

# The Green Life Zen Companion Planting Chart

*Which Plants Belong Together — And Which Ones Don't*

Tomatoes	Cucumbers	Peppers
<p><b>Best Friends</b></p> <ul style="list-style-type: none"> <li>● <b>Basil</b> — repels aphids &amp; spider mites, enhances flavor</li> <li>● <b>Marigold</b> — deters nematodes and whitefly</li> <li>● <b>Borage</b> — attracts pollinators, repels tomato hornworm</li> <li>● <b>Parsley</b> — draws beneficial predator insects</li> <li>● <b>Nasturtium</b> — trap crop, lures aphids away</li> </ul> <p><b>Keep Away</b></p> <ul style="list-style-type: none"> <li>● <b>Fennel</b> — toxic root secretions stunt tomato growth</li> <li>● <b>Brassicas</b> — compete for the same soil nutrients</li> </ul>	<p><b>Best Friends</b></p> <ul style="list-style-type: none"> <li>● <b>Dill</b> — attracts beneficial insects, improves flavor</li> <li>● <b>Nasturtium</b> — deters cucumber beetles &amp; aphids</li> <li>● <b>Marigold</b> — repels nematodes and whitefly</li> <li>● <b>Radish</b> — fast-growing, deters cucumber beetles</li> <li>● <b>Bush Beans</b> — fix nitrogen, feed hungry cucumbers</li> </ul> <p><b>Keep Away</b></p> <ul style="list-style-type: none"> <li>● <b>Sage</b> — inhibits cucumber growth</li> <li>● <b>Potatoes</b> — share diseases, compete for resources</li> </ul>	<p><b>Best Friends</b></p> <ul style="list-style-type: none"> <li>● <b>Basil</b> — repels aphids &amp; spider mites</li> <li>● <b>Marigold</b> — deters soil pests and nematodes</li> <li>● <b>Carrots</b> — aerate soil around pepper roots</li> <li>● <b>Onions</b> — strong scent confuses pest insects</li> <li>● <b>Spinach</b> — living mulch, retains moisture</li> </ul> <p><b>Keep Away</b></p> <ul style="list-style-type: none"> <li>● <b>Fennel</b> — allelopathic, stunts pepper growth</li> <li>● <b>Brassicas</b> — heavy feeders that compete for nutrients</li> </ul>
<p><i>"The tomato asks not to stand alone — give it allies, and it will feed you abundantly."</i></p>	<p><i>"The cucumber stretches toward light — plant its guardians close, and it will reach further than you imagined."</i></p>	<p><i>"Pepper plants are quiet protectors — surround them with the right energy, and they will guard the whole garden."</i></p>

Strawberries	Watermelon	Onions & Potatoes
<p><b>Best Friends</b></p> <ul style="list-style-type: none"> <li>● <b>Thyme</b> — repels worms and aphids</li> <li>● <b>Borage</b> — boosts strawberry yield (scientifically documented)</li> <li>● <b>Spinach</b> — low-growing ground cover, retains moisture</li> <li>● <b>Marigold</b> — deters slugs and nematodes</li> <li>● <b>Lettuce</b> — living mulch, fills space between crowns</li> </ul> <p><b>Keep Away</b></p> <ul style="list-style-type: none"> <li>● <b>Brassicas</b> — attract similar pests</li> <li>● <b>Fennel</b> — suppresses strawberry growth</li> </ul>	<p><b>Best Friends</b></p> <ul style="list-style-type: none"> <li>● <b>Nasturtium</b> — deters squash bugs &amp; aphids</li> <li>● <b>Marigold</b> — soil pest protection</li> <li>● <b>Radish</b> — beetle deterrent, quick harvest before vines spread</li> <li>● <b>Corn</b> — windbreak, shares space vertically</li> </ul> <p><b>Keep Away</b></p> <ul style="list-style-type: none"> <li>● <b>Cucumbers</b> — compete for the same pollinators</li> <li>● <b>Potatoes</b> — share disease vectors</li> </ul>	<p><b>Best Friends</b></p> <ul style="list-style-type: none"> <li>● <b>Basil</b> — repels aphids &amp; spider mites</li> <li>● <b>Marigold</b> — deters soil pests and nematodes</li> <li>● <b>Carrots</b> — aerate soil around pepper roots</li> <li>● <b>Onions</b> — strong scent confuses pest insects</li> <li>● <b>Spinach</b> — living mulch, retains moisture</li> </ul> <p><b>Keep Away</b></p> <ul style="list-style-type: none"> <li>● <b>Fennel</b> — allelopathic, stunts pepper growth</li> <li>● <b>Brassicas</b> — heavy feeders that compete for nutrients</li> </ul>
<p><i>"Strawberries are generous plants — give them gentle companions, and they will sweeten beyond measure."</i></p>	<p><i>"Watermelon needs room to dream — plant its allies at the edges, and let it expand into its full potential."</i></p>	<p><i>"Pepper plants are quiet protectors — surround them with the right energy, and they will guard the whole garden."</i></p>

**Want to go deeper? Watch the full series at:** [https://greenlifezen.com/resources/companion-planting?utm\\_source=pdf&utm\\_medium=cheatsheet&utm\\_campaign=companion-planting](https://greenlifezen.com/resources/companion-planting?utm_source=pdf&utm_medium=cheatsheet&utm_campaign=companion-planting)

This guide is for informational purposes. Plant results vary by climate, soil, and growing conditions.