

## A basic book of self reliance

*The concise book of organic growing and small livestock- Meikd & David Watkins.*

### Interplanting

INTERPLANTING – can increase the productivity of your plot. If the right ones are chosen they will not compete and can help each other.

COMPANION PLANTING – some plants can help or hinder the growth of others, deter pests and attract predators.

PLANT	INTERPLANTING	COMPANION HELPING	HINDERING
Runner beans	Sweetcorn, celery	Summer savoy	Fennel, onion
Bush bean	Lettuce, spinach, squash	Corn, rosemary, catnip, celery	
Beet	Kohl rabi	Onion, kohl rabi	Bean
Brassica	Spinach, celery, lettuce	Celery, onion, dill, sage, thyme, camomile, rosemary	Bean, strawberry
Carrot	Onion, leek	Pea, onion, rosemary Sage, lettuce	Dill
Celery	Brassica, bean, corn	Brassica	Carrots, parsnips
Corn	Lettuce, beans, squash, potato	Beans, peas	Tomato
Lettuce	Brassica, corn, radish corn, bean, tomato	Carrots, radish, cucumber, strawberry	Rue, fennel
Onions	Carrots, lettuce	Carrots	Beans, peas
Parsley	Leeks	Beet, carrot	Lavender
Parsnip	Lettuce	Artichoke, tomato	Celery
Pea	Lettuce, spinach, turnip	Chicory	Onion
Potatoes	Corn	Mint, marigold	Squash, peas
Spinach	Brassica, pea, bean	Bean, corn	Potatoes
Tomato	Lettuce	Strawberries	Potato, corn, dill
Turnip	Pea	Basil, parsley	potato