

Module 3
Companion
Planting



03

**Companion
Planting with
Herbs**

03



**How to use herbs to attract pollinators,
repel pests, and get more vegetables.**

Module 3

In This Lesson, You Will Learn

- How to use companion planting principles in your garden
- The best herbs to help you with pest control
- How to use herbs to attract pollinators to your garden

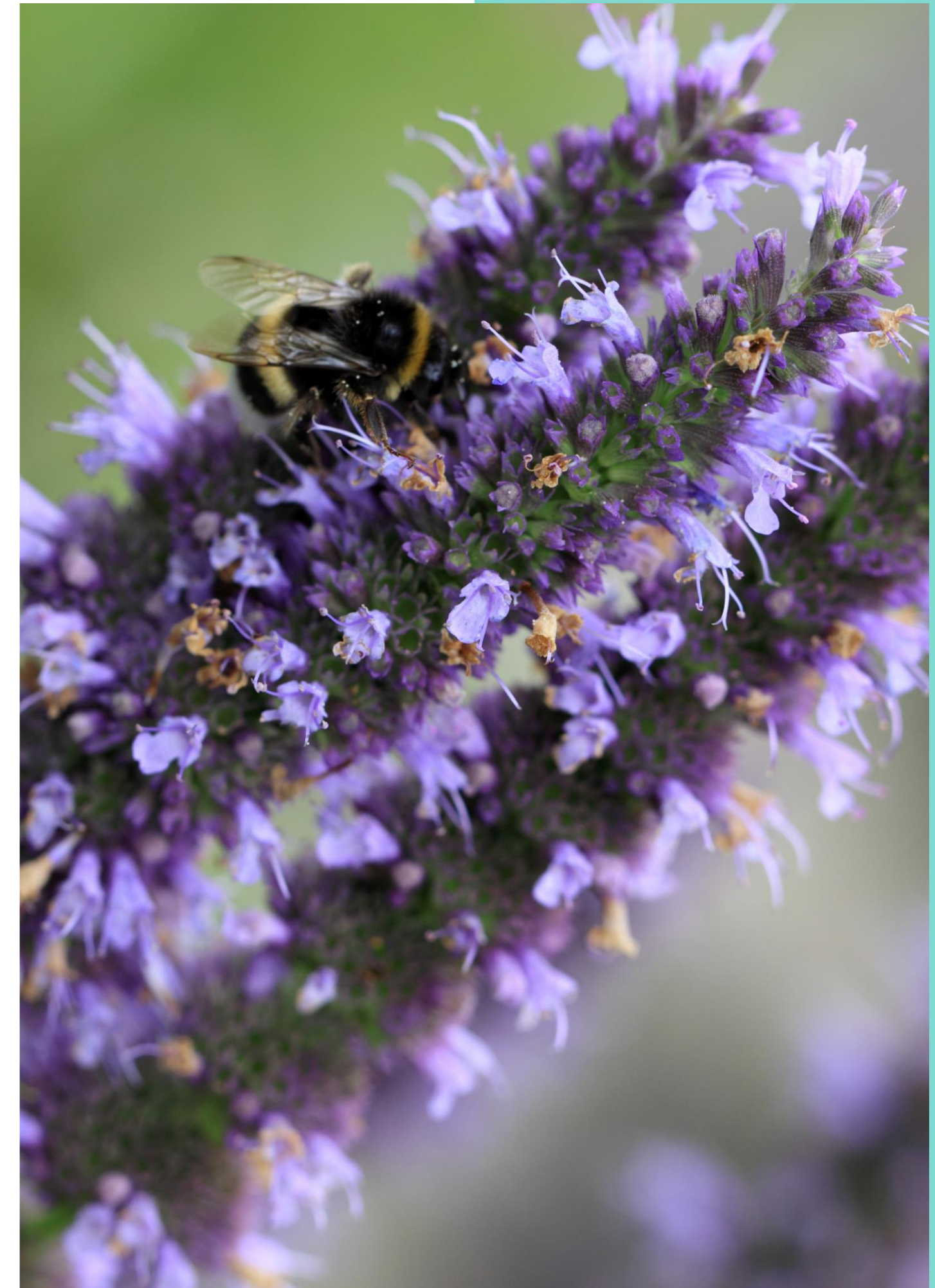
What is companion planting?

