

# HERBS AS COMPANION PLANTS

Companion planting is very popular with organic gardeners. The idea is to plant together species which will benefit each other, and help prevent disease and insect infestation without the use of chemicals. In general, herbs and other aromatic plants like tomatoes, marigolds and onions are helpful in warding off

insects. Certain colors, like the orange of nasturtium flowers, are thought to repel flying insects. Although these practices have not all been scientifically proven, many gardeners have been using them for years. Try it – and see if it works for you! Among the herbs used to repel pests and diseases:



- ◆ **Basil** - Enhances the growth of tomatoes and peppers, dislikes rue. Repels flies and mosquitoes.
- ◆ **Borage** - Companion to beans, tomatoes, squash and strawberries. Deters tomato worm.
- ◆ **Chamomile** - Companion to cucumber, cabbages and onions; improves the growth of all garden plants.
- ◆ **Chervil** - Companion to radishes.
- ◆ **Chives** - Companion to carrots, grapes, tomatoes and roses. Deters Japanese beetles, blackspot on roses, scab on apples and mildew on cucurbits. Harms beans and peas.
- ◆ **Dill** - Improves the growth of lettuce, cabbage and onions, dislikes carrots and tomatoes.
- ◆ **Fennel** - Most plants dislike it - plant it away from the garden.
- ◆ **Garlic** - Plant near roses and raspberries. Deters Japanese beetles. Harms beans and peas.
- ◆ **Horseradish** - Plant at the corners of your potato patch; deters potato bug.
- ◆ **Hyssop** - Companion to cabbage and grapes. Deters flea beetles and cabbage moths. Dislikes radishes.
- ◆ **Marigolds** - Plant next to potatoes, tomatoes, roses and throughout the garden as they discourage nematodes and other insects.
- ◆ **Mints** (esp. Spearmint and Peppermint) - Companion to cabbages and tomatoes. Deters aphids, flea beetle and many types of cabbage pests.
- ◆ **Nasturtium** - Companion to radishes, cabbage and cucurbits. Plant under fruit trees. Deters aphids and squash bugs.
- ◆ **Onion** - Plant next to beets, cabbage, lettuce and strawberries. Repels cabbage loopers, potato beetles, carrot flies and imported cabbage moths.
- ◆ **Oregano** - Improves the growth of beans.
- ◆ **Parsley** - Enhances the growth of roses. Repels asparagus beetles.
- ◆ **Pot Marigold** - Companion to tomatoes, but plant elsewhere, too. Deters tomato worm, asparagus beetles and other pests.
- ◆ **Rosemary** - Companion to cabbage, bean, carrots and sage. Deters cabbage moth, bean beetles and carrot fly.
- ◆ **Rue** - Companion to roses and raspberries, dislikes sweet basil. Deters Japanese beetles. Enhances figs.
- ◆ **Sage** - Plant with rosemary, tomatoes, strawberries, cabbage and carrots, dislikes cucumbers. Deters cabbage moth and carrot fly. Harms onion.
- ◆ **Summer Savory** - Companion to beans and onions. Deters bean beetles.
- ◆ **Tansy** - Plant under fruit trees. Companion to roses and raspberries. Deters flying insects, Japanese beetles, striped cucumber beetles, squash bugs and ants.
- ◆ **Tarragon** (French) - Enhances the growth of all vegetables.
- ◆ **Thyme** - Improves the growth of tomatoes, potatoes and eggplant. Repels whiteflies and cabbage worms.
- ◆ **Wormwood** - As a border, keeps animals from the garden. Harms most veggies.
- ◆ **Yarrow** - Plant along borders, paths and near aromatic herbs; enhances production of essential oils. Also, attracts beneficial insects including ladybugs and predatory wasps.