



South African Planting and Companion Planting Guide

Jeannine Davidoff

*This guide is dedicated to gardeners and farmers everywhere.
It is especially dedicated to my daughters, Ray and Sal and all
my supportive family and friends.*

Companion: each of two things that match or go together.

This publication came to fruition through my own need to learn, experiment and retain information, when I first became a gardener.

The planting calendar is a general guide for South African conditions though there are variations through the regions. The stars alongside the name of each plant indicate the size of the planting for that month. This helps you gauge how to use your space effectively.

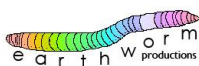
* = small planting ** = medium planting *** = large planting

Best planting months indicated in **green**.

The planting lists give you general information on what plants to plant every month. The companion lists have information on the **companions, antagonists, tips and uses, properties** and **herbal uses** of each plant. The companion planting list will help you to get the maximum benefit from intercropping in your garden. The individual gardener or farmer has scope to experiment and discover new dimensions of intercropping and companion planting. You may find contradictory information about crops that are antagonists and companions, from other sources. It would be best for you to experiment and see what works for your garden. The combinations of plants can vary from place to place, and I have occasionally seen "antagonists" growing together perfectly well.

The Guide provides you with a view into **Garden Life**, the basic interactions of creatures in the garden, lists **Insect repellent plants, Compost activators, Weed inhibitors** and **Pollinators**. There is a **Glossary** and **Index**.

Gardening is a wonderful experience from which you can derive the maximum pleasure on a daily basis.



TM

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January

- * Amaranthus
- *** Beans (French)
- * Barley
- *** Beetroot
- *** Broccoli
- * Brussels Sprouts
- * Buckwheat
- *** Cabbage
- ** Carrot
- ** Cauliflower
- * Celery
- * Chicory
- * Cucumber
- * Diakon Radish
- * Fennel
- * Fine Stem Stylo
- * Fodder Kale
- * Fodder Turnip
- * Forage Rape
- * Forage Radish
- * Glycine
- * Leeks
- * Lucerne
- * Lettuce
- * Oats
- * Onion
- * Potato
- ** Parsnip
- * Pea
- * Radish
- ** New Zealand spinach
- ** Squash
- ** Spinach
- * Strawberry
- * Sunflower
- * Swedes
- * Swiss Chard
- *** Turnip
- * White Clover

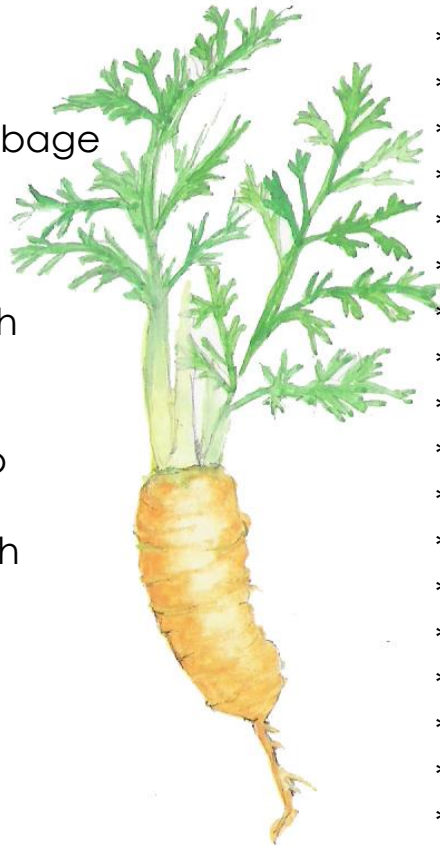


February

- * Beans (French)
- *** Barley
- *** Beetroot
- * Birds Foot Trefoil
- * Broccoli
- ** Cabbage
- ** Carrot
- * Cauliflower
- * Chinese Cabbage
- * Celery
- ** Chicory
- * Clover
- *** Diakon Radish
- ** Fennel
- *** Fodder Kale
- ** Forage Rape
- *** Forage Radish
- * Leeks
- * Lotus Major
- ** Lettuce
- ** Lucerne
- * Lupins
- *** Oats
- ** Onion
- *** Parsley
- *** Parsnip
- *** Pea
- ** Radish
- *** Rye
- * Seradella
- ** Spinach
- * Snail Medic
- ** Strawberry
- *** Swedes
- ** Swiss Chard
- ** Turnip
- ** Vetch
- * White Clover