Companion planting is the planting of different plants close to each other, for pest control, pollination, providing habitat for beneficial creatures, maximizing use of space, and to otherwise increase garden productivity.



Companion planting reduces pesticide use by attracting predatory insects.

Companion planting improves plant yields by attracting pollinators, fixing nitrogen in the soil, and improving plant growth.



**Nitrogen-fixing
Astragalus**



Sometimes companion plants increase the minerals available in the root zone of their companions, enhancing growth.



Other times the companion herb is a general tonic to the whole garden, as is the case with chamomile and calendula.

Which Herbs to Plant



- › Echinacea attracts beneficial insects to the garden that prey on insect pest.
- › Plant basil with tomatoes, peppers, and eggplant to enhance their flavors.
- › Nasturtium improves the flavor of tomatoes. It is attractive to aphids and is often used as a trap crop to capture them away from other plants. Nasturtium provides nectar for bees and other pollinators. Since it grows close to the ground it provides hiding spaces for spiders and predatory ground beetles.



Anise Hyssop attracts bees and other pollinators.

Plant it a row away from your garden to act as a magnet for cabbage butterflies and keep them away from your cabbages, broccoli, and kale.

Grow lavender with apple and pear trees.

The strongly scented leaves and flowers repel codling moth and other caterpillars and moths. Bees and hummingbirds are attracted to lavender, too.



