

PLANT THAT CAN HELP CONTROL OR REPEL PESTS:

ALFALFA: Perennial that roots deeply. Fixes the soil with nitrogen, accumulates iron, magnesium, phosphorous and potassium. Withstands droughts with its long taproot and can improve just about any soil! Alfalfa has the ability to break up hard clay soil and can even send its' roots through rocks. Alfalfa is practically pest and disease free. It needs only natural rainfall to survive.

AMARANTH: A tropical annual that needs hot conditions to flourish. Good with sweet corn, its leaves provide shade giving the corn a rich, moist root run. Serves as a host to predatory ground beetles. Humans can eat the young leaves in salads.

ANISE: Good to plant with **coriander**. Licorice flavored herb, good host for predatory wasps that prey on aphids. Anise can repel or at least deter aphids by camouflaging the plant's odor. Improves the vigor of any plants growing near it. Used in ointments to protect against bug stings and bites.

BASIL: Plant with **tomatoes** to improve growth and flavor. Basil can be helpful in repelling thrips, flies and mosquitoes. Do not plant near **rue**.

BAY LEAF: A good combo: **Bay leaves, cayenne pepper, tansy and peppermint**. A fresh leaf bay leaf in each storage container of beans or grains will deter weevils and moths. Sprinkle dried leaves with other deterrent herbs in garden as natural insecticide dust. For ladybug invasions try spreading bay leaves around in your house anywhere they are getting in and they should leave.

BEANS: In general they are good company for **carrots, brassicas** (the family that includes cold hardy plants such as broccoli, kale, cauliflower, cabbage, Brussels sprouts), **beets, and cucumbers**. Great for heavy nitrogen users like **corn and grain plants**. **French Haricot beans, sweet corn and melons** are a good combo. All beans in the legume family enrich the soil with nitrogen fixed from the air. Keep beans away from the **alliums**.

BEE BALM (Oswego, Monarda): Plant with **tomatoes** to improve growth and flavor. Great for attracting beneficial insects and bees. Perennial that tends to get powdery mildew.

BEE: Companions are **lettuce, onions and brassicas**. Good for adding minerals to the soil. The leaves are composed of 25% magnesium.

BORAGE: Companion plant for **tomatoes, squash, strawberries** and most plants. Deters tomato hornworms and cabbage-worms. One of the best bee and wasp attracting plants. Adds trace minerals to the soil and a good addition to the compost pile. The leaves contain vitamin C and are rich in calcium, potassium and mineral salts. Borage may benefit any plant it is growing next to via increasing resistance to pests and disease. It also makes nice mulch for most plants. Borage and **strawberries** help each other plus enhance the fruits flavor and yield. Plant near **tomatoes** to improve growth and disease resistance. Will self-seed. Flowers are edible.

BRASSICA: Benefit from **chamomile, peppermint, dill, sage, and rosemary**. Brassica is the family that includes cold hardy plants such as broccoli, kale, cauliflower, cabbage, and Brussels sprouts. These plants need rich soil with plenty of lime to flourish.

BUCKWHEAT: Accumulates calcium and can be grown as an excellent cover crop. Attracts hoverflies in droves. (Member of the brassica family.)

CARAWAY: Good for loosening compacted soil with deep roots. Tricky to establish. The flowers attract a number of beneficial insects.

CATNIP: Deters flea beetles, aphids, Japanese beetles, squash bugs, ants and weevils. Also repels mice quite well. Use sprigs of mint anywhere in the house you want to deter mice and ants.

CHAMOMILE, GERMAN: Annual. Improves flavor of **cabbages, cucumbers and onions**. Host to hoverflies and wasps. Accumulates calcium, potassium and sulfur, later returning them to the soil. Increases oil production from herbs. Leave some flowers unpicked and German chamomile will reseed itself. Roman chamomile is a low growing perennial that will tolerate al-