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| **Companion** **Planting** | “These relationships are based on the mechanisms…of trap cropping, disruption in host-finding, shading, chemical exudates and habitats for beneficial insects; not on whether plants “love” or “hate” one another.” Quote from page 73 in USU Extension publication entitled, “**A Guide to Common Organic Gardening Questions**.” |
| **Crop** | **Compatible Plants** |
| Beans (bush) | Potato, cucumber, corn, strawberry, celery |
| Beans (pole) | Corn, radish |
| Cabbage family, including kale, broccoli | Celery, beet, onion, spinach, chard |
| Carrot | English (shelling) pea, lettuce, rosemary, onion, tomato |
| Celery | Onion and cabbage families, tomato, bush beans, nasturtium |
| Corn | Potato, beans, English pea, pumpkin, cucumber, squash (e.g., Three Sisters Garden) |
| Cucumber | Beans, corn, English pea, sunflower, radish |
| Eggplant | Beans, marigold |
| Lettuce | Carrot, radish, strawberry, cucumber |
| Onion family | Beets, carrot, lettuce, cabbage family, summer savory |
| Pea (English) | Carrot, radish, turnip, cucumber, corn, beans |
| Potato | Beans, corn, cabbage/kale, marigold, horseradish |
| Pumpkin | Corn, marigold |
| Radish | English pea, nasturtium, lettuce, cucumber |
| Spinach | Strawberry, fava bean |
| Tomato | Onion family, nasturtium, marigold, carrot, parsley, cucumber |
| Turnip | English pea |

List adapted from G. Kuepper & M. Dodson, 2001. Companion Planting: Basic Concepts & Resources. Appropriate Technology Transfer for Rural Areas. Horticultural Technical Note.

Complete list appears in “**A Guide to Common Organic Gardening Questions**,” USU Extension, pages 73-74.

**Seed Companies**

Johnny’s Selected Seeds, [www.johnnyseeds.com](http://www.johnnyseeds.com)

Fedco, [www.fedcoseeds.com](http://www.fedcoseeds.com)

Seed Savers Exchange, [www.seedsavers.org](http://www.seedsavers.org)

Grand Prismatic Seed (Utah company), [www.grandprismaticseed.com](http://www.grandprismaticseed.com)

Baker Creek Heirloom Seeds, [www.rareseeds.com](http://www.rareseeds.com)

Territorial Seed Company, [www.territorialseed.com](http://www.territorialseed.com)

High Mowing Organic, [www.highmowingseeds.com](http://www.highmowingseeds.com)

Snake River Seed Cooperative (Idaho company), [www.snakeriverseeds.com](http://www.snakeriverseeds.com)

Mountain Valley Seed (Utah company), [www.trueleafmarket.com](http://www.trueleafmarket.com)