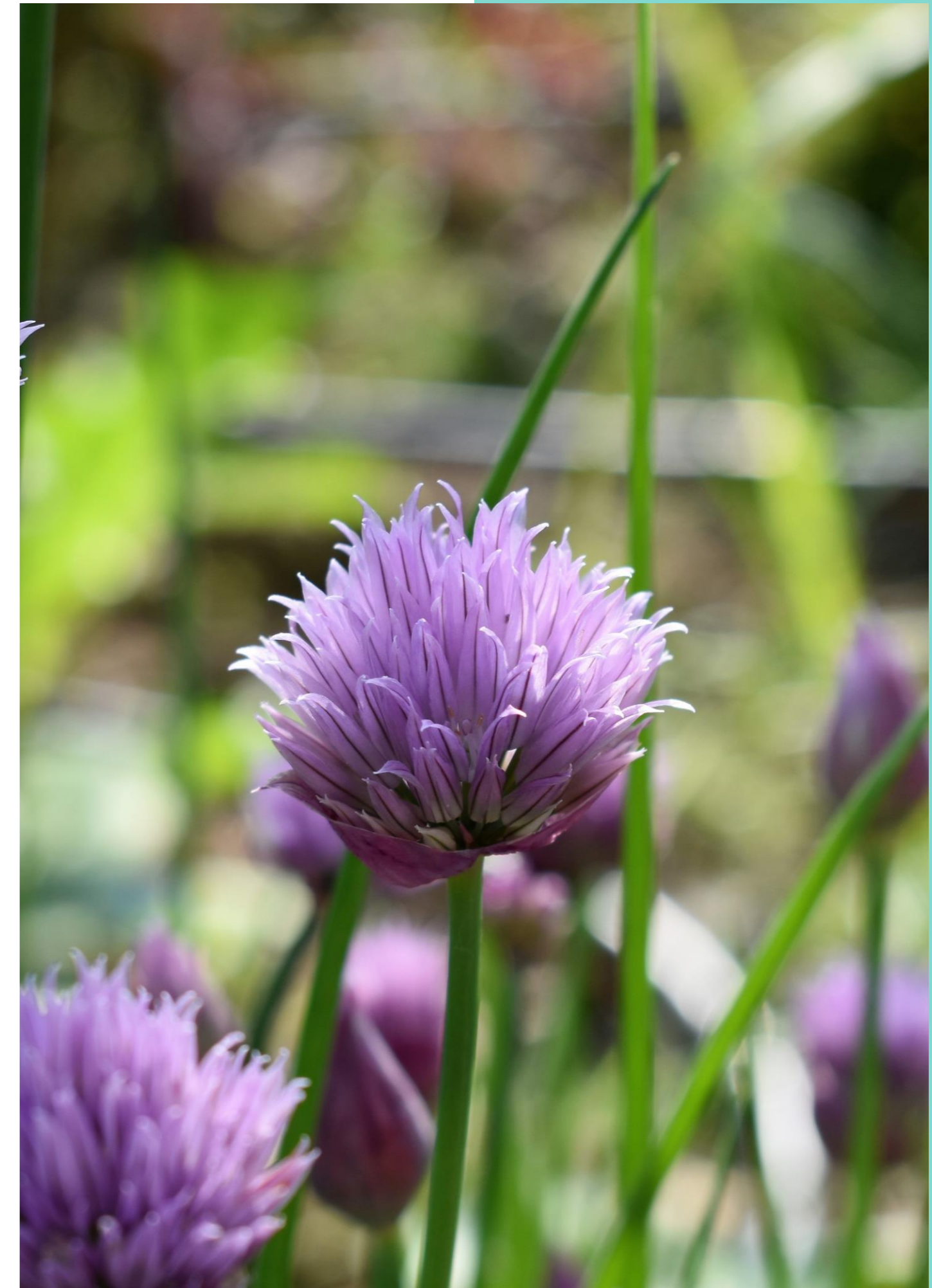


Borage is beneficial with tomatoes and cabbage family plants.

It deters tomato hornworm and cabbage butterflies. It attracts pollinators so plant it around squash, melons, and cucumber plants to increased pollination. Borage improves the soil and is good for the compost pile.

Chives, garlic, Welsh or Egyptian Onions are companions for fruit trees, carrots, beets, strawberries, cabbage, and lettuce but avoid planting alliums near peas or beans.

Allium plants repel carrot rust fly, aphids, and Japanese beetles, as well as fruit tree borers. Chives and Egyptian onions accumulate potassium and calcium in their leaves, making them a good choice for chop and drop fertilizer during the growing season.





Thyme is a garden tonic herb.

It enhances the flavor of strawberries and repels cabbage white butterflies from the broccoli bed. Thyme attracts hover flies which feed on aphids.



Sunflowers enhance the growth of corn, maize, and popcorn.

The ray flowers are rich food for pollinators. Sunflowers also attract hummingbirds which eat white flies, ants, aphids, mites, and mosquitoes

! Companion planting with umbellifers

Dill, fennel, lovage, cilantro, and parsley are examples of Umbelliferae or **Apiaceae** family plants that include carrots, celery, and parsnip, as well as Queen Anne's Lace.

This family of plants is characterized by deep tap roots, hollow stems and flat topped florescence with scores of tiny, nectar-rich flowers forming the umbel on each stem.

The nectar in these tiny flowers is very attractive to beneficial insects including both pollinators and predatory insects.