March

*** Barley
 *** Beetroot
 *** Birds Foot Trefoil
 * Broad Bean
 ** Cabbage
 ** Carrot
 * Chinese Cabbage
 ** Celery
 *** Chicory
 *** Clover
 *** Diakon Radish
 *** Fennel
 * Fodder Kale
 *** Fodder Turnip
 * Forage Rape
 * Forage Radish
 *** Garlic
 ** Kohlrabi
 ** Leeks
 *** Lotus Major
 *** Lettuce
 *** Lucerne
 *** Lupins
 *** Oats
 *** Onion
 *** Parsley
 *** Parsnip
 ** Pea
 ** Radish
 *** Rye
 *** Seradella
 *** Spinach
 *** Snail Medic
 *** Swedes
 *** Swiss Chard
 *** Turnip
 * Vetch



April

* Barley
 * Beetroot
 * Birds Foot Trefoil
 *** Cabbage
 * Carrot
 ** Broad Bean
 *** Chinese Cabbage
 * Chicory
 * Clover
 * Diakon Radish
 * Fennel
 * Fodder Turnip
 *** Garlic
 ** Kohlrabi
 * Lotus Major
 *** Lettuce
 ** Lucerne
 * Lupins
 * Oats
 *** Onion
 ** Parsley
 ** Parsnip
 ** Pea
 *** Radish
 * Rye
 * Seradella
 *** Spinach
 * Snail Medic
 * Swedes
 * Swiss Chard
 * Turnip
 * Winter Wheat



May

- *** Broad Bean
- * Cabbage
- * Kohlrabi
- * Lucerne
- * Parsnip
- ** Radish
- * Rye
- ** Spinach
- ** Swiss Chard
- *** Winter Wheat



CABBAGE

June

- ** Barley
- *** Cabbage
- * Chinese Cabbage
- ** Lettuce
- * Mustard
- ** Oats
- * Radish
- *** Rye
- * Spinach
- ** Sugar Snap Pea
- *** Winter Wheat
- * Tomato
- * Turnip
- * Winter Wheat



July

- ** Barley
- ** Cabbage
- * Chilli
- * Lettuce
- * Leek
- * Parsley
- * Spinach
- ** Sugar Snap Pea
- * Peppers
- ** Oats
- * Radish
- * Rye
- * Swiss Chard

August

- * Artichoke
- * Bean
- * Beetroot
- * Brinjal
- * Buckwheat
- ** Cabbage
- * Capsicum
- * Carrot
- * Chillies
- * Kohlrabi
- *** Lettuce
- * Lucerne
- * Oats
- *** Onion
- * Parsley
- *** Parsnip
- *** Pea
- *** Peppers
- * Potato
- *** Radish
- ** Rhubarb
- ** Spinach
- *** Summer Wheat
- * Swiss Chard
- ** Tomato
- *** Turnip

September

* Amaranthus
 *** Artichoke
 *** Asparagus
 *** Bean
 *** Beetroot
 ** Brinjal
 ** Buckwheat
 ** Cabbage
 *** Carrot
 *** Celery
 *** Chilli
 *** Chicory
 *** Cucumber
 * Granadilla
 *** Gooseberry
 *** Herbs
 * Kohlrabi
 *** Leek
 *** Lettuce
 * Maize
 * Marrows
 ** Melon
 *** Oats
 *** Onion
 *** Parsley
 * Parsnip
 * Pea
 *** Peppers
 ** Potato
 * Pumpkin
 ** Radish
 *** Rhubarb
 * Spinach
 ** Squash
 *** Summer Wheat
 ** Strawberry
 * Sunflower
 * Sweet Potato
 * Sweetcorn
 * Swiss Chard
 *** Tomato
 ** Turnip



