




Companion Planting Guide for Vegetable Gardens

Companion planting helps you make the most of your space, reduce pests naturally, and improve soil health. Use this guide to pair vegetables with friendly companions and avoid combinations that may compete or harm each other.

Companion Planting Chart


Vegetable	Good Companions	Avoid Planting With
Tomatoes	Basil, Marigold, Carrots, Onion	Cabbage, Corn, Potatoes
Carrots	Lettuce, Peas, Tomatoes	Dill, Parsnips
Cucumbers	Beans, Corn, Sunflowers	Potatoes, Aromatic herbs like sage
Lettuce	Carrots, Radishes, Strawberries	Parsley
Beans	Corn, Cucumbers, Radishes	Onions, Garlic
Peppers	Basil, Onions, Spinach	Fennel, Beans
Spinach	Radishes, Strawberries	Potatoes
Corn	Beans, Squash, Cucumbers	Tomatoes
Cabbage	Onions, Celery, Dill	Strawberries, Tomatoes
Zucchini	Nasturtium, Corn, Beans	Potatoes

 **Tip:** Flowers like marigolds, calendula, and nasturtiums are great companions for many crops — they attract beneficial insects and deter pests.

Companion Planting Garden Planner Worksheet

Use this worksheet to plan your garden using companion planting techniques. Think about the plants you want to grow, their beneficial companions, and how you'll protect them naturally.

Main Crop	Companion Plant(s)	Pest Concern	Natural Pest Control Method

 Reflection Prompt:

What patterns do you notice in plant relationships? How can these strategies support a more resilient, chemical-free garden?