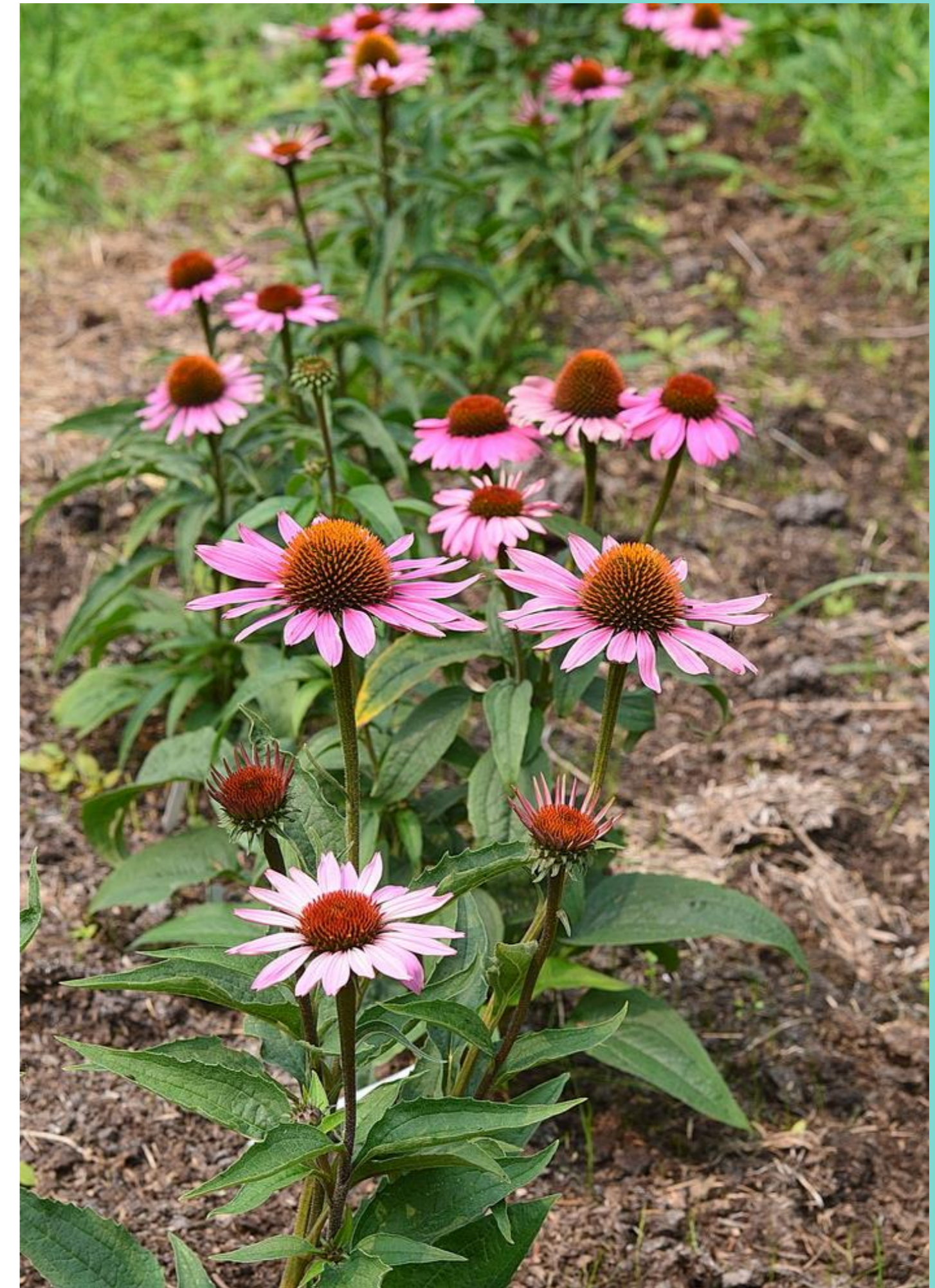


Planting umbellifers is one of the quickest ways to alleviate pest problems and increase pollination and garden yields



- Attracts predatory wasps, hover flies, lacewings, and other predatory insects with nectar.
- Increases the biodiversity
- Balances the ecosystem and prevents critical infestations of pests

