

COMPANION PLANTING

In natural ecosystems, plants perform functions that can either help or inhibit other plants to grow. This chart will help you understand which plants grow well together.

PLANT		✓ GOOD COMPANIONS		✗ BAD COMPANIONS	
	Beetroot		Lettuce, Onion, Cabbage, Garlic, Beans		
	Brinjal		Calendula, Marigolds, Mint, Peas	✗ BAD COMPANIONS	
	Beans		Sunflower, Cabbage, Brinjal, Maize, Lavender, Strawberries, Cucumber,		
	Broccoli, Kale, Cabbage, Cauliflower		Aromatic Plants (e.g. Dill), Sage, Rosemary, Potatoes, Beetroot, Celery, Garlic, Onions		Tomatoes, Peppers, Peas & Runner Beans
	Carrots		Lettuce, Chives, Sage, Leeks, Rosemary, Peas, Wormwood		Lettuce, Fennel, Strawberries
	Lettuce		Carrots, Radish, Beans, Strawberries, Cucumber, Chilli Peppers (Hot Peppers)		Celery, Parsley
	Maize		Sunflower, Amaranth, Beans, Peas, Pumpkin, Squash, Melons, Parsley		Celery, Cabbage, Tomatoes
	Onion/Garlic		Lettuce, Strawberries, Beetroot, Tomatoes, Carrots, Cabbage, Chillies (Hot Peppers)		Beans, Peas, Parsley, Leeks
	Peas		Lavender, Carrot, Cucumber, Turnip, Radish, Maize, Beans, (Groups Well With Most Vegetables & Herbs)		Onion, Garlic
	Peppers		Tomatoes, Carrots, Onions, Geranium, Basil		Broccoli, Cabbage, Kale, Cauliflower, Beans
	Potatoes		Coriander, Maize, Marigold, Brinjal, Beans, Cabbage Family		Pumpkin, Cucumber, Melon, Sunflower, Squash, Tomatoes
	Spinach		Strawberries, Peas, Beans		
	Tomatoes		Chives, Celery, Basil, Parsley, Oregano, Onion, Carrots, Calendula, Borage, Nasturtiums		Fennel, Potatoes, Cabbage Family
	Squash		Corn, Climbing Beans, Peas, Radish, Borage, Melon, Chillies (Hot Peppers), Lettuce, Aromatic Herbs (e.g. Dill), Nasturtium		Potatoes, Broccoli, Kale, Cabbage, Cauliflower, Fennel

Adapted from Afristar, N.d. Companion Planting. [Online] Available at: <http://afristarfoundation.org/wp-content/uploads/2012/09/Companion-Planting.jpg>



African Climate Reality Project

www.climatereality.co.za
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