

# **Increase Harvests Through Companion Planting**

**Some plants can share space and even help each other!**

- Legumes (peas, beans) planted near potatoes actually add usable nitrogen to the soil that potatoes and other plants need to thrive.
- Leaf lettuce can be planted right alongside brassicas ,such as cabbage, broccoli, and cauliflower, providing a quick harvest while allowing the brassicas time to mature.
- “The Three Sisters Garden,” method of planting corn, beans, and squash together has been practiced by indigenous people for thousands of years; the corn provides a trellis for the beans to climb on, and the squash planted at the base of the corn and beans shades and protects the roots of the other plants.
- Combine plants with differing root systems, for example, a deep-rooted plant such as broccoli with a shallow rooted plants such as spinach.
- Leaf vegetables planted in front of trellised vegetable, such as cucumbers, allows for more planting space, and the leafy plant provides shade for the roots of the trellised plant.

Adapted from:

- Companion Planting for Beginners by Brian Lowell, 2022
- Maximize your summer harvest with companion planting by Dixie Sandborn, Michigan State University Extension, June 12, 2025