

# Vegetables

## **Asparagus (*Asparagus officinalis*)**

Parsley planted with asparagus gives added vigor to both. Asparagus also does well with basil, which itself is a good companion for tomatoes. Tomatoes will protect asparagus against asparagus beetles because they contain a substance called solanine. But if asparagus beetles are present in great numbers, they will attract and be controlled by their natural predators, making spraying unnecessary. A chemical derived from asparagus juice also has been found effective on tomato plants as a killer of nematodes, including root-knot, sting, stubby root, and meadow nematodes.

In my garden I grow asparagus in a long row at one side. After the spears are harvested in early spring I plant tomatoes on either side, and find that both plants prosper from the association. Cultivating the tomatoes also keeps down the weeds from the asparagus. The asparagus fronds should never be cut, if at all, until very late in the fall, as the roots need this top growth to enable them to make spears the following spring.

## **Bean (*Phaseolus* and *Vicia*)**

Many different kinds of beans have been developed, each with its own lore of “good” and “bad” companions. Generally speaking, however, all will thrive when interplanted with carrots and cauliflower, the carrots especially helping the beans to grow. Beans grow well with beets, too, and are of aid to cucumbers and cabbages.

A moderate quantity of beans planted with leek and celeriac will help all, but planted too thickly they have an inhibiting effect, causing all three to make poor growth. Marigolds in bean rows help repel the Mexican bean beetle.

Summer savory with green beans improves their growth and flavor as well as deterring bean beetles. It is also very good to cook with beans.

Beans are inhibited by any member of the Onion family — garlic, shallots, or chives — and they also dislike being planted near gladiolus.

Broad beans are excellent companions with corn, climbing diligently up the cornstalks to reach the light. They not only anchor the corn more firmly, acting as a protection against the wind, but a heavy vine growth may also act as a deterrent to raccoons. Beans also increase the soil's nitrogen, which is needed by the corn.

### **Bean, Bush (*Phaseolus vulgaris*)**

Included with bush beans are those known as butter, green, snap, string, and wax beans. All will do well when planted with a moderate amount of celery, about one celery plant to every six or seven of beans.

Bush beans do well also when planted with cucumbers. They are mutually beneficial. Bush beans planted in strawberry rows are mutually helpful, both advancing more rapidly than if planted alone.

Bush beans will aid corn if planted in alternate rows. They grow well with summer savory but never should be planted near fennel. They also dislike onions, as do all beans.

### **Bean, Lima (*Phaseolus limensis*)**

Nearby locust trees have a good effect on the growth of lima beans. Other plants give them little or no assistance in repelling insects. Never cultivate lima beans when they are wet, because if anthracnose is present, this will cause it to spread. If the ground has sufficient lime and phosphorus, there will probably be little trouble from anthracnose and mildew.

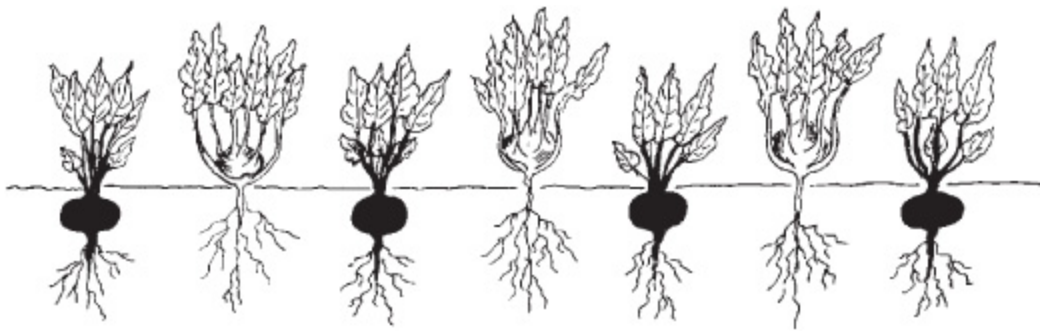
### **Bean, Pole**

Like others of the family, pole beans do well with corn and summer savory. They also have some pronounced dislikes, such as kohlrabi and sunflower. Beets do not grow well with them but radishes and pole beans seem to derive mutual benefit.

