

Plant Neighborhoods & their Companions

Cole Crops

Cabbage
Kale
Broccoli
Brussel Sprouts
Cauliflower

Companions

mint & rosemary (deters cabbage moths)
parsley, dill, thyme
basil
marigolds

Legumes

Peas
Beans

leeks
lettuce/greens
edging flowers
buckwheat following peas

Squash Family

Summer Squash
Zucchini
Winter Squash
including delicata, carnival
Pumpkin
Cucumber

radishes
corn, pole beans
basil, low growing thyme
catnip, borage & tansy (repel squash bugs)
marigolds, nasturtium
sunflowers, zinnia
goldenrod

Root Crops

Carrot
Beet
Onion
Parsnip
Radish

lettuce
cilantro, sage
chamomile
calendula

Lettuce/Salad Greens

Lettuces
Spinach
Swiss Chard
Mustards
Mesclun mix
Arugula

radish
onions
root crops
leeks
tall beans (for shade)
tall flowers (for shade)

Potatoes

Potatoes

beans
savory, basil, parsley, cilantro
marigolds

Tomato or Nightshade Family

Tomatoes
Peppers
Eggplant

cilantro, basil, dill, garlic
borage, tansy
marigolds, gazania, calendula
shasta daisy, cosmos, celosia

Rotating your Crops

based on Feeding Levels

Keep your Plant Neighborhoods together from year to year.

Heavy Feeders

Tomato/Nightshade Family and Squash Family

Celery
Corn
Cucumbers
Eggplant
Melons
Peppers
Pumpkins
Squash
Tomatoes

Moderate Feeders

Cole Crops and Lettuce/Greens

Broccoli
Brussel Sprouts
Cabbage
Cauliflower
Chinese cabbage
Kale
Lettuce & other greens
Parsley
Spinach
Swiss Chard

Light Feeders

Root Crops

Beets
Carrots
Garlic
Leeks
Onions
Potatoes
Radishes
Turnips

Soil Builders

Legumes

Beans
Peas

Notice how feeding groups lend perfectly with your plant neighborhoods.

Rotate heavy feeders into soil builders. Then mix between heavy, light, and moderate.