

Vegetables

Common name	Helps	Helped by	Attracts	-Repels/+distracts	Avoid	Comments
Alliums	Fruit trees, nightshades, tomatoes, capsicum peppers, potatoes, brassicas, carrots	Carrots, tomatoes, carrots and African spider plants together, marigolds, mints	Thrips	rabbits, slugs (see Garlic), aphids, carrot fly, cabbage loopers, cabbage maggots, cabbage	Beans, peas,	Alliums are a family of plants which include onions, garlic, leeks, shallots, chives, and others.
Asparagus	Tomatoes, parsley	Aster family flowers, dill, coriander, tomatoes, parsley, basil, comfrey, marigolds, nasturtiums [citation needed]	Coupled with basil seems to encourage lady bugs		Onion, garlic, potatoes, gladiolus [citation needed]	
Beans, bush	Cucumber, soybeans, strawberries	Celery, strawberries, grains			Fennel, soybeans, dry beans, alfalfa	"Lettuce, potato, tomato, other legumes, crucifers, or cucurbits increase sclerotinia" in the soil and should be avoided before and after snap beans. See the entry for "Legumes" for more info
Beans, pole		Radishes			Sunflowers, beets, brassicas, kohlrabi	See the entry for "Legumes" for more info
Beans, fava		Strawberries, Celery				See the entry for "Legumes" for more info
Beets	Broccoli, bush beans, cabbage, lettuce, kohlrabi, onions, brassicas, passion fruit	Bush beans, onions, kohlrabi, catnip, garlic, lettuce, most brassicas, mint			Runner or pole beans	Good for adding minerals to the soil through composting leaves which have up to 25% magnesium. Runner or pole beans and beets stunt each other's growth.
Brassicas	Beets, onions, potatoes, cereals (e.g. corn, wheat)	Beets, spinach, chard, Aromatic plants or plants with many blossoms, such as celery, chamomile, and marigolds. Dill, sage, peas, peppermint, spearmint, spurrey, rosemary, rye-grass, garlic, onions and potatoes, geraniums, alliums, nasturtium, borage, hyssop, tansy, tomatoes, thyme, wormwood, southernwood, beans, clover		Wireworms	Mustards, nightshades (tomatoes, peppers, etc.), pole beans, strawberries	Brassicas are a family of plants which includes broccoli, Brussels sprouts, cabbage, cauliflower, Chinese cabbage, kohlrabi, radish, and turnip. Thyme, nasturtiums, and onion showed good resistance to cabbage worm, weevil and cabbage looper.
Broccoli	Lettuce	Mixture of mustard, pac choi, and rape. Beets, dill, lettuce, mustard, onions, tomato, turnip, clover				Broccoli as a main crop intercropped with lettuce was shown to be more profitable than either crop alone. Turnip acts as a trap crop. See brassicas entry for more info
Brussels sprouts		Sage, thyme, clover, malting barley				
Cabbage	Beans, celery	Beans, clover, calendula/pot marigold, chamomile, larkspur, nasturtiums, dill, coriander, hyssop, onions, beets, marigolds, mint, rosemary, sage, thyme, tomatoes, lacy phacelia, Green onions with Chinese cabbage.	Snails and slugs		Grapes	See brassicas entry for more info. If using clover as an intercrop it should be sown after cabbage transplant so as not to affect crop yield. Nasturtiums repel cabbage moths

