

Companion Planting



jeannine davidoff

Companion Planting is the art and science of using plants in the garden to benefit each other. In this book you will find the combinations of plants that will most benefit each other to increase yield and allow you to develop a sustainable haven in your own backyard - full of food, herbs and flowers.

This Companion Planting ebook is dedicated to gardeners everywhere who are growing their own produce in order to eat the freshest of the fresh, from seed to plate. In this world there are no guarantees on the freshness or integrity of the food that is purchased from supermarkets.

Companion Planting allows you to create your organic garden, which will feed you and keep you healthy and makes eating an incredibly enjoyable experience.

You can use this book to learn about the medicinal and nutritional value of food and to plan the best combinations of plants to make your garden flourish and improve your soil. There is information on how to grow each plant successfully.

Companion Planting is an easy-to-use, quick reference guide for the busy person. Its concise information will assist you in creating an outstanding organic garden.

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Plant directory

Alfalfa	1	Mint	39
Artichoke	3	Mustard	41
Basil	5	Nasturtium	43
Bean	7	Okra	45
Borage	9	Onion	47
Carrot	11	Oregano	49
Celery	13	Pea	51
Chilli	15	Pepper	53
Clover	17	Potato	55
Comfrey	19	Pumpkin	57
Corn	21	Rocket	59
Dandelion	23	Rosemary	61
Echinacea	25	Spinach	63
Fennel	27	Strawberry	65
Feverfew	29	Swiss Chard	67
Heartsease	31	Sunflower	69
Lemon	33	Sweet Potato	71
Lemon Balm	35	Thyme	73
Lemon Grass	37	Tomato	75
		Glossary	77

Alfalfa / Lucerne ***Medicago sativa***

Companions:

Grape vines and fruit trees.

Tips and Uses:

Makes nutritious sprouts.

Green manure crop.

Nitrogen fixer.

Good human and animal food.

Properties:

Vitamin A, B, C, D, E, K, Calcium, Iron, Iodine.

Growing Alfalfa / Lucerne

Alfalfa is a fantastic plant with many uses. The other name for Alfalfa is Lucerne. It is able to fix nitrogen in the soil, is deep rooted and grows abundantly. The seeds of alfalfa are tiny and you broadcast them on top of the soil. Keep watering well until the tiny little plants appear.

Once the plants are established and are standing about 30-40 cm tall, you can cut them back for mulch. The alfalfa plants will grow again from the same roots. You can continuously use the Alfalfa as a source of mulch and to improve the soil.

Grape vines and fruit trees benefit greatly for having alfalfa growing nearby. Alfalfa sprouts are extremely nutritious and delicious. You can use the leaves fresh in salads and to make tasty soups and stews.