October

** Amaranthus
 *** Asparagus
 *** Bean
 *** Brinjal
 ** Buckwheat
 ** Cabbage
 *** Carrot
 *** Celery
 *** Chilli
 *** Chicory
 * Cowpea
 ** Cotton
 *** Cucumber
 * Forage Sorghum
 ** Granadilla
 *** Gooseberry
 *** Herbs
 * Kohlrabi
 * Leek
 ** Lettuce
 *** Maize
 *** Marrows
 *** Melon
 * Millet (Japanese)
 * Mustard
 *** Oats
 * Onion
 ** Parsley
 *** Peanut
 *** Potato
 *** Pumpkin
 ** Radish
 ** Rhubarb
 ** Sorghum
 * Soya Bean
 * Spinach
 *** Summer Wheat
 ** Strawberry
 * Sunflower
 *** Sweet Potato
 *** Sweetcorn
 * Swiss Chard
 *** Tomato
 ** Turnip

November

*** Amaranthus
 ** Asparagus
 ** Bean
 *** Beetroot
 * Brussels Sprouts
 ** Buckwheat
 ** Cabbage
 ** Carrot
 ** Celery
 * Chilli
 ** Chicory
 *** Cowpea
 ** Cotton
 ** Cucumber
 *** Forage Sorghum
 * Gooseberry
 *** Herbs
 ** Lettuce
 * Maize
 * Marrows
 * Melon
 *** Millet (Japanese)
 * Peanut
 *** Potato
 *** Pumpkin
 ** Radish
 * Rhubarb
 ** Sorghum
 ** Soya Bean
 ** Spinach
 * Squash
 ** Strawberry
 ** Sunflower
 ** Sweetcorn
 * Swiss Chard
 * Tomato



December

* Amaranthus
 * Asparagus
 * Bean
 *** Brussels Sprouts
 ** Buckwheat
 * Cabbage
 ** Carrot
 ** Celery
 * Chilli
 * Chicory
 * Cowpea
 ** Cucumber
 * Herbs
 * Lettuce
 * Lucerne
 * Maize
 * Melon
 * Millet (Japanese)
 * Pumpkin
 * Radish
 * Soya Bean
 * Spinach
 * Squash
 ** Strawberry
 ** Sunflower
 * Sweetcorn
 * Swiss Chard
 ** Tomato



Alfalfa / Lucerne

Medicago sativa

Planting time: J F M A M J J A S O N D

Companion: Grape vine and fruit trees.

Tips and Uses: Makes nutritious sprouts. Green manure crop. Nitrogen fixer. Good human and animal food.

Properties: Vitamin A, B, C, D, E, K, Calcium, Iron, Iodine.



Amaranthus, Morogo, Pigweed

Amaranthus sp.

Planting time: J F M A M J J A S O N D

Companion: Onion, Potato, Maize, Brinjal

Tips and Uses: Human and pig food. Eat young leaves.

Properties: Rich in protein, iron, calcium.

Herbal Uses: Helps fight malnutrition.

Artichoke

Cynara scolymus

Planting time: J F M A M J J A S O N D

Tips and Uses: Delicious feast with garlic butter. Takes 14 months to harvest. Enjoys deep fertile soil and lots of water when young.

Properties: Vitamin A

Anise

Pimpinella anisum

Planting time:

J F M A M J J A S O N D

Companion: Coriander

Tips and Uses: Pest control.

Herbal Uses:

Antibacterial, Dentifrice (toothpaste), Colic, Indigestion, stimulant for lactating mothers.