### **Beet (*Beta vulgaris*)**

Beets grow well near bush beans, onions, and kohlrabi but are “turned off” by pole beans. Field mustard and charlock inhibit their growth. Lettuce and

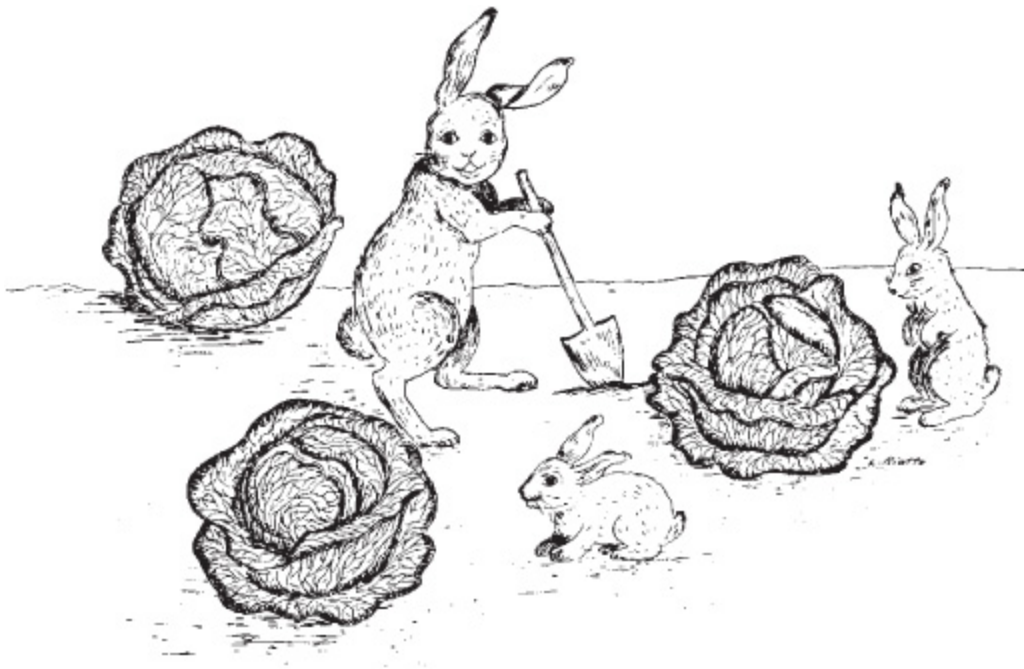
most members of the Cabbage family are “friendly” to them.



*Beets and kohlrabi make good companions. Both take the same kind of culture, and they take soil nourishment at different levels.*

### **Broccoli (*Brassica oleraceae*)**

Like all members of the Cabbage family, broccoli does well with such aromatic plants as dill, celery, camomile, sage, peppermint, and rosemary, and with other vegetables such as potatoes, beets, and onions. Do not plant it with tomatoes, pole beans, or strawberries. Use pyrethrum on broccoli against aphids, before the flower buds open. (See the Pest Control chapter.)



*If rabbits dig your cabbage patch, plant any member of the onion family among them. Or you can dust with ashes, powdered aloes, or cayenne pepper. Rabbits also shun dried blood and blood meal.*

## **Cabbage (Brassicaceae)**

The cabbage family includes not only cabbage but cauliflower, kale, kohlrabi, broccoli, collards, and Brussels sprouts — even rutabaga and turnip. While each plant of this group has been developed in a special way, they are all pretty much subject to the same likes and dislikes, insects and diseases. Hyssop, thyme, wormwood, and southernwood are helpful in repelling the white cabbage butterfly.

All members of the family are greatly helped by aromatic plants or those that have many blossoms. Good companions are celery, dill, camomile, sage, peppermint, rosemary, onions, and potatoes. Cabbages dislike strawberries, tomatoes, and pole beans.

All members of the family are heavy feeders and should have plenty of compost or well-decomposed cow manure worked into the ground previous to planting. Mulching will help if soil has a tendency to dry out in hot weather, and water should be given if necessary.



*Butterflies themselves do no harm and can help pollinate plants. It is their caterpillars that do much damage to the orchard and field crops. The white cabbage butterfly is perhaps the most destructive.*

*Herbs will repel them: hyssop, peppermint, rosemary, sage, thyme, and southernwood.*