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Carrots	Tomatoes, alliums, beans, leeks, lettuce, onions, passion fruit	Lettuce, alliums (chives, leeks, onions, shallots, etc.), rosemary, wormwood, sage, beans, flax Mixture of Chinese cabbage, marigolds, rape, and sunflower. Spinach, peas	Assassin bug, lacewing, parasitic wasp, yellow jacket and other predatory wasps	Leek moth, onion fly	Dill, parsnip, radish	Tomatoes grow better with carrots, but may stunt the carrots' growth. Beans provide the nitrogen carrots need more than some other vegetables. Aromatic companion plants repel carrot fly. Sage, rosemary, and radishes are recommended by some as companion plants, but listed by others as incompatible. Alliums inter-planted with carrots confuse onion and carrot flies. For the beneficial insect-attracting properties of carrots to work, they need to be allowed to flower: Otherwise, use the wild carrot, Queen Anne's Lace, for the same effect. Flax produces an oil that may protect root vegetables like carrots from some pests.
Cauliflower	Beans, celery, spinach, peas	Cosmos, daisies, snapdragons, leeks, tomatoes, cauliflower, cabbage, bush beans		Whiteflies	Corn, aster flowers	One row of spinach alternating at 60 cm from each row of cauliflower proved mutually beneficial. See brassicas for more info. See peas regarding their mutualism with cauliflower.
Celery Chard	Bush beans, brassicas, cucumber Brassicas, passion fruit					Aster flowers, can transmit the aster yellows disease
Corn / Maize	Beans, cucurbits, soybeans, tomatoes Kohlrabi, nasturtiums, radishes, marigolds, sunflowers, peas, beans, chamomile, beets, carrots, dill, onions, garlic, amaranth (Amaranthus cruentus), celery, Malabar spinach	Sunflowers, dill, legumes (beans, peas, soybeans etc.), peanuts, cucurbits, clover, amaranth, white geranium, pigweed, lamb's quarters, morning glory, parsley, and potato/field mustard, Sudan grass			Tomato, celery	Provides beans with a trellis, is protected from predators and dryness by cucurbits; in the three sisters technique
Cucumber	Beans, kohlrabi, lettuce		Beneficial for ground beetles	Raccoons, ants	Potato, aromatic herbs	Sow 2 or 3 radish seeds in with cucumbers to repel cucumber beetles. One study showed a 75% reduction in cucumber beetles with the concurrent seeding of amaranth. Various sprays from lettuce, asparagus, Malabar spinach, and celery were found to reduce whiteflies. See cucurbits entry for more info
Cucurbits	Corn	Corn, grain sorghum				Cucurbits are a family of plants that includes melons, cucumbers, gourds, pumpkins, and squash
Eggplant or Aubergine	Beans, peppers, tomatoes, passion fruit	Marigolds, catnip, dill, redroot pigweed, green beans, tarragon, mints, thyme				Marigolds will deter nematodes.
Kohlrabi	Onion, beets, aromatic plants, cucumbers	Beets, cucumbers				See Brassicas entry for more info
Leek	Carrots, celery, onions, tomato, passion fruit	Carrots, clover,			Swiss chard	See Alliums entry for more info

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Legumes	Beets, lettuce, okra, potato, spinach, dill, cabbage, carrots, chards, eggplant, peas, tomatoes, brassicas, corn, cucumbers, grapes	Summer savory, beets, cucumbers, borage, cabbage, carrots, cauliflower, corn, larkspur, lovage, marigolds, mustard, radish, potato, peppermint, rosemary, lettuce, onion, squash, lacy phacelia	Snails and slugs	Colorado potato beetle	Tomatoes, chili peppers, alliums, gladiolas	Hosts nitrogen-fixing bacteria, a good fertiliser for some plants, too much for others. Rosemary and peppermint extracts are used in organic sprays for beans. Summer savory and potatoes repel bean beetles.
Lettuce	Beets, beans, okra, onions, radish, broccoli, Carrots, passion fruit	Radish, beets, dill, kohlrabi, onions, beans, carrots, cucumbers, strawberries, broccoli, thyme, nasturtium, alysum, cilantro	Slugs and snails.		Celery, cabbage, cress, parsley	Mints (including hyssop, sage, and various "balm") repel slugs, a bane of lettuce and cabbages. Broccoli when intercropped with lettuce was shown to be more profitable than either crop alone.
Mustard	Beans, broccoli, cabbage, cauliflower, fruit trees, grapes, radish, brussels sprouts, turnips			Various pests		See Brassicas entry for more info. Mustard acts as a trap crop in broccoli.
Nightshades		Carrots, alliums, mints (basil, oregano, etc.)			Beans, black walnuts, corn, fennel, dill, brassicas	Nightshades are a family of plants which include tomatoes, tobacco, chili peppers (including bell peppers), potatoes, eggplant, and others
Okra	Sweet potato, tomatoes, peppers	Beans, lettuce, squash, sweet potato, peppers				Okra and sweet potato are mutually beneficial when planted simultaneously.
Onion	Beets, beans, brassicas, cabbage, broccoli, carrots, lettuce, cucumbers, peppers, passion fruit, strawberries. Green onions with Chinese cabbage.	Carrots, beets, brassicas, dill, lettuce, strawberries, marigolds, mints, tomatoes, summer savory, chamomile, pansy			Lentils, peas,	See Alliums entry for more info
Parsnip	Fruit trees		A variety of predatory insects			The flowers of the parsnip plant left to seed will attract a variety of predatory insects to the garden, they are particularly helpful when left under fruit trees, the predators attacking codling moth and light brown apple moth. The root also contains Myristicin, which is toxic to fruit flies, house flies, red spider mite, pea aphids, a simple blender made extraction of three blended parsnips roots to one litre of water through a food processor (not one for preparing food) and left overnight, strained and use within a few days.
Peas	Brassicas, turnip, cauliflower, garlic,	Turnip, cauliflower, garlic, mints		Colorado potato beetle		Peas when intercropped with turnips, cauliflower, or garlic showed mutual suppression of growth however their profit per land area used was increased
Peppers	Okra	Beans, tomatoes, marjoram, okra, geraniums, petunias, sunflowers, onions, crimson clover, basil, field mustard			Beans, kale (cabbage, Brussels sprouts, etc.)	Pepper plants like high humidity, which can be helped along by planting with some kind of dense-leaf or ground-cover companion, like marjoram and basil; they also need direct sunlight, but their fruit can be harmed by it...pepper plants grown together, or with tomatoes, can shelter the fruit from sunlight, and raises the humidity level. Sunflowers, when in bloom at the right time, sheltered beneficial insects which lowered thrips populations.

