

The UK Companion Planting Cheat Sheet

What Grows Well Together? (Printable Allotment & Veg Garden Guide)

A practical, no-nonsense companion planting cheat sheet for UK allotments, kitchen gardens and raised beds.

How to Use This Cheat Sheet

This companion planting chart is designed for real UK growing conditions. Use it to:

- Plan mixed beds more effectively
- Reduce pest pressure naturally
- Improve space efficiency
- Avoid common plant clashes
- Support crop rotation planning

Strength Guide

-  **Strong Companion** – Widely accepted pairing with consistent benefits
 -  **Support Companion** – Often beneficial but not essential
 -  **Avoid** – Commonly reported conflict or competition issue
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Core UK Vegetable Companion Planting Chart (Extended PDF Version)

| Crop | Strong Companions  | Support Companions  | Avoid  | Why It Works | UK Growing Notes |
|-----------------------|---|--|---|---|--|
| Tomatoes | Basil, marigold | Lettuce, carrots | Potatoes, fennel | Flowers attract beneficial insects; shallow crops use spare space | Prioritise airflow to reduce blight risk |
| Potatoes | Beans | Cabbage family (spaced), calendula | Tomatoes, cucumbers | Mixed planting increases biodiversity | Rotate yearly; earth up well |
| Carrots | Onions, leeks, chives | Rosemary | Parsnips (shared pests), dill | Alliums may help confuse carrot fly | Use mesh in high carrot-fly areas |
| Onions | Carrots | Beetroot, lettuce, strawberries | Beans, peas | Allium vs legume incompatibility | Avoid excess nitrogen |
| Garlic | Brassicas, strawberries | Carrots | Beans, peas | Defensive edging crop | Plant autumn or early spring |
| Leeks | Carrots | Celery, beetroot | Beans, peas | Similar to onions | Firm soil reduces rust issues |
| Peas | Carrots | Radish, spinach, turnips | Onions, garlic, leeks | Legumes dislike close alliums | Provide support and airflow |
| Beans (French/Runner) | Sweetcorn | Squash, brassicas (spaced) | Onions, garlic, leeks | Vertical layering system | Protect from slugs early |

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|------------------------|------------------|----------------------------------|------------------------|--|------------------------------------|
| Brassicas | Onions, garlic | Dill, nasturtium, calendula | Strawberries, tomatoes | Flower companions support beneficial insects | Netting often more reliable |
| Broccoli / Cauliflower | Onions | Dill, lettuce | Strawberries | Mixed beds reduce monocrop pressure | Protect from pigeons & butterflies |
| Cucumbers | Nasturtium | Dill, calendula | Potatoes, sage | Pollinator support | Warmth & shelter critical |
| Courgette / Squash | Sweetcorn, beans | Nasturtium | Potatoes, fennel | Large leaves suppress weeds | Slug protection essential |
| Sweetcorn | Beans | Squash, pumpkins | Tomatoes | “Three sisters” structure | Plant in blocks for pollination |
| Lettuce | Radish | Carrots, beetroot, spring onions | Overcrowded brassicas | Fills gaps between slower crops | Succession sow regularly |
| Spinach / Chard | Peas | Beans, strawberries | Potatoes | Layered growing works well | Spring/autumn preferred |
| Beetroot | Onions | Lettuce, brassicas | Pole beans | Roots coexist with light feeders | Thin seedlings well |
| Radish | Lettuce | Peas, carrots | Hyssop | Quick crop opens space | Excellent marker crop |
| Parsnips | Onions, garlic | Radish | Carrots | Radish acts as quick companion | Avoid fresh manure |
| Celery | Leeks | Brassicas | Carrots | Moisture-loving crop | Needs consistent watering |

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|----------------------|------------------|---------------------|-------------------------|---------------------------------|----------------------------|
| | | | | benefits from shade | |
| Strawberries | Chives | Lettuce, borage | Brassicas, runner beans | Alliums may deter pests | Mulch for clean fruit |
| Aubergine | Basil | Lettuce | Fennel, potatoes | Similar to tomatoes | Best in greenhouse |
| Peppers / Chillies | Basil | Onions, carrots | Fennel | Compact mixed-bed crop | Needs shelter in UK |
| Pumpkins | Sweetcorn, beans | Nasturtium | Potatoes | Large leaves shade soil | Requires wide spacing |
| Turnips | Peas | Onions | Potatoes | Roots share space well | Cool-season crop |
| Swede (Rutabaga) | Onions | Peas | Strawberries | Benefits from spacing | Long season |
| Kohlrabi | Onions | Beetroot, lettuce | Strawberries | Small brassica suits mixed beds | Protect from cabbage white |
| Spring Onions | Carrots | Lettuce | Beans, peas | Ideal interplant crop | Great gap filler |
| Jerusalem Artichokes | Beans | Courgettes (spaced) | Low-growing crops | Tall structural crop | Plant at back of plot |
| Rhubarb | Garlic | Beans | Most annuals | Deep-rooted perennial | Keep separate bed |
| Asparagus | Parsley | Tomatoes (nearby) | Onions, garlic | Long-term perennial | Do not disturb roots |

Companion Flowers & Herbs Reference

| Flower / Herb | Strong Supports  | Avoid  | Why It Helps |
|-------------------|---|---|-----------------------------|
| Marigold (French) | Tomatoes, brassicas | — | Attracts beneficial insects |
| Nasturtium | Brassicas, cucumbers | — | Trap crop for aphids |
| Calendula | Potatoes, brassicas | — | Supports pollinators |
| Chives | Strawberries, carrots | Beans, peas | Allium deterrent effect |
| Dill | Brassicas | Carrots (heavy competition) | Attracts hoverflies |
| Borage | Strawberries, squash | — | Pollinator magnet |

Important Notes for UK Growers

- Companion planting supports healthy ecosystems but does not replace good spacing, soil health, crop rotation, or netting.
 - Pest protection (such as mesh for carrot fly or brassica netting) is often more reliable than companion plants alone.
 - Always consider plant size at maturity — shading and airflow matter more than theory.
 - Keep perennial crops (asparagus, rhubarb) in dedicated long-term beds.
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Next Step: Use the Interactive Companion Checker (Free)

If you want a faster way to plan beds (without second-guessing pairings), use the **Backyard Farmer Allotment Planner**.

What the Planner Helps You Do

- Build your plot layout visually (beds, rows, spacing)
- Check **companions and clashes** as you place crops
- Avoid overcrowding and shading mistakes
- Plan rotations and bed usage across the season

Quick Start (30 Seconds)

1. Open the **Allotment Planner**
2. Add your beds (or pick a simple layout)
3. Drop in your crops — the companion logic does the checking for you

Optional: Get the Best Results

- Treat this cheat sheet as your quick reference
 - Use the planner for the *final decision* when space, shade, or timing changes things
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Printable PDF Notes

- Print in **A4** (portrait) for a binder-friendly copy
 - Or print **2 pages per sheet** for a compact shed copy
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Backyard Farmer tip: If you're ever unsure, focus on spacing + airflow first — then use companion planting to support the bed, not "save" it.