**Some herbs act as
tonics to the whole
garden**

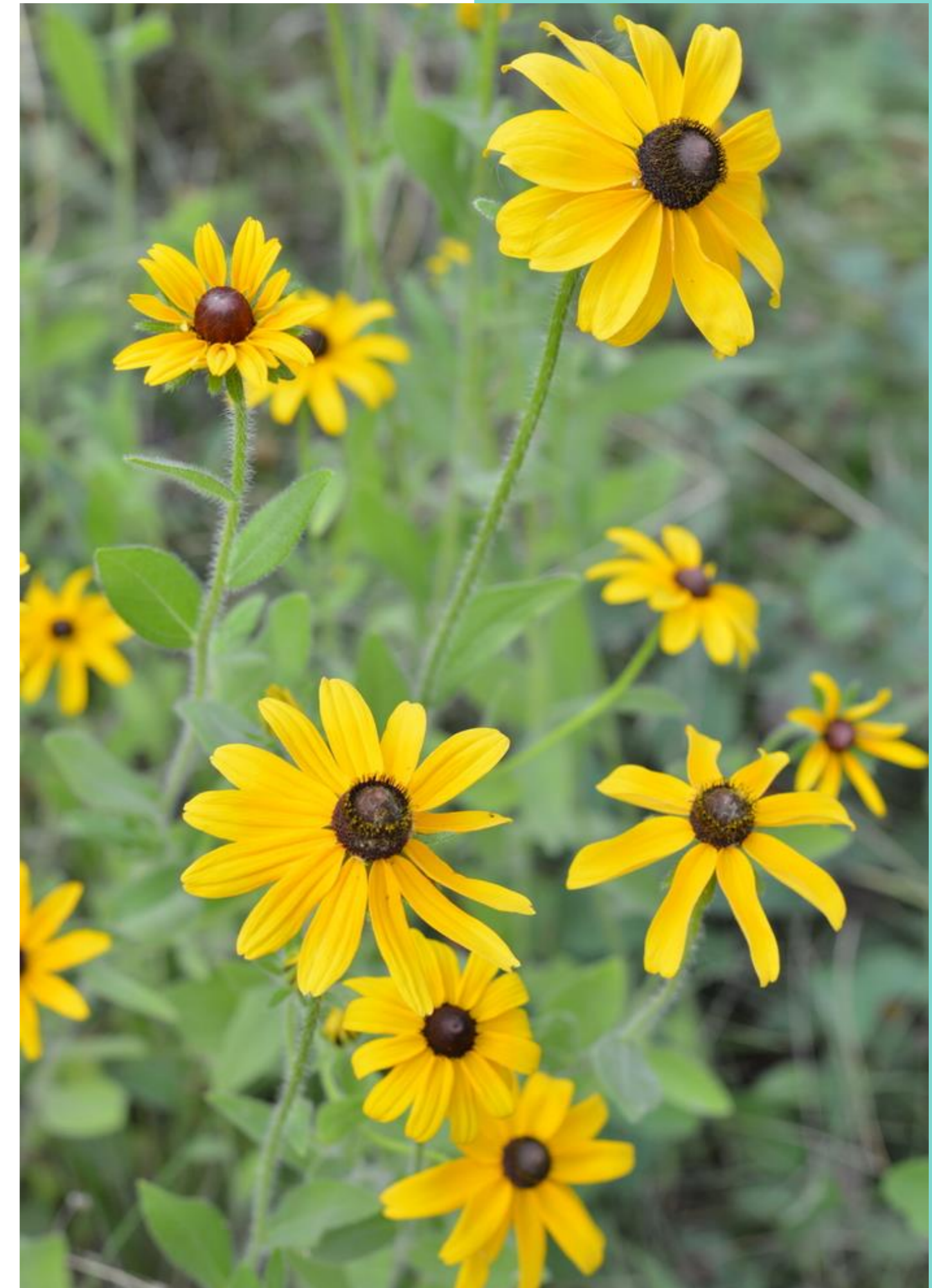


- They bioaccumulate minerals in leaves and flowers.
- They attract pollinators as well as predatory insects.
- They deter pests



Plant them freely throughout the garden and on the edges of the garden to improve the soil, to help other plants grow better, and to increase the biodiversity of insect and birdlife in your garden.

- **CALENDULA**
- **YARROW**
- **CHAMOMILE**
- **RUDBEKIA OR BROWN EYED SUSAN**
- **ECHINACEA**
- **YARROW**
- **MARIGOLD**
- **COMFREY**
- **MONARDA AND BEE BALM**
- **CLOVER**





Some plants **DO NOT** like each other

- Onion family should not be planted with beans or peas.
- Don't plant carrots with dill or fennel
- Don't plant eggplants with fennel

