

THE STRAWBERRY PROTECTION GUILD

10 Companion Plants That Guard Your Harvest Naturally

A Free Resource from Green Life Zen · GreenLifeZen.com

◆ BORAGE — The Stress Shield

- **Science:** Repels strawberry aphids + attracts aphid-hunting lacewings · 3ft protective radius
- **Plant:** At bed corners · 18in from crowns · Direct sow after last frost
- **Ritual:** "The herb of courage" — plant at corners to set an energetic boundary of strength around your harvest

◆ MARIGOLDS — The Pest Barrier

- **Science:** Root compound alpha-terthienyl suppresses soil nematodes by up to 70% (French variety only)
- **Plant:** Along south-facing border · 6–9in spacing · *Tagetes patula* — not African marigolds
- **Ritual:** Golden blooms activate the wealth corner in Feng Shui — plant south to invite abundance

◆ CHAMOMILE — The Soil Healer

- **Science:** Root exudates release calcium + potassium into soil · Measurably increases berry sweetness (brix)
- **Plant:** Within 18in of strawberry crowns · Interplanted within rows · Non-competitive
- **Ritual:** Brew weak chamomile tea · Water your strawberry bed at flowering — a biodynamic soil ritual

◆ THYME — The Ground Guardian

- **Science:** Volatile oils thymol + carvacrol actively suppress gray mold (botrytis) at soil surface
- **Plant:** Creeping varieties as living border around crowns · Let it spread freely — it finds every gap
- **Ritual:** Burned in ancient Greek tradition for courage · Let it run as a relentless living border

◆ GARLIC — The Natural Fungicide

- **Science:** Allicin creates inhibitory zone in surrounding soil · Reduces botrytis by 40% · Repels aphids + mites
- **Plant:** Between strawberry rows · 4–6in deep · Plant cloves in autumn for spring protection
- **Ritual:** Plant at the autumn equinox · Protective energy moves through the soil all winter

◆ CHIVES — The Aphid Repeller

- **Science:** Sulfur scent repels aphids · Blossoms attract parasitic wasps that destroy colonies from within
- **Plant:** At the four compass corners of your bed · 6–8in spacing · Allow to flower — don't deadhead
- **Ritual:** Four compass-point planting creates a protective energy grid — a living boundary nothing crosses

◆ NASTURTIUM — The Sacrificial Shield

- **Science:** Glucotropaeolin makes nasturtiums irresistible to aphids — trap cropping pulls pests away from berries
- **Plant:** At bed edges on the most aphid-vulnerable side · 10–12in spacing · Let it sprawl freely
- **Ritual:** The warrior plant — it draws danger to itself so your harvest survives untouched

◆ SWEET ALYSSUM — The Pollinator Magnet

- **Science:** Honey-scented benzaldehyde attracts hoverflies + native bees → more complete pollination → bigger berries
- **Plant:** As front border or interplanted · Allow to self-seed freely · Returns every season on its own
- **Ritual:** "Cloth of gold" in cottage garden tradition · Let it self-seed and find its own place each year

◆ SAGE — The Territorial Guard

- **Science:** Camphor + cineole + thujone create olfactory barrier · 4ft protective radius · Works through the night
- **Plant:** At bed center or upwind edge · 1 plant covers a 4ft radius · Perennial — plant once, protect for years
- **Ritual:** Used in smudging ceremonies for millennia · Plant as a declaration: this garden is a sanctuary

◆ SPINACH — The Living Mulch

- **Science:** Saponins suppress weed germination · Dense canopy reduces soil evaporation by up to 60% in heat
- **Plant:** Sow thickly between strawberry rows each autumn · Turn into soil when it bolts — natural conditioner
- **Ritual:** The biodynamic "ground-keeping plant" — it holds the earth and heals the soil through winter silence

"What ancient gardeners called sacred combinations, modern ecology calls a guild — a community of plants that creates something none could achieve alone. This is your Strawberry Protection Guild." — **Green Life Zen**