

# Putney Community Gardens

## Companion planting

- Although there isn't strong evidence for this (e.g. the RHS website doesn't mention it), companion planting is seen by many people as beneficial:
  - use **“smelly” plants**, e.g. onions, garlic and some herbs, to repel the “bad” insects from the crops they are normally attracted to
  - use **plants to attract beneficial insects**, i.e. pollinating insects; “good” insects which eat the “bad” ones, e.g. ladybirds eat aphids
  - use green leafy plants to attract insects away from your crops – i.e. as a **sacrifice or trap** – e.g. nasturtiums to attract aphids
- If left in the soil, the old roots of legumes – peas, beans, etc – will add Nitrogen as they rot: they take it from the air in store it in nodules which grow on their roots.
- For suggestions of both good and bad companions see:
  - the example table given below – from <http://afristarfoundation.org/product-category/posters/#post-143> – NB: a South African context
  - <http://www.thompson-morgan.com/companion-planting-guide> – reputable seed merchant
  - [https://en.wikipedia.org/wiki/List\\_of\\_companion\\_plants](https://en.wikipedia.org/wiki/List_of_companion_plants) \*
  - [https://en.wikipedia.org/wiki/List\\_of\\_beneficial\\_weeds](https://en.wikipedia.org/wiki/List_of_beneficial_weeds) \*(\*Wikipedia isn't always relevant, eg written for North American audience)

Common companions include calendula /English marigolds (petals edible), tagetes / French or African marigolds, nasturtium (all parts edible).



## Companion planting: the 3 sisters

- In North and South America, native peoples have grown this combination of plants over the centuries: **maize (sweetcorn), beans and squashes** are all rich in vegetable protein and can easily be stored for the winter. They work together: the beans climb up the maize stalks, so no supports needed; the large, low-level squash leaves (or pumpkins, marrows, courgettes) shade the soil, so reducing the need for watering and helps suppress weeds. See below from [www.gmofreeusa.org](http://www.gmofreeusa.org)

# COMPANION PLANTING THE OLD FASHIONED WAY WITH A 3 SISTERS GARDEN

corn, pole beans & squash

**THE CORN SUPPORTS THE BEANS, THE BEANS ADD NITROGEN  
AND THE SQUASH SHADES OUT THE WEEDS**

- 1) Plant the corn after danger of frost has passed.
- 2) Plant the pole beans when the corn is 5 inches high.
- 3) Plant squash seeds one week later.



IMAGE CREDIT: MOTHER EARTH NEWS



[www.gmofreeusa.org](http://www.gmofreeusa.org)  
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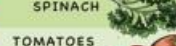


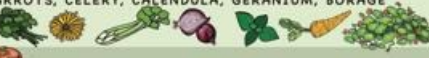
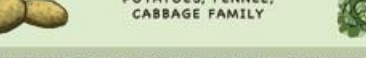
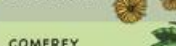
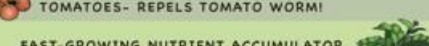
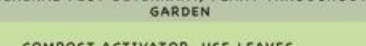

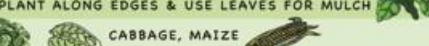
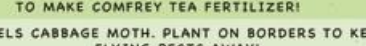


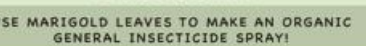




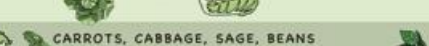
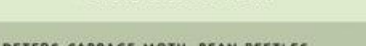



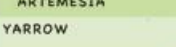
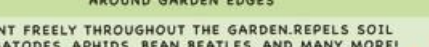
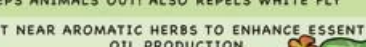








- Below: the maize / sweetcorn plants are fairly advanced and the stems are strong enough to support the climbing beans (probably a French bean or dwarf-ish runner bean as standard runner beans grow much higher than maize). The squash / pumpkin / marrow / courgette seeds have only just been planted and the seedlings are yet to appear, but they will grow very quickly.



# COMPANION PLANTING

IN NATURAL ECOSYSTEMS, PLANTS PERFORM FUNCTIONS THAT CAN EITHER HELP OR PREVENT OTHER PLANTS TO GROW. THE SAME IS TRUE IN OUR GARDENS. CERTAIN PLANTS GIVE NUTRIENTS BACK TO THE SOIL, WHILE OTHERS NEED TO TAKE UP NUTRIENTS. PLANT AROMAS AND FLOWERS CAN ATTRACT POLLINATORS OR DETER PESTS. BELOW IS A CHART TO HELP YOU UNDERSTAND WHICH PLANTS GROW WELL TOGETHER AND WHICH TO PLANT FAR APART!

