



## Companion Plants

Companion plants are species that are grown together because they mutually benefit each other. This gardening practice enhances plant health, improves yields, and reduces the need for chemical interventions. Some plants may attract beneficial insects that prey on pests, while others improve soil nutrients, provide shade, or act as a natural support. For example, legumes can fix nitrogen in the soil, enriching it for neighboring plants. Companion planting also helps in deterring harmful insects and diseases, making it a sustainable and eco-friendly gardening technique.

- **Basil** and **tomatoes** are good companion plants as basil repels thrips and attracts pollinators.
- **Lavender** and **rosemary** thrive in sunny, dry locations, have fragrant flowers, repel pests, and attract pollinators.
- **Dill** and **lettuce** are compatible since dill attracts ladybugs that eat pests and improves the flavor of lettuce.
- **Borage** improves the growth and flavor profile of strawberries and attracts bees.
- **Garlic** repels aphids and other insects that attack flowers.
- **Chives** are planted with carrots, tomatoes, and sunflowers, as they help keep aphids, beetles, cabbage worms, slugs, and carrot flies away.
- Plant **mint** near tomatoes and peas to repel white cabbage moths, aphids, and flea beetles.
- **Lemongrass**, **lemon balm**, **lemon thyme**, and **citronella** are great lemon-scented plants for repelling mosquitoes and unwanted pests.

- **Allium** planted with fruit trees helps prevent unwanted pests.
- **Nasturtiums** are beneficial in attracting bees, butterflies, and aphids, and are often used as decoy plants to keep pests away from main crops.
- **Marigolds** are ideal perimeter plants for raised bed gardens, protecting almost any vegetable or herb plant.

**Many of the plants mentioned here, like rosemary, citronella, mint, thyme, and lavender, can also be made into oils and used in sprays as organic pesticides**