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Potato	Brassicas, beans, corn, peas, passion fruit	Horseradish, beans, dead nettle, marigolds, peas, onion, garlic, thyme, clover		Mexican bean beetle	Atriplex, carrot, cucumber, pumpkin, raspberries, squash, sunflower, tomato	Horseradish increases the disease resistance of potatoes. It repels the potato bug. Garlic was shown to be more effective than fungicides on late potato blight. Peas were shown to reduce the density of Colorado potato beetles.
Pumpkin	Corn, beans	Buckwheat, Jimson weed, catnip, oregano, tansy, radishes, nasturtiums	spiders, ground beetles		Potatoes	Radishes can be used as a trap crop against flea beetles, cucurbita can be used in the three sisters technique. Nasturtiums repel squash bugs.
Radish	Squash, eggplant, cucumber, lettuce, peas, beans, pole beans,	Chervil, lettuce, nasturtiums		flea beetles, cucumber beetles	Grapes	Radishes can be used as a trap crop against flea beetles. Radishes grown with lettuce taste better.
Soybean		Corn, snap beans, sunflower				A mixture of corn, mungbean, and sunflower was found to rid soybeans of aphids. Snap beans act as a trap crop for Mexican bean beetles in soybeans.
Spinach	Brassicas, cauliflower, passion fruit	Strawberries, peas, beans, cauliflower				The peas and beans provide natural shade for the spinach. See cauliflower notes regarding mutualism with spinach.
Squash	corn, beans, okra,	Beans, buckwheat, borage, catnip, tansy, radishes, marigolds, nasturtiums	Spiders, ground beetles			Radishes can be used as a trap crop against flea beetles, cucurbita can be used in the three sisters technique. Marigolds and nasturtiums repel squash bugs. Marigolds repel cucumber beetles.
Sweet potato	Okra	Okra				Okra and sweet potato are mutually beneficial when planted simultaneously.
Tomatoes	Brassicas, broccoli, cabbage, celery, roses, peppers, asparagus	Asparagus, basil, beans, bee balm (Monarda), oregano, parsley, marigold, alliums, garlic, leeks, celery, geraniums, petunias, nasturtium, borage, coriander, chives, corn, dill, mustard, fenugreek, barley, carrots, eggplant, mints, okra, sage, thyme, "flower strips"		Asparagus beetle	Black walnut, alfalfa, corn, fennel, chili peppers, peas, dill, potatoes, beetroot, brassicas, rosemary	Black walnuts inhibit tomato growth, in fact they are negative allelopathic to all other nightshade plants (chili pepper, potato, tobacco, petunia) as well, because it produces a chemical called juglone. Dill attracts tomato hornworm.
Turnips and rutabagas	Peas, broccoli	Hairy vetch, peas			hedge mustard, knotweed	Growing tomatoes with Basil does not appear to enhance tomato flavour but studies have shown that growing them around 10 inches apart can increase the yield of tomatoes by about 20%. One study shows that growing chili peppers near tomatoes in greenhouses increases tomato whitefly on the tomatoes.