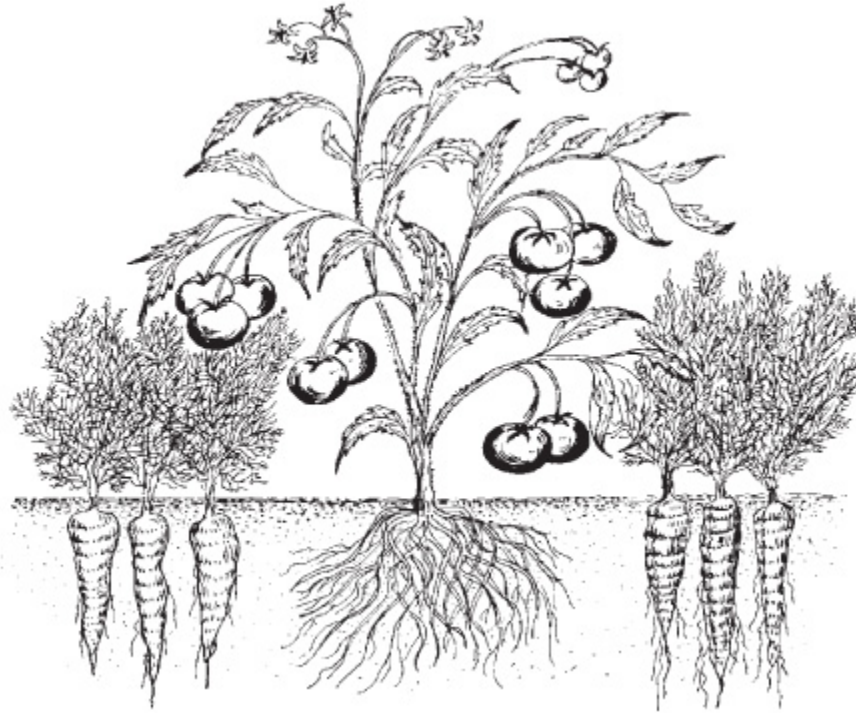
Cabbage and cauliflower are subject to clubroot, and if this occurs, try new soil in a different part of the garden. Dig to a depth of 12 inches and incorporate plenty of well-rotted manure into the soil. Rotate cabbage crops every two years.

If cabbage or broccoli plants do not head up well, it is a sign that lime, phosphorus, or potash is needed. Boron deficiency may cause the heart of cabbage to die out.

### **Carrot (*Daucus carota*)**

For sweet-tasting carrots your soil must have sufficient lime, humus, and potash. Too much nitrogen will cause poor flavor, as will a long period of hot weather.

Onions, leeks, and herbs such as rosemary, wormwood, and sage act as repellents to the carrot fly (*Psila rosae*), whose maggot or larva often attacks the rootlets of young plants. Black salsify (*Scorzonera hispanica*), sometimes called oyster plant, also is effective in repelling the carrot fly. Use as a mixed crop.



*Carrots are good to grow with tomatoes — also with leaf lettuce, chives, onions, leeks, radishes, rosemary, and sage. They have a pronounced dislike for dill. Carrot roots themselves contain an exudate beneficial to the growth of peas.*

Apples and carrots should be stored a distance from each other to prevent the carrots from taking on a bitter flavor.

### **Cauliflower (Brassicaceae)**

The white cabbage butterfly (*Pieris rapae*) is repelled if celery plants are grown near the cauliflower, but cauliflower does not like tomatoes or strawberries. Extract from cauliflower seeds inactivates the bacteria causing black rot.

### **Celeriac (*Apium graveolens rapaceum*)**

A sowing of winter vetch before planting celeriac is helpful, for the plant needs a rich, loose soil with plenty of potassium. The leek, also a potassium lover, is a good companion in alternating rows, as are scarlet runner beans.

Celeriac does not need as much attention as celery since blanching is not necessary, but as the root starts to enlarge, the crown may be helped to better development and higher quality by removing the fine roots and the

soil attached to them. Many lateral roots close to the top of the crown tend to make the fleshy part irregular and coarse.

### **Celery (*Apium graveolens*)**

Celery grows well with leeks, tomatoes, cauliflower, and cabbage, while bush beans and celery seem to give mutual assistance. One gardener believes that celery is particularly benefited if grown in a circle so that the lacy, loosely interwoven roots may make a more desirable home for earthworms and soil microbes. Celery and leeks both grow well when trenched.

Both celery and celeriac are reported to have a hormone that has an effect similar to insulin, making them an excellent seasoning for diabetics or for anyone on a salt-reduced diet.

Celery dinant or French celery dinant is a unique type that sends out a multitude of narrow stalks. I have found it easy to grow here in southern Oklahoma. It has a much fuller flavor than common celery and less should be used in cooking.

This celery is completely insect-free and grows well with all garden vegetables. Plants will freeze in winter but the root does not, and will put out new leaves from the center with the advent of warm spring weather. In a cold climate the leaves may be dried for winter use.

### **Chayote (*Sechium edule*)**

This is a perennial tropical vine, an annual in colder climates, which bears a delicious, light green, pear-shaped fruit in the fall. Two vines must be grown or it will not bear well. Chayotes in a cream sauce are a dish “fit for the gods.” I grow them on my garden fence along with cucumbers, where both do exceptionally well. They apparently have no insect enemies and seem to be protective to the cucumbers.

### **Chile Peppers (*Capsicum* spp.)**

The Aztec “chilli” or the Spanish “chile” is known to have existed as early as 700 B.C., but its birthplace remains a mystery, says Anne Lindsay Greer writing in *Cuisine of the American Southwest*. She also claims that all chiles contain an element of unpredictability but insists that all Mexican food or all chiles are not hot. More chiles are produced and consumed than any