

Vegetables & Flowers

Print this chart and pin it in your garden shed for quick reference

| Plant | Good Companions | Avoid | Spacing | Why It Works |
|-------------------------------|--|---|-----------------------------|--|
| Tomatoes | Basil, Carrots, Parsley, Marigolds, Nasturtiums, Onions, Garlic, Beans | Potatoes, Fennel, Brassicas, Corn, Dill | 18-24 in (46-61 cm) | Basil volatiles mask scent from hornworms; marigold roots repel nematodes |
| Peppers | Basil, Onions, Carrots, Tomatoes, Cowpeas | Fennel, Brassicas, Kohlrabi | 12-16 in (30-41 cm) | Onion volatiles repel aphids; cowpeas fix nitrogen and provide living mulch |
| Cucumbers | Beans, Corn, Peas, Radishes, Marigolds, Nasturtiums | Potatoes, Sage, Fennel, Brassicas | 4-6 in trellised (10-15 cm) | Nasturtiums trap cucumber beetles; beans fix nitrogen for heavy feeders |
| Squash & Zucchini | Corn, Beans, Nasturtiums, Marigolds, Radishes | Potatoes, Fennel | 18-24 in (46-61 cm) | Nasturtiums suppress squash bugs by >95%; corn provides windbreak |
| Beans (Bush) | Carrots, Squash, Corn, Cucumbers, Celery | Fennel, Onions, Garlic, Chives | 3-4 in (8-10 cm) | Fix 50-250 lbs N/acre; Alliums inhibit Rhizobium bacteria |
| Beans (Pole) | Corn, Sunflowers, Squash, Spinach, Radishes | Fennel, Onions, Garlic, Beets | 3-4 in (8-10 cm) | Corn/sunflower provide living trellis; beans fix nitrogen for corn |
| Peas | Carrots, Radishes, Turnips, Cucumbers, Corn, Mint | Onions, Garlic, Chives, Potatoes | 2-4 in (5-10 cm) | Fix nitrogen for neighboring crops; mint may improve pea health |
| Lettuce | Carrots, Radishes, Onions, Strawberries, Chives | Celery, Parsley | 6 in (15 cm) | Taller companions shade lettuce, preventing bolt; onions deter aphids |
| Carrots | Onions, Leeks, Lettuce, Tomatoes, Rosemary, Peas | Dill, Fennel, Parsnips | 2-3 in (5-8 cm) | Onion scent masks carrot fly signals; lettuce shades soil keeping roots cool |
| Onions & Garlic | Carrots, Lettuce, Beets, Tomatoes, Peppers, Chamomile | Beans, Peas, Asparagus | 4-6 in (10-15 cm) | Strong Allium volatiles repel aphids, carrot flies, Japanese beetles |
| Broccoli & Cabbage | Thyme, Nasturtiums, Onions, Celery, Beets, Rosemary | Tomatoes, Peppers, Eggplant, Corn, Dill | 18-24 in (46-61 cm) | Thyme and nasturtiums repel cabbage worm and cabbage looper |
| Kale | Beets, Celery, Thyme, Dill, Nasturtiums | Tomatoes, Peppers, Strawberries | 12-18 in (30-46 cm) | Aromatic herbs confuse cabbage moth; beets use different soil layers |

Herbs, Flowers & Remaining Vegetables

| Plant | Good Companions | Avoid | Spacing | Why It Works |
|--------------------|--|-----------------------------|---------------------|--|
| Spinach | Peas, Beans, Strawberries, Brassicas, Radishes | Potatoes, Fennel | 4-6 in (10-15 cm) | Legumes fix nitrogen for leafy growth; spinach provides living mulch |
| Corn | Beans, Squash, Peas, Cucumbers, Melons | Tomatoes, Brassicas, Fennel | 10-12 in (25-30 cm) | Three Sisters system: beans fix N, squash mulches, corn provides structure |
| Beets | Lettuce, Onions, Brassicas, Garlic, Kohlrabi | Pole beans, Mustard | 3-4 in (8-10 cm) | Different root depths prevent competition; onions deter pests |
| Radishes | Peas, Lettuce, Nasturtiums, Carrots, Spinach | Hyssop, Brassicas | 1-2 in (3-5 cm) | Fast-maturing radishes break soil for slower companions |
| Basil | Tomatoes, Peppers, Oregano, Asparagus, Parsley | Sage, Rue, Fennel | 10-12 in (25-30 cm) | Volatile compounds mask host plant scent; attracts pollinators |
| Marigolds | Tomatoes, Peppers, Squash, Beans, Cucumbers | Few antagonists | 8-12 in (20-30 cm) | Root exudates kill nematodes; flowers attract beneficial hoverflies |
| Nasturtiums | Squash, Cucumbers, Brassicas, Beans, Tomatoes | Few antagonists | 10-12 in (25-30 cm) | Exceptional trap crop drawing aphids and beetles away from vegetables |
| Rosemary | Thyme, Sage, Lavender, Brassicas | Basil, Cilantro, Mint | 18-24 in (45-60 cm) | Camphor and pinene volatiles reduce cabbage moth egg-laying by 45-67% |

Critical: Plants That Should Never Grow Together

| | |
|-----------------------------------|---|
| Fennel | Inhibits nearly all vegetables. Isolate in container or separate bed. |
| Black Walnut | Juglone toxin kills nightshades. Keep 50-80 ft (15-24 m) away. |
| Potatoes + Tomatoes | Share blight pathogens (both Solanaceae). Separate beds + rotation. |
| Onions/Garlic + Beans/Peas | Allium compounds inhibit Rhizobium nitrogen fixation. Separate rows. |
| Brassicas + Nightshades | Nutrient competition + allelopathy. Opposite ends of garden. |

Herb Grouping Tip

Mediterranean (dry): Rosemary, Thyme, Oregano, Sage, Lavender | Moisture-loving: Basil, Parsley, Cilantro, Chives, Dill
 Never mix these two groups in the same pot. Mint must always be in a sealed container. Fennel must be isolated 10+ ft away.

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