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Apple

Malus pumila

Planting time: J F M A M J J A S O N D

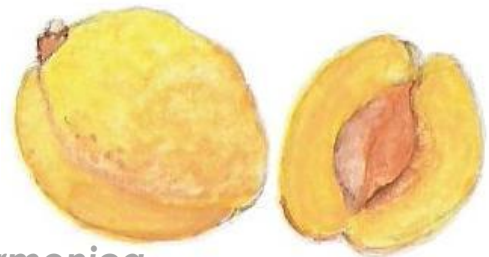
Companion: Clover, Foxglove, Marigold, Chive, Onion, Nasturtium, Horseradish.

Antagonist: Grass, Potato, Carrot.

Tips and Uses: Mix Apple pulp with Chives and Horsetail to make a spray for scale. Do not store with Potatoes.

Properties: Vitamin C, Pectin.

Herbal Uses: Diuretic, laxative. For diarrhoea: grated browned apple helps bind the stomach.



Apricot

Prunus armenica

Planting time: J F M A M J J A S O N D

Companion: Basil, Tansy, Wilde Als, Nasturtiums, Grape.

Antagonist: Oats, Tomato, Potato, Capsicum.

Tips and Uses: Makes good jams and preserves.

Herbal Uses: Apricot kernels contain amygdalin (Vitamin B17) which helps fight cancer.



Asparagus

Asparagus officinale

Planting time: J F M A M J J A S O N D

Companion: Tomato, Basil, Calendula, Parsley.

Tips and Uses: Delicious steamed with garlic butter or white sauce. Repels tomato nematode. Needs frost to thrive.

Properties: Vitamin A, C, Potassium.

Herbal Uses: Anti-leukaemic, diuretic, laxative.



Aster

Aster officinale

Planting time: J F M A M J J A S O N D

Tips and Uses: Pest Control.

Banana

Musa spp. Musa sapientum

Planting time: J F M A M J J A S O N D

Companions: Paw paw, Comfrey

Tips and Uses: Nutritious food, high sugar content. Mulch the skins.

Properties: Vitamin A, C and Calcium.



Barley

Hordeum vulgare

Planting time: J F M A M J J A S O N D

Companion: Oats

Tips and Uses: Good fodder crop, especially for pigs. Barley should not be preceded by a legume crop. Use whole grain in soups and stews. Grain can be milled for flour.

Properties: Thiamine, Vitamin E, Riboflavin, Lysine.



Bay

Laurus nobilis

Tips and Uses: Flavours stews and curries. Discourages weevils, ants, fishmoths.

Herbal Uses: Appetite improver. Use for sprains and rheumatic relief.



Basil

Ocimum basilicum

Planting time: J F M A M J J **A S O N D**

Companion: Apricot, Cauliflower, Grape, Peach, Tomato, Summer Savoury.

Antagonist: Raspberry, Rue.

Tips and Uses: Repels white fly, flies and mosquitoes. Culinary herb.

Herbal Uses: Headaches, migraines, colds, tonic.



Bean

Phaseolus vulgaris, *Phaseolus* sp.

Planting time: J F M A M J J **A S O N D**

Companion: Beetroot, Brinjal, Cabbage, Carrot, Cauliflower, Celeriac, Leek, Lovage, Marigold, Petunia, Potato, Rosemary, Radish, Zucchini.

Antagonist: Fennel, Gladioli, Garlic, Onion.

Tips and Uses: Fixes nitrogen. Revives woollen fabrics. Cleans water.

Properties: Vitamin rich.

Herbal Uses: Dust eczema with ground beans. Treats ulcers.



Beetroot

Beta vulgaris

Planting time:

J F M A M J J A S O N D

Companion: Bean, Cabbage, Lettuce, Garlic, Kohlrabi, Onion.

Antagonist: Mustard, Runner Beans.

Tips and Uses: Eat young leaves. Use as a dye.



Brinjal, Aubergine, Egg plant

Solanum melongena

Planting time: J F M A M J J **A S O N D**

Companion: Amaranthus, Beans, Cornflower, Lavender, Marigold, Nasturtium, Nightshade, Tarragon, Tansy, Thyme.

