

COMPANION PLANTING GUIDE FOR VEGETABLES

THREE SISTERS



THE SISTERS

The Three Sisters trio—maize, climbing beans, and winter squash—were commonly planted together by various Native American communities due to their ability to complement one another.

The three sisters' garden models are still used together because of their compatible qualities: The tall corn supports climbing beans, the low-growing squash shades the ground, and the beans "fix" nitrogen into the soil.



WHAT IS COMPANION PLANTING?

Companion planting is the process of planting plants together for shared benefit. In other words, what one plant needs another plant contributes and they created a "symbiotic" relationship.



7 BENEFITS OF COMPANION PLANTING

1. Pest Control
2. Beneficial Insects
3. Shade
4. Natural Support
5. Improved Plant Health
6. Soil Fertility
7. Weed Suppression



SOME "BESTFRIENDS"

- | | |
|-----------------------|---------------------|
| Tomatoes & Basil | Cabbage & Garlic |
| Borage & Strawberries | |
| Cucumbers & Beans | Raddishes & Chervil |
| Onions & Beets | |
| Carrots & Rosemary | Peas & Mint |
| Corn & Dill | |



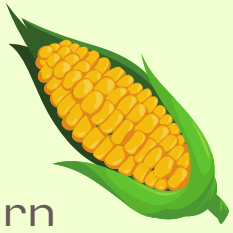
Note:

Every plant contributes something to its environment, it is just a matter of determining what use is going to benefit its "friends" nearby. Sometimes two plants compete for the same resources, which would not make them very good "friends", but rather "foes" in the garden.

More Information:

[HTTPS://WWW.ALMANAC.COM/COMPANION-PLANTING-GUIDE-VEGETABLES](https://www.almanac.com/companion-planting-guide-vegetables)

PLANT "FRIENDS"

Plant	Companions (Friends)	Benefits
 Asparagus	Calendula Petunias Tomatoes	All three are thought to deter Asparagus beetles.
 Basil	Peppers Purslane Tomatoes	Purslane is used to shade soil around the basil plants. Basil improves the growth and flavors of tomatoes and peppers.
 Beans	Beets Corn Lovage Nasturtium Rosemary Squash Strawberries Sunflowers	Nasturtiums can be used as a trap plant to entice aphids away from beans. Lovage and Rosemary have insect-repellent properties. Sunflowers can be used to create shade. Corn will benefit from the nitrogen the beans deposit into the soil and provide structure.
 Beets	Brassicas Bush Beans Garlic Lettuce Onion Family	Beets are companions for chicory and endive . Onions protect against borders and cutworms.
 Carrots	Chives Leeks Onions Peas Radishes Rosemary Sage	Chives improve the growth and flavor of carrots and deter aphids. Rosemary and Sage repel carrot fly. Leeks are thought to repel many flying pests.
 Corn	Beans (Pole) Cucumbers Squash Dill Sunflower Melons Peas	Dill protects against aphids and mites. Beans provide nitrogen. Sunflowers can act as structures and a windbreaker. Dwarf Sunflowers attract Ladybugs. Pole beans add nitrogen and support. Spinach grows well in the shade of corn and keeps corn's roots cool.
 Potatoes	Basil Beans Calendula Catmint Cilantro Garlic Horseradish Peas Oregano Tansy	Beans can improve the size of potato tubers. Cilantro protects against aphids, spider mites, and potato beetles. Calendula, tansy, and horseradish planted at the corner of a potato patch wards off Colorado potato beetles. Catmint repels Colorado potato beetles.
 Winter Squash	Beans (Pole) Buckwheat Marigold Calendula Nasturtium Corn Oregano	Buckwheat brings pest predators, with reduces insect pests. Nasturtiums protect against pumpkin and squash beetles. Oregano protects against pests. Calendula deters beetles and root nematodes.
 Tomatoes	Asparagus Borage Dill Nasturtium Parsley Basil Calendula Garlic Onion Thyme	Calendula deters general garden pests. Asparagus repels nematodes. Basil repels whiteflies, mosquitoes, spider mites, and aphids. Borage repels hornworms. Dill makes it difficult for cutworms to lay eggs.
 Zucchini	Buckwheat Oregano Nasturtium Zinnia	Buckwheat brings in pest predators. Oregano and Zinnias attract pollinators. Nasturtium protects against aphids and whiteflies.