PLANT	GOOD COMPANIONS	BAD COMPANIONS
BEANS 	MAIZE, SUNFLOWERS, LAVENDER, CABBAGE, CUCUMBER, STRAWBERRIES, BRINJAL 	ONION, GARLIC, FENNEL 
BETROOT 	BEANS, ONIONS, GARLIC, LETTUCE, CABBAGE 	
BRINJAL 	CALENDULA, MARIGOLDS, MINT, PEAS 	
BROCCOLI, CABBAGE, CAULIFLOWER, KALE 	AROMATIC PLANTS, DILL, SAGE, ROSEMARY, POTATOES, BEETROOT, CELERY, GARLIC, ONIONS, GERANIUM 	TOMATOES, POLE & RUNNER BEANS, PEPPERS 
CARROTS 	LETTUCE, CHIVES, LEEKS, ROSEMARY, SAGE, PEAS, WOODWOOD 	STRAWBERRIES, FENNEL, CABBAGE 
LETTUCE 	CARROTS, RADISH, STRAWBERRIES, CUCUMBER, BEANS 	CELERY, PARSLEY 
MAIZE 	SUNFLOWERS, AMARANTH, BEANS, PEAS, & OTHER LEGUMES, PUMPKIN, SQUASH, CUCUMBER, MELONS, & OTHER CUCURBITS, PARSLEY 	CABBAGE, TOMATO, CELERY 
ONION/ GARLIC 	CARROTS, BEETROOT, STRAWBERRIES, TOMATOES, LETTUCE, CABBAGE 	PEAS, BEANS, PARSLEY, LEEKS 
PEAS 	LAVENDER, CARROT, TURNIP, RADISH, CUCUMBER, MAIZE, BEANS, GROWS WELL WITH MOST VEGETABLES & HERBS 	ONION, GARLIC 
PEPPERS 	TOMATOES, GERANIUM, BASIL, CARROT, ONION 	BEANS, KALE, CABBAGE FAMILY 
POTATOES 	CORIANDER, MARIGOLD, BEANS, MAIZE, CABBAGE FAMILY, BRINJAL 	PUMPKIN, CUCUMBER, SQUASH, MELONS, SUNFLOWERS, TOMATOES 
SPINACH 	STRAWBERRIES, BROAD BEANS, PEAS 	
TOMATOES 	BASIL, OREGANO/ PARSLEY, CHIVES, NASTURIUM, ONIONS, CARROTS, CELERY, CALENDULA, GERANIUM, BORAGE 	POTATOES, FENNEL, CABBAGE FAMILY 
CALENDULA 	TOMATOES - REPELS TOMATO WORM! 	GENERAL PEST DETERRANT, PLANT THROUGHOUT GARDEN 
COMFREY 	FAST-GROWING NUTRIENT ACCUMULATOR. PLANT ALONG EDGES & USE LEAVES FOR MULCH 	COMPOST ACTIVATOR. USE LEAVES TO MAKE COMFREY TEA FERTILIZER! 
CHILE PEPPER 	CABBAGE, MAIZE 	REPELS CABBAGE MOTH. PLANT ON BORDERS TO KEEP FLYING PESTS AWAY! 
MARIGOLD 	PLANT FREELY THROUGHOUT THE GARDEN - REPELS SOIL NEMATODES, APHIDS, BEAN BEETLES & MANY MORE. 	USE MARIGOLD LEAVES TO MAKE AN ORGANIC GENERAL INSECTICIDE SPRAY! 
NASTURIUM 	TOMATOES - IMPROVES FLAVOR! 	REPELS WHITE FLIES & SPIDER MITES 
THYME 	CABBAGE 	DETERS CABBAGE WORM 
ROSEMARY 	CARROTS, CABBAGE, SAGE, BEANS 	DETERS CABBAGE MOTH, BEAN BEETLES & CARROT FLY! 
WORMWOOD/ ARTEMESIA 	AROUND GARDEN EDGES 	KEEPS ANIMALS OUT! ALSO REPELS WHITE FLY 
YARROW 	PLANT FREELY THROUGHOUT THE GARDEN. REPELS SOIL NEMATODES, APHIDS, BEAN BEETLES, AND MANY MORE! 	PLANT NEAR AROMATIC HERBS TO ENHANCE ESSENTIAL OIL PRODUCTION 

A DIVERSE GARDEN IS AN ABUNDANT GARDEN. HAPPY PLANTING!