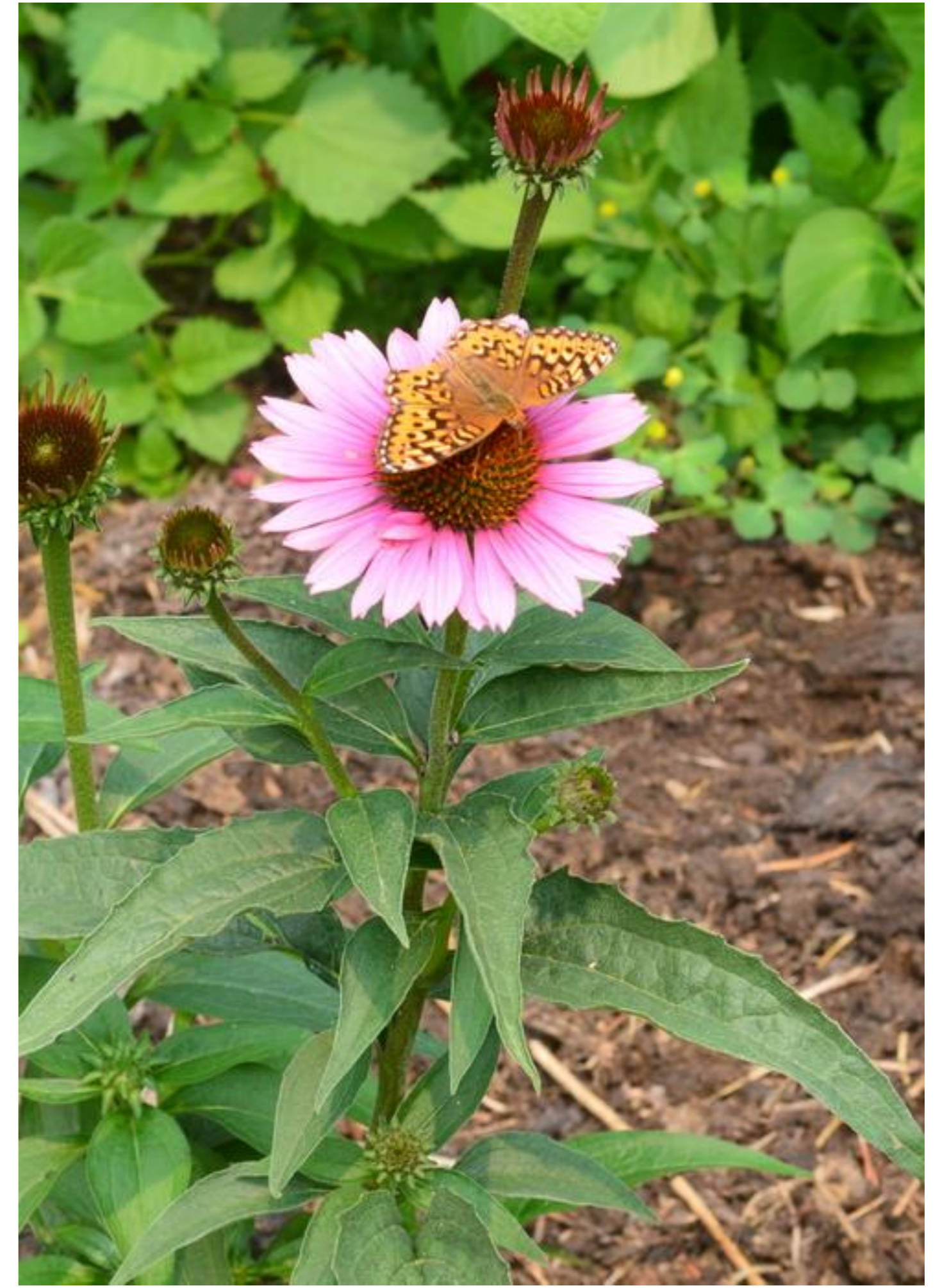


Fennel...

- Not a companion for any garden food plant,
- Attracts beneficial insects and butterflies
- Plant away from other garden food plants.

Do not plant:

- › Sage with cucumbers
- › Radishes with agastache or potatoes
- › Fennel and dill near each other
- › Strawberries near brassicas
- › Dill with tomatoes, eggplant, or potatoes
- › Parsley and mint



Take Away:

- **Companion planting can increase vegetable yields, improve flavor, improve fertility, reduce garden pests, increase biodiversity, and offer habitat for at-risk pollinators and birds.**
- **Herbs are the best companion plants offering a wide range of beneficial actions in the garden**
- **Companion planting can be used in container gardens, too.**

Plants like people,
benefit from companions.

Module 3

In This Lesson, You Learned:

- ✓ The benefits of companion planting
- ✓ The unique benefits of umbellifers and why you should plant more
- ✓ Which plants should NOT be planted together

Take Action Now

- Pick 5 companion herbs to add to your garden this season.
- Where will you plant them?
- Will you put them in the garden or in pots near the garden?

LESSON PREVIEW

In The Next Lesson, You'll Learn:

- **Benefits of saving your own herb seed.**
- **What precautions to take when saving herb seeds.**
- **How to cure, sort, and store your herb seed for best viability.**