

INTERPLANTING

Build a Thriving Garden that Supports Nature: Spring through Summer

Definition: A gardening technique used throughout the world in which a variety of plants are grown in a defined gardening space.

Benefits

- Maximizes use of space for gardening
- Attracts pollinators and beneficial insects
- Reduces the need for pesticides
- Adds color and scent for a pleasant multi-sensory experience

Tips

- Mix heavy feeders (e.g. tomatoes, squash, leafy greens), light feeders (e.g. root vegetables: carrots, radish, turnip) and soil improving plants (e.g. sunflowers & legumes: peas, beans)
- Arrange plants that thrive in part shade near tall or trellised plants
- Include a variety of flowers
- Include herbs and allow some to flower
- Be patient; pollinators and beneficial insects need time to establish themselves in their host plants



Example 1: 8ft Wide (W-E) by 4ft long (N-S) garden bed

flowers
 light feeders
 soil improving plants
 heavy feeders

1 marigold	1-3 herbs	1 tomato + 3 onions	12-16 carrots	12-16 carrots	1 tomato + 3 onions	1-3 herbs	1 marigold
2 cosmos or 6 zinnias or 3 bachelors buttons	2 sunflowers + 3 pole beans at each base	4 okra			2 cucumbers or squash in a 12-inch mound	2 sunflowers + 3 pole beans at each base	2 cosmos or 6 zinnias or 3 bachelors buttons
		2 cucumbers or squash in a 12-inch mound	4 okra				
1 nasturtium	2-4 head lettuces	16 radishes or 9 turnips	1 kale or collard	1 kale or collard	16 radishes or 9 turnips	2-4 head lettuces	1 nasturtium



Example 2: 8ft Wide (W-E) by 4ft long (N-S) garden bed

flowers
 light feeders
 soil improving plants
 heavy feeders

12 zinnias + 4 nasturtium	3 bush beans	1 pepper + 3 onions	1 pepper + 3 onions	1 pepper + 3 onions	1 pepper + 3 onions	3 bush beans	3 herbs
	18 beets or 24 carrots or 32 radishes	3-4 sunflowers			3 melons in a 12-inch mound	18 beets or 24 carrots or 32 radishes	2 marigolds
		3 melons in a 12-inch mound	3-4 sunflowers				
	3 bush beans	1 eggplant	1 eggplant	1 eggplant	1 eggplant	3 bush beans	3 herbs

Internet Resources for More Information:

- [Interplanting for Pest Control | United States Botanic Garden \(usbg.gov\)](https://www.usbg.gov/interplanting-for-pest-control/)
- [Companion Planting TAMU](#)
- [Companion Planting UMass](#)
- [Maximize Your Vegetable Garden Penn State](#)
- [Gardening in Small Spaces UMaine](#)
- [Square Foot Garden Plant Spacing Chart – Mary’s Heirloom Seeds \(marysheirloomseeds.com\)](https://marysheirloomseeds.com/square-foot-garden-plant-spacing-chart/)