

# **BACKYARD GARDENING: FROM SEED TO TABLE**

## **Planning the Vegetable Garden**

### Choose Plant Family

Four Types of Gardening Families:

- Botanical families—crops that are genetically related and have similar needs (cool or warm crop etc ) or pests.
- Feeding families—crops that are heavy feeders and require the same nutrients.
- Performance families—some plants do better when planted with a “partner”. They help one another grow.
- Pest-fighting families—plants that either attract beneficial insects that dine on pests or repel pests by either confusion (smell is stronger than the plant the pest is searching for) or is a sacrifice plant (radish greens lure flea beetles away from broccoli onto the radish)

### Vegetable Families Botanical Family

#### Common Name

#### Edible Members

\*Allium or Onions

\*Chives, onions, scallions, shallots, garlic, leeks

\*Amaranth or Beet

\*Amaranth beet, chard, spinach

\*Carrot or Dill

\*Angelica, anise, caraway, Chervil, cilantro, cumin, dill, lovage, parsley

\*Aster, Daisy, Sunflower

\*Artichokes, cardoons, lettuce, raddichio, artichokes

\*Brassica, Cabbage, Mustard

\*Arugula, Bok Choy, Broccoli, Brussels Sprouts, cabbage, cauliflower, Kale Kohlrabi, Turnip, Mustard, Radish, Rutabaga

\*Cucumber, Gourd, Melon or Pumpkin

\*Cucumber, Melon Pumpkin, squash, watermelon

\*Legumes

\*Beans, Peas, Lentils

\*Herbs Tender

\*Basil, Rosemary, Marjoram

\*Herbs Hardy

\*Sage, Mints, Oregano, Thyme

\*Nightshade

\*Potato, Eggplant, Tomato, Pepper

## COOL SEASON CROPS

### Plant transplants April

Kale  
Potatoes  
Cabbage  
Lettuce, Spinach  
Chard  
Broccoli, Brussel Sprouts

### Plant July or early August

Brussel Sprouts  
Lettuce – every two weeks

### Plant early May

Carrots  
Beets  
Onions  
Radishes  
Turnips/Rutabagas  
Peas

## WARM SEASON CROPS

### Plant transplants after Danger of Frost is Past

Tomato  
Squash, Pumpkin  
Melons  
Peppers  
Eggplant  
Basil/ Thyme

### Direct sow seeds after danger of frost is passed

Corn  
Beans  
Cucumbers  
Flowers

## Feeding Families

### Heavy Feeders

Corn  
Cucumbers  
Eggplant  
Pumpkins  
Squash  
Tomatoes

### Moderate

kale  
broccoli  
lettuce  
chard  
cabbage

### Light

beets  
garlic  
carrots  
leeks  
spinach, onions  
potatoes

\*\*Soil builders: beans and peas

## Plants That Support One Another

### Supporters

corn  
sunflowers  
tomatoes

### Climbers

pole beans  
snow peas  
cucumbers

### Shade Lovers

lettuce  
spinach  
chard

### Trickster/Sacrifices

beans/potatoes  
eggplant/potatoes  
radishes/cucumbers  
onions,garlic/carrot

## CHOOSE COMPANION PLANTS FOR YOUR VEGETABLES

\*Using the Pest-Fighting Family lists of plants that attract beneficial bugs and the list of plants that repel bad bugs, select plants to use in your vegetable garden.

\*Using the list of Performance Family plants select a performance family for your garden.

## PEST FIGHTING FAMILIES: PLANTS THAT ATTRACT GOOD BUGS

<b>Plants</b>	<b>Benefits</b>
*Borage <i>Blooms mid-summer to fall, Annual, fuzzy gray green, Small blue flowers</i>	Attracts bees
*Catnip <i>Mid to late bloom</i>	Attracts bees, parasitic wasps and Cats to eat voles
*Chamomile <i>Late spring to summer bloom, annual has daisy-like flowers</i>	Attracts hoverflies, parasitic wasps. Also good ground cover
*Dill <i>Summer blooms annual green flower clusters at the tip of long stalks blue green leaves</i>	Attracts lady bugs, wasps, spiders, hoverflies, bees
*Fennel <i>Mid to late summer blooms, semi-hardy perennial with branching stalks Deep green feathery leaves and yellow flowers</i>	Attracts hoverflies, lady bugs, parasitic wasps, tachinid flies
*Nasturtium <i>Summer blooming annual spreading vine, bright orange and yellow Flowers</i>	Shelter for ground beetles and spiders. Used to cover bare areas. Use in corn or cucumber area to have beautiful garden.
*Milkweed <i>A weed</i>	Lady bugs

## PEST FIGHTING FAMILIES: PLANTS THAT REPEL BAD BUGS

### Plants

\*Basil

### Benefits

Next to paths, aromatic oils confuse pests esp. on tomatoes, eggplant

*repels aphids, mites, mosquitos, tomato hornworm*

\*Borage

with tomatoes

*repels tomato hornworm*

\*Calendula

attracts beneficials

*repels asparagus beetle*

\*Catnip

next to peppers, put in pot and move around garden

*repels aphids, asparagus beetles, Colorado potato beetle, squash beetles*

\*Horseradish

do not plant with potatoes, with raspberries or strawberries

*repels Colorado potato beetle*

\*Hyssop

among broccoli, brussel sprouts & cauliflower

*repels cabbage moths*

\*Marigolds

strong repellent quality against nematodes

*repels Mexican bean beetle*

\*Onions

interplant with carrots

*repels carrot rust flies*

\*Radishes

among squash, cucumbers, pumpkins, broccoli--  
confusion

*repels Cucumber beetles, flea beetles*

\*Wormwood

perennial clusters or herb border of garden

*repels flea beetles*

\*Thyme

use as ground cover or as cluster near garden

*repels cabbage moths*

## PERFORMANCE/PEST-FIGHTING COMPANIONS

Plant	Attracts	Repels
<i>Potato Family:</i>		
Peas	Goldenrod	Catnip
Potato	Cosmos	Basil
Beans	Dill	Catnip
<i>Cabbage Family:</i>		
Cabbage	Chamomile	Hyssop
Kale	Chamomile	Radishes
Broccoli	Calendula	Wormwood
Lettuce	Sunflower	Sage
Brussels Sprouts	Sunflower	Thyme
<i>Tomato Family:</i>		
Tomato	Bee Balm	Catnip
Peppers	Goldenrod	Basil
Chard	Chamomile	Borage
Eggplant		Savory
<i>Roots &amp; Greens:</i>		
Spinach	Calendula	Onions
Carrots	Cosmos	Onions
Beets	Dandelions	Basil
Turnips/Rutabagas		Radishes
<i>Squash &amp; Vines:</i>		
Corn	Borage	Catnip
Squash	Nasturtium	Radish
Pole beans/peas	Dill	
Melons	Yarrow	Radish
Cucumber	Sunflower	Radish

Also see Companion Planting Handout on Landon's Greenhouse & Nursery Website: [landongreenhouse.com](http://landongreenhouse.com)