Antagonist: Onion, Garlic, Potato.

Properties: Contains Vitamin C and Potassium.



Borage
Borago officinalis

Planting time: J F M A M J J A **S O N D**

Companion: Squash, Strawberry, Tomato.

Tips and Uses: Deters tomato worm

Properties: Vitamin C, Calcium, Sodium

Herbal Uses: Refrigerant (for burns). Use in a salt free diet. Bruises, inflammation.



Broccoli / Calabrese
Brassica oleracea

Planting time: **J** F M A M J J A S O N D

Companion: Brassica sp, Beetroot, Chamomile, Dill, Marigold, Mint, Nasturtium, Onion, Peppermint, Potato, Rosemary, Sage.

Antagonist: Climbing bean, Carrot, Leek, Strawberry, Tomato.

Brussels Sprouts

Brassica oleracea var. *gemnifera*

Planting time: **J** F M A M J J A S O **N D**

Companion: Bean, Hyssop, Lettuce, Pea, Pennyroyal, Rosemary, Sage, Thyme, Wormwood.

Antagonist: Strawberry.

Properties: Vitamin A, C, minerals, protein.

Tips and Uses: Mustard as trap crop.



Bulbinella
Bulbine
frutescens

Tips and Uses:

Great edge plant. Drought resistant.

Herbal Uses:

Heals wounds, burns, rashes, itches, ringworm, cracked lips, venereal disease.

Buckwheat

Fagopyrum esculentum

Planting time: **J** F M A M J J **A S O N D**

Companion: Maize

Antagonist: Winter wheat.

Tips and Uses: Bee attractant. Weed choker. Green manure crop. Seeds can be ground into flour. Good fodder crop. Nutritious sprouts.



Cabbage

Brassica oleracea

Planting time: **J F M A M J J A S O N D**

Companion: Clover, Celery, Chamomile, Cauliflower, Dandelion (as trap crop), Dill, Kale, Leek, Lettuce, Onion, Potato, Rosemary, Sage, Spinach, Thyme.

Antagonist: Carrot, Climbing beans, Garlic, Hyssop, Rue, Strawberry, Tomato.

Herbal Uses: Use leaves as a poultice.



Canna

Canna edulis, Canna sp.

Planting time: J F M A M J J **A S O N D**

Tips and Uses: Use to stop invading grasses, forms an underground barrier. Arrowroot starch or size is made from the tubers.

Properties: Starch.



Caraway

Carum carvi

Planting time: J F M A M J J **A S O N D**

Companion: All other plants, especially shallow rooted ones.

Antagonist: Fennel, Wormwood.

Tips and Uses: Loosens soil. Mix in pigeon and hen feed. Cook with Cabbage.

Herbal Uses: Treats colic. Increases milk yield. Aids digestion. Mouthwash.

Carrot

Ducus carota

Planting time:

J F M A M J J A S O N D

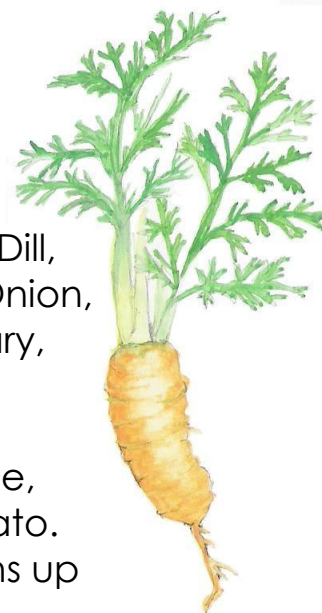
Companion: Chives, Dill, Flax, Lettuce, Leek, Onion, Parsley, Pea, Rosemary, Sage, Tomato, Wormwood.

Antagonist: Cabbage, Fennel, Kohlrabi, Potato.

Tips and Uses: Loosens up the soil.

Properties: Vitamin A, C.

Herbal Uses: Promotes healthy skin.



