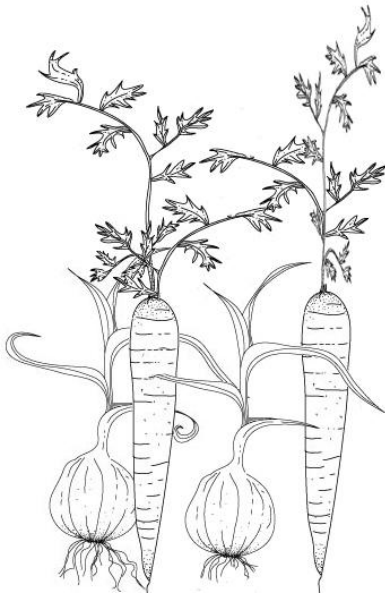


Companion Planting

Companion planting puts plants that benefit one another together and keeps plants away from each other that don't do well in proximity. This can increase the yields of compatible plants; repel pests, attract beneficial insects, decrease weeds, and diseases; and might actually improve the flavor.

The following plant pairings are considered helpful when dealing with pests common to Kentucky:

- Bush beans protect potatoes from the Colorado potato beetle; in return the potatoes protect the bush beans from the Mexican bean beetle.
- Carrots repel the tomato fruitworm, and tomatoes repel the carrot fly.
- Planting squash and other vine plants within your corn crop deters raccoons who dislike walking through the thick, prickly vines. The squash benefit from the shade provided by the corn and provide "mulch" for the soil.



Consider the following groupings when setting out your crops this May:

- Sweet peppers grown with okra — the okra also serves as a windbreak for the pepper plant's brittle stems.
- Peppermint repels white cabbage moths. As mint is invasive, it's best to keep it in a pot and move it around your cabbage patch as needed. The moths that lay larvae that eat the cabbage leaves can be deterred by pollinator bees – plant herbs and flowers nearby.
- Chamomile improves the growth and flavor of both cabbage and onions, but use sparingly. Chamomile can inhibit the growth of other plants. Aim for one plant for every 100 square feet.

Other plant pairing suggestions:

Plant:	Likes:
Bush Beans	Potato, cucumber
Pole Beans	Tall Corn, Radish
Beets	Cabbage, Lettuce
Cabbage	Onion, Spinach, Chard
Corn	Pumpkin, Cucumber, Squash
Cucumber	Beans, Corn, Peas, Radish
Eggplant	Beans
Lettuce	Carrot, Radish, Cucumber
Onion	Carrot, Cabbage, Beets
Tomato	Onion, Asparagus, Carrot, Cucumber
Turnip	Peas

Companion planting is not restricted to vegetable gardens. It can be used in designing flower gardens with herbs and ornamental plants, and can prove beneficial in grain cultivation. Companion planting reduces the need for fossil-fuel derived pesticides and fertilizers, while simultaneously beautifying your landscape.



Suggested reading:

- ✧ *Carrots Love Tomatoes: Secrets of Companion Planting for Successful Gardening* by Louise Riotte, Storey Publishing
- ✧ *Secrets of Companion Planting: Plants that help, plants that hurt* by Brenda Little, Silverleaf Press
- ✧ *Great Garden Companions -- A Companion Planting System For A Beautiful, Chemical-Free Vegetable Garden*, by Sally Jean Cunningham
- ✧ See www.attra.ncat.org for more information on companion planting do's and don'ts.