



feeding the self

Companion Planting

What is it?

Companion planting is a method of planting which involves planting certain varieties of plants together. These plants help each other grow, so instead of having a monoculture (one type of plant) in a bed you will have cabbage, spinach, beetroot, strawberry, marigolds (flowers) and tomato all growing together.

Why use companion planting?

Companion planting creates a garden environment closer to that of a 'natural' ecosystem. This is important because it reduces the amount of harmful insects in the garden, attract helpful earthworms and certain varieties of plants can even return lost nutrients to the soil. But most importantly it is an easy way of improving the quality of the produce yield you harvest from the garden.

How do you do it?

It is as easy as planting a variety of plants together rather than a single type of plant (monoculture). You might want to experiment and see which varieties of plants grow well together and which do not. If you look out into the natural environment you hardly ever see one plant type growing alone, it is more common to find plants growing together – because they support each other forming an ecosystem.

