

THE TOMATO COMPANION PLANTING CHEAT-SHEET

10 Sacred Plant Partnerships That Make Tomatoes Produce Like Crazy

◆ Basil — The Aromatic Shield

- **Superpower:** Repels aphids, whiteflies & spider mites on contact
- **Science:** Emits volatile oils (linalool & eugenol) that disrupt pest navigation systems
- **Plant It:** 12–18" from tomato stem · alternate between every 2 plants
- **Zen:** Ancient Hindus called Basil the "Sacred Guardian" — it protects what it loves most

◆ Marigold — The Root Protector

- **Superpower:** Destroys root-knot nematodes living beneath your soil
- **Science:** Roots secrete alpha-terthienyl — a natural compound lethal to soil-dwelling pests
- **Plant It:** Border rows around the full bed + interplanted every 2–3 tomatoes
- **Zen:** In Mexican tradition, Marigolds guide protective spirits to the garden — the original shield

◆ Borage — The Hornworm Decoy

- **Superpower:** Repels tomato hornworms + dramatically boosts pollination
- **Science:** Attracts parasitic wasps that hunt hornworm larvae; also draws bees at 3x normal rate
- **Plant It:** 1 Borage plant per 4–6 tomatoes · allow it to self-seed freely each season
- **Zen:** Ancient Romans called Borage the "Herb of Gladness" — it brings courage and joy to the garden

◆ Garlic — The Antifungal Guardian

- **Superpower:** Repels spider mites, aphids & suppresses fungal disease in the soil
- **Science:** Allicin compounds act as natural antifungal and antibacterial agents in the root zone
- **Plant It:** 4–6" from tomato base · plant cloves in fall for spring synergy
- **Zen:** Garlic has been hung at doorways for 5,000 years to ward off harm — the original shield plant

◆ Nasturtium — The Sacrificial Shield

- **Superpower:** Acts as a sacrifice trap crop — draws aphids away from your tomatoes
- **Science:** Aphids prefer Nasturtium's glucosinolates and cluster there instead of your fruit
- **Plant It:** Outer edges of the bed · 6–12" from the outermost tomato plant
- **Zen:** Nasturtium symbolizes conquest in ancient floriography — the warrior guardian of the harvest

◆ Lavender — The Sensory Disruptor

- **Superpower:** Repels aphids, whiteflies & flea beetles while calming the whole garden ecosystem
- **Science:** Linalool and linalyl acetate compounds disrupt pest olfactory systems — insects literally can't navigate toward your tomatoes
- **Plant It:** 12–18" from tomato stems · full sun · grow as a permanent perennial border for season-after-season protection
- **Zen:** Ancient Mediterranean healers burned Lavender to purify sacred spaces — it carries that same protective peace into your garden

◆ Parsley — The Pest Assassin

- **Superpower:** Recruits an army of beneficial predatory insects to patrol your tomatoes
- **Science:** Umbellifer flowers attract parasitic wasps (Braconidae family) and aphid-eating hoverflies
- **Plant It:** Clusters of 3–4 plants at the corners of your tomato bed as sentinel posts
- **Zen:** Sacred to the ancient Greeks — Parsley was offered only to heroes. It guards what is worthy

◆ Carrots — The Underground Aerator

- **Superpower:** Breaks up compacted soil so tomato roots expand freely
- **Science:** Deep taproots aerate at 6–12" depth, improving water and nutrient access for tomatoes
- **Plant It:** Between tomato plants · they coexist without competing for light or nutrients
- **Zen:** In Feng Shui, root vegetables are earth-energy plants — grounding and stabilizing the whole garden

◆ Comfrey — The Soil Healer

- **Superpower:** Acts as a living fertilizer pump — mining deep soil nutrients and delivering them directly to your tomatoes
- **Science:** Taproots reach 6ft+ deep, pulling calcium, potassium & phosphorus upward; chop-and-drop leaves release these as a slow-feed surface mulch
- **Plant It:** 18–24" from tomato base · chop leaves monthly and lay flat as mulch — do NOT compost, let them feed in place
- **Zen:** Medieval healers called Comfrey "Knitbone" — it knits broken soil back together the same way it once mended the body

◆ Bee Balm — The Pollinator Magnet

- **Superpower:** Supercharges pollination AND repels thrips and spider mites with powerful aromatic oils
- **Science:** Carvacrol and thymol compounds actively deter pest insects; Bee Balm attracts native bees and hummingbirds at higher rates than most garden flowers
- **Plant It:** 12–18" from tomato plants · allow 2ft spread · deadhead spent blooms weekly to extend the flowering season
- **Zen:** Native American healers used Bee Balm in ceremonial rituals to call beneficial forces — plant it and watch what answers

| Combination | Plant | Purpose |
|---|--------------------------------|--|
|  The Protection Trinity | Marigold + Garlic + Nasturtium | Triple-layer pest defense — soil, stem & surface |
|  The Pollinator Sanctuary | Borage + Lavender + Bee Balm | Maximum fruit set from first bloom to last harvest |
|  The Soil Healer Duo | Comfrey + Carrots | Deep nutrition mining + root zone aeration |