint, salvia, nasturtium
Cabbage Worms:	alliums (onions, garlic, leeks, shallots, chives, etc.)
Flies:	basil
Thrips	basil, marigold
Gophers:	borage, catmint, heuchera, lantana, lavender, penstemon, rosemary, salvia
Mosquitoes:	basil
Rabbits:	garlic
Snails:	alliums (onions, garlic, leeks, shallots, chives, etc.)
Spider Mites:	cilantro, dill

Attractants: plants that attract beneficial bugs (they eat the bad bugs!)

Asters:	provide habitat for beneficial predator insects
Borage:	called the "magic bullet" of companion plants because it attracts beneficial predator insects & honeybees, and repels many unwanted insects
Chamomile:	called "the plant doctor" because it improves the growth and health of many other plants, especially ones that produce essential oils like Mints (includes Sage, Oregano & Spearmint)
Clover:	is great for soil conditioning (rototill it right in) and attracts predators
Marigold:	"wonder drug of the companion plant world"; repels aphids, attracts aphid-eaters
Nasturtium:	one of the best at attracting predatory insects
Parsley:	attracts beneficial insects including a wasp that eats Tomato Hornworm
Queen Anne's Lace:	attracts Lacewings (wonderful predatory wasps)
Yarrow:	improves soil quality; can increase essential oil production in some herbs; attracts ladybugs & predatory wasps

Trap Crops: these plants lure unwanted insects away from your prized veggies

Geranium:	attracts leafhoppers, Japanese beetles & more
Marigold:	can kill nematodes -- a chemical in their roots is strong enough to last for years after the plant has been removed; attracts beet leaf hoppers
Mustard:	attracts aphids, but also attracts ladybugs!
Nasturtium:	attracts aphids, cabbage looper, squash bug, white fly, cucumber beetle
Petunia:	attracts aphids, Japanese beetle, leafhoppers & more
Sunflower:	ants herd aphids onto flower