Companion Planting: Magic, Myth or Science
Outline, Handouts and Resources
Madison Garden Expo  Susan Obry

Introduction
Definition:
Rodale "Companion planting is the technique of combining two plants for a particular purpose". Also called intercropping.

How Does Companion Planting Work?
Purpose/Benefits
✓ Creates Beneficial Habitats (refugia)
  • Attracts pollinators and predators
  • Beneficial insects
✓ Improves Flavor
✓ Increases Yields
  • Life cycles
  • Growth rates
✓ Controls Pests
  • Harmful insects
    o Repels
    o Traps
    o Confuses
✓ Increases Soil Fertility
  • Enhances nitrogen fixation
  • Improves nutrient fixation
✓ Conserves Water
✓ Provides Diversity
✓ Suppresses Weeds
✓ Manages Space and Spatial Interactions
✓ Utilizes Plant Characteristics
  • Height
  • Light requirements
  • Different flowering times

Planting Guidelines and Considerations

Plant Pairings-examples
✓ Basil + Tomatoes
✓ Thyme + members of the Brassicaceae family
✓ Zinnias + Cauliflower
✓ + others

Utilizing Companion Charts
Handouts: Follow links to print handouts

Asparagus - Cornell Cooperative Extension
chemung.cce.cornell.edu/resources/companion-planting
Recommended for Informative Charts

Benefits of Companion Planting in Gardening
agriculture.vsu.edu/files/docs/cooperative-extension/companion-planting-in-gardening.pdf

General Information with Vegetable Companion Chart

Resources:


Insects can see clearly now the weeds have gone
https://warwick.ac.uk/fac/sci/lifesci/wcc/research/pests/companionplanting/biologist.

Are You ready for Spring? Companion Planting | Warren County
https://www.extension.iastate.edu/warren/news/are...

Companion Planting Guide & Plant List | The Old Farmer’s ...
https://www.almanac.com/content/companion-planting-guide