

Herbal Companions in the Garden



www.sanantonioherbmarket.org

Leslie Bingham, San Antonio Herb Market Association 2015

Antagonistic Herbs

Some herbs are antagonistic to certain vegetables and fruits, meaning they do not play well together and are not advisable to plant beside one another. There are certain essential oils contained within the plants' parts (expelled by either leaves, flowers, stem or roots) that are harmful or "antagonistic" to the growth and maturity patterns of other plants. Reading the list below you will come to see that beans are very fussy about where they live and who is in the neighborhood. A fun thing to do is see which "families" or genus of plants do not like other families. Are they in the same one?

Apricots do not like tomato plants
Basil does not like rue or silver beets
Beans do not like Chives, fennel, onions or garlic
Beets do not like pole beans or climbing beans
Cabbages do not like garlic or rue
Cherries do not like potatoes
Chives do not like any beans or peas
Cilantro (Coriander) does not like fennel
Fennel does not like beans of any sort, or tomato
Garlic does not like beans, cabbage, peas or strawberries
Lavender does not like fennel
Mints in general do not like chamomile or parsley
Onions do not like beans as we have noted nor peas
Parsley does not like lettuce
Parsnips do not like carrots or celery
Potato does not like apple, cherries, celery, cucumber
Pumpkin does not like potato

Raspberries do not like potatoes
Rosemary does not like potatoes or tomatoes
Rue dislikes basil, broccoli, cabbage, cauliflower and sage
Shallots dislike Peas and beans
Strawberries dislike broccoli, cabbages and cauliflower
Sunflowers dislike pole beans, garlic and potatoes
Tomato dislikes apricots, beets, fennel, potatoes and rosemary

Affable herbs love almost all others and can be planted in between antagonistic plants to avoid quarrels.

Marjoram loves almost everyone

Nasturtiums are very friendly and have no enemies

Parsley may be forgiven for only disliking lettuce

Garden Note: Comfrey is an indispensable herb in the garden, its leaves which contain allantoin, calcium, potassium and phosphorus are one of the best natural manure/fertilizers known to man. Pick off comfrey's faded leaves throw into a bucket and infuse in water for a week or add cut up leaves to your compost pile – it is nourishing to all plants.