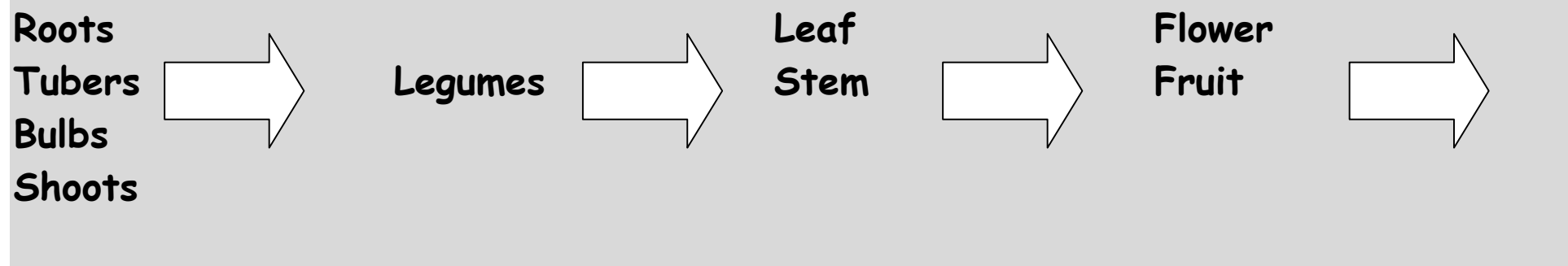


What should I plant in my vegetable garden? Companion Planting and Crop Rotation

Plant Groups



carrots (r)	bush beans	spinach	tomatoes
beetroot(r)	climbing beans	silver beet	capsicum
potato (t)	broad beans	lettuce	chili
onion (b)	peas	radicchio/chicory	eggplant
asparagus (sh)		endive/rockett	zucchini
Jerusalem artichoke (t)		cabbage	Pumpkin
parsnip (r)		leek	squash related to zucchini & pumpkin
radish (r)		fennel	choko
Swede (t) a natural hybrid between cabbage & turnip		celery	cauliflower
sweet potato/kumera (r)		cabbage	kale
turnip (r)		Brussels sprout	broccoli (fl)
			Globe artichokes
			okra
			choko
			cauliflower
			water melon
			rock melon
			sweet corn

Rotational Planting in the Vegetable Garden

The basic aim is to satisfy the nutritional needs of each vegetable and to help it resist pests and diseases. Common sense plays a large part in its principles. If the same crops are grown in the same patch of soil year after year, there will be a gradual decline of health, loss of yield and weeds and diseases will take advantage of the weakened crop and exhausted soil. Introducing a rotational crop, in conjunction with organic gardening and companion planting methods, restores the physical structure and nutrient balance of the soil. Weeds are weakened and less likely to establish if there is disruption to their cycle and the host plant is moved around.

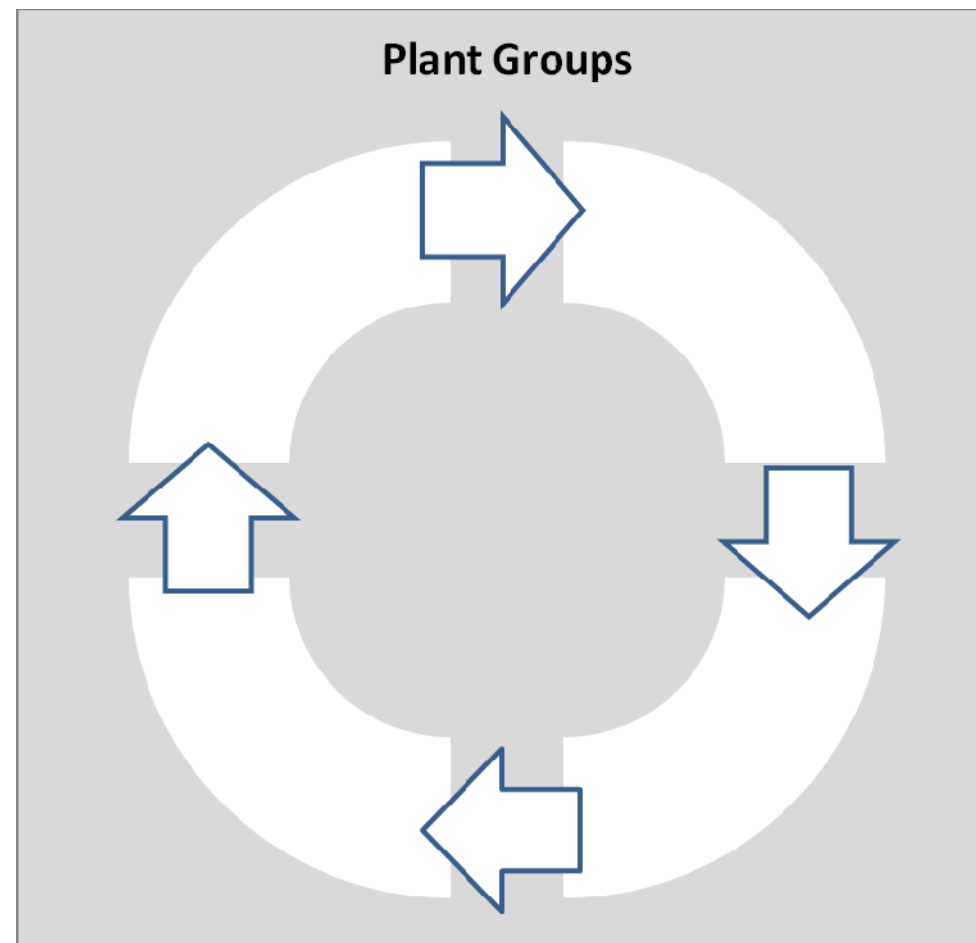
Vegetable families

The groups of vegetables given below are organised according to botanical families. Peas and beans, in association with micro-organisms, are able to extract nitrogen from the air and leave the soil richer in nitrogen. The roots of a mature plant feature small beads of growth called nodules where the nitrogen is stored. A leafy crop (silverbeet, cabbage, lettuce) grows well in nitrogen rich soil so should follow a legume crop.

- **Brassica (Cruciferae):** Brussel Sprouts, cabbage, broccoli, calabrese, cauliflower, kale, radish swede, turnip
- **Legumes (Leguminosae):** Pea, bean (broad, French and runner)
- **Potato family (Solanaceae):** Tomato, potato, capsicums, eggplant
- **Daisy family (Compositae):** Lettuce, chicory, endive, salsify
- **Onion family (Alliicae):** Onion, garlic, chives, shallots, leeks
- **Cucurbits Cucurbitaceae):** Cucumber, courgette, marrow, squash, pumpkin
- **Beetroot family (Chenopodiaceae):** Beetroot, spinach, Swiss Chard, spinach, beet

NB: Jerusalem artichokes & sweet corn are not related to any other vegetable family.

<http://www.rtbq.tas.gov.au/media/pdf/factsheets>



A green manure crop is usually planted over winter to enrich the soil.