

## Companion Planting

Prepared by Janet Pollock, July 2012

As you start thinking about your Spring and Summer crops, you may like to think about experimenting with companion planting...

Companion planting for pest management and health of the soil appears to have many advantages.

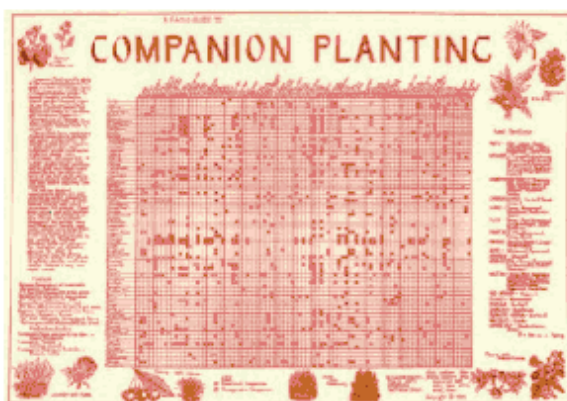


However, Jackie French in her book 'Companion Planting in Australia', casts a sceptical eye on what she calls recycled 'myths'. She nevertheless encourages gardeners to experiment as conditions vary from garden to garden and what doesn't work in one place may work in another.

A few examples include:

- Some gardeners suggest *Nasturtiums* to repel *borer* around fruit trees.
- *Peppermint* is said to repel *white cabbage moths* which would definitely be worth a try at the TLC.
- Planting *borage* with *strawberries* to provide shade, attract bees and condition the soil by providing potassium, calcium and natural minerals sounds promising.
- planting *carrots* mixed in with *French breakfast radish*, *spring onions* and *parsley* can protect against the carrot fly
- planting *kale and lettuce*, both nitrogen gobblers, with *broad beans* and *peas* which take nitrogen out of the atmosphere and store it in their roots so they replenish the soil with nitrogen that the kale and lettuce take out (Gardening Australia, May 2012)

There is a wealth of useful information on the internet and some of you may have been doing this for years but I would encourage 'green horns' like me to do a bit of surfing and see if you can incorporate some of the practical advice into your plot.



There is a chart on Companion Planting in the Shed so give it a go and don't forget to share any interesting results.