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INSPIRATION, TOOLS & RESOURCES FOR THE RESILIENT GARDENER

The Ease And Joy of Growing Edibles In Containers

How Can Growing Edibles Bring You Ease and Joy?

- Gets you out of the house, into fresh air and nature
- Plant-based diet provides the most nutrient-rich, freshest produce possible
- You can “eat local” and help the environment
- Save money at grocery store
- Avoid infectious diseases
- Increase feelings of accomplishment
- Expand your community by sharing your harvest

Why Is Companion Planting Important?

Companion planting can create a symbiotic cultural environment. Just as there are beneficial insects that eat destructive insects or improve pollination, there are favorable combinations that ensure successful results in your garden. Consider these benefits:

- One plant adds something to the soil the other plant needs
- Fight pests by drawing pests away from the “good crop”
- Promote vigor and improve productivity
- Decrease soil-borne disease
- Taller plants shade more fragile, shade loving plants

Beneficial Combinations For Herbs:

- Cabbage, broccoli, cauliflower & mint
- Tomatoes, basil or marigolds
- Lettuce, carrots, nasturtium, radishes
- Cilantro & peppers
- Mint, kale, onions
- Carrots & beets
- Swiss chard & cabbage
- Eggplant & beans
- Roses love Garlic- garlic protects black spot

Companion Planting For Aesthetics:

- Combinations look better than a single plant in a pot
- Color combinations add bold visual enjoyment
- Extreme contrasts with texture and shape add visual interest
- Keep sizes closely related
- Thriller, Filler, and Spiller combinations:
 - Thriller is a tall upright plant; big, bold, and brilliant in center or in the back
 - Fillers are mounding plants, finely textured, sideways through the Thriller
 - Spillers are trailing plants sprawling over the side and down the container

Companion Planting Chart for Vegetables <http://thevegetablegarden.info/resources/companion-plants>

Plant (Vegetable)	Good Companions	Bad Companions
Asparagus	Tomatoes, parsley, basil	
Beans	Potatoes, carrots, cucumbers, cauliflower, cabbage, eggplant, summer savory, most other vegetables and herbs	Onions, garlic, gladiolus, chives
Beans, bush	Potatoes, cucumbers, corn, strawberries, celery, summer savory	Onions
Beans, pole	Corn, summer savory, sunflower	Onions, beets, kohlrabi, cabbage
Beets	Onions, Kohlrabi	Pole beans
Cabbage family (cabbage, cauliflower, kale, kohlrabi, broccoli)	Aromatic plants, potatoes, celery, dill, hyssop, chamomile, sage, peppermint, rosemary, beets, onions	Strawberries, tomatoes, pole beans
Carrots	Peas, leaf lettuce, chives, onions, leeks, rosemary, sage, tomatoes	Dill
Celery	Leeks, tomatoes, bush beans, cauliflower, cabbage	
Chives	Carrots, tomatoes	Peas, beans
Corn	Potatoes, peas, beans, cucumbers, melons, pumpkins, squash	Tomato
Cucumbers	Beans, corn, peas, radishes, sunflowers, lettuce	Potatoes, aromatic herbs
Eggplant	Beans, potatoes, spinach	
Leeks	Onions, celery, carrots	
Lettuce	Carrots and radishes (lettuce, carrots, and radishes make a strong team grown together), strawberries, cucumbers, onions	
Melons	Corn, Nasturtium, Radish	
Onions (garlic)	Beets, strawberries, tomatoes, lettuce, summer savory, leeks, chamomile (sparsely), pepper	Peas, beans
Parsley	Tomatoes, asparagus	
Peas	Carrots, turnips, radishes, cucumbers, corn, beans, most vegetables and herbs	onions, garlic, gladiolus, potatoes, chives
Potatoes	Beans, corn, cabbage, horseradish (should be planted at the corners of the patch), marigolds, eggplant	Pumpkins, squash, cucumbers, sunflowers, tomatoes, raspberries
Pepper	Onion	
Radishes	Peas, nasturtiums, lettuce, melons, cucumbers	Hyssop
Spinach	Strawberries, eggplant	
Squash	Nasturtiums, corn	Potatoes
Strawberries	Bush beans, spinach, borage, lettuce (as a border), onions	Cabbage
Sunflowers	Cucumbers	Potatoes
Tomatoes	Chives, onions, parsley, asparagus, marigolds, nasturtiums, carrots	Corn, Kohlrabi

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