

# COMPANION PLANTS FOR CANNABIS

Companion planting is a method of cultivation where various plants are grown together in ways that promote a dynamic, flourishing botanical ecosystem. Sustainable growing practices mimic what is done in nature and seeks to recreate it in a controlled setting. Integrating other plants into your cannabis garden and diversifying your crop portfolio builds resilience to pests and pathogens, and boosts the health and yield of your plants. Companion plants fall into various categories and many plants fit into more than one group. Do your own research to see what works best for your specific growing conditions, purposes, and goals.

## PEST DETERRENTS

Pest deterring plants can confuse or deter bugs by overwhelming them with scent.

*Lavender, lemon balm, catnip, basil, rosemary, sage, onion, garlic, peppermint, coriander, chrysanthemum, wormwood, mugwort, dahlias, geranium, borage, calendula.*



## POLLINATOR ATTRACTORS



Pollinator attractor plants attract helpful insects and birds. *Dill, yarrow, parsley, hyssop, lavender, cumin, calendula, lemon balm, anise, dill, catnip, goldenrod, alfalfa, parsnip, thyme, chrysanthemum, fennel, chamomile, stinging nettles, tansy, buckwheat, fennel, comfrey, sage.*

## CAMOUFLAGE

Camouflage plants entice your eyes and create a visual distraction. They can also prevent pests from getting to your cannabis, as insects also see these crops and gravitate towards them. *Nasturtium, amaranth, wild mustard, geranium.*



## COVER CROPS



Cover crops retain moisture and nutrients. They can be cut to ground level and allowed to compost in place to prepare the soil. Some can be made into "teas" that build resistance to powdery mildew. *Nasturtium, comfrey, grains (oats & rye), red clover, peas, small edible greens, alfalfa, sweet peas, fava beans, vetch, stinging nettle.*

## NITROGEN-FIXERS

These botanical friends pull nitrogen from the atmosphere and into the soil where it fuels the cannabis' growth cycle. It is a major component of chlorophyll (which enables photosynthesis), and amino acids (the building blocks of proteins). *Yarrow, hyssop, dandelion, vetch, comfrey, beans, peas, clovers, buckwheat, lentils.*



## MICRONUTRIENT PROVIDERS



These plants reinforce the ecosystem of beneficial organisms in the topsoil. Topsoil is where the majority of nutrients and organisms reside. Maintaining healthy topsoil enables diverse species to proliferate and provides your plants with a power boost. *Dandelion, milk thistle, fungi.*

## MEDICINAL PLANTS

Lots of companion plants have healing properties. *Yarrow, hyssop, chamomile, calendula, comfrey, lemon balm, milk thistle, anise, peppermint, borage, anise, goldenrod, alfalfa, chamomile, stinging nettle, tansy, sage, passionflower, cumin, parsley, red clover, alfalfa, mugwort, borage, lavender, catnips, hyssop, dill, chrysanthemum, basil, rosemary, raspberry.*



## FOOD CROPS



Delicious fruit, vegetables, grains and legumes. Beans, wheat, rye, raspberry, garlic, onion, peas, lentils, kale, collard greens, lettuces, salad mixes, bok choy, and many more. *Fennel, dandelion, parsnip.*