Cassava, Tapioca, Umbumbulu (Zulu)

Manihot esculenta

Planting time: J F M A M J J **A S O N D**

Tips and uses: Leaves and tubers are eaten. Starch extracted from the root is ground into flour.



Catnip

Nepeta cateria

Planting time: J F M A M J J **A S O N D**

Antagonist: Cherry.

Tips and Uses: Attracts bees. Repels mice, rats and fleas.

Herbal Uses: Cures fever. Sedative. Restores menstrual flow. Stops hiccups, Relieves toothache.

Carnation

Dianthus caryophyllus

Planting time: J F M A M J J **A S O N D**

Companion: Garlic, Potato.

Antagonist: Hyacinth.

Herbal Uses: Saponin. Petals can be eaten, bases must be removed as they are bitter.



Cauliflower

Brassica oleracea

Planting time: J **F** M A M J J A S O N D

Companion: Celery, strong herbs, Basil, Hyssop, Sage, Thyme.

Antagonist: Strawberry, Tomato.

Properties: Vitamin C, Protein.

Celery

Apium graveolens

Planting time: J **F** M A M J J **A S O N D**

Companion: Bush bean, Cabbage, Cauliflower, Leek, Marigold, Potato, Spinach.

Tips and Uses: Repels cabbage fly. Encourages earthworms.

Properties: Vitamin C, Chlorine, Sodium,

Herbal Uses: Relieves rheumatism and arthritis.



Chamomile

Chamaemelum nobile, Anthemis sp, Matricaria chamomilla

Planting time: J F M **A M** J J A S O N D

Companion: Broccoli, Cabbage, Chervil, Mint, Onion, Wheat.

Tips and Uses: Mix chamomile, chervil and lemon balm to cure hoof rot. Improves growth and flavour. Green manure crop. Pick flowers before they go to seed.

Properties: Azulene.

Herbal Uses: Allergies. Insomnia, Anti-inflammatory. Stomach upsets. Excellent for babies.

Cherry

Prunus avium, P. cerasus

Companion: Catmint.

Antagonist: Potato.

Tips and Uses: Pyrethrum spray used for black slugs.

Chervil

Anthriscus cerefolium

Planting time: J F M A M J J **A S O N D**

Companion: Carrot, Coriander, Dill, Radish.

Properties: Vitamin A, C, Iron, Magnesium.

Herbal Uses: Rheumatism. Digestive complaints. Circulation improvement. Discourages wrinkles.



Chicory

Cichorium intybus

Planting time: J F M A M J J A S O N D

Tips and Uses: Roots are coffee substitute. Use fresh leaves in salads

Properties: Vitamin C, mineral salts, inulin, calcium copper, iron.

Herbal uses: Jaundice and spleen problems. Relieves gallstones, kidney stones, urinary tract infections.



Chilli / Capsicum

Capsicum frutescens

Planting time: J F M A M J J A S O N D

Tips and Uses: Livens up all food. Make chilli salt.

Companion: Basil, Kohlrabi, Lovage, Marjoram, Nightshade, Tarragon

Antagonist: Apricot, Brinjal.

Properties: Capsaicin, Vitamin C, calcium and iron

Herbal Uses: Sciatica. Lowers blood pressure.



Chives

Allium schoenoparasum

Planting time: J F M A M J J A S O N D

Companion: Apple, Carrot, Grape, Gooseberry, Parsley, Rose, Tomato.

Antagonist: Bean, Pea.

Tips and Uses: Spray for brown rot in Apricot.

Properties: Contains Iron.

Herbal Uses: Tonic. Lowers high blood pressure. Cleanses blood.



Choko, Shushu, Chayote, Christophine

Sechium edulis

Planting time: J F M A M J J A S O N D

Companion: Cucumber

Tips and Uses: Living mulch and climbing plant. Edible fruit and leaves.



Citrus

Rutaceae Sp.

Planting time: J F M A M J J **A S O N D**

Companion: Comfrey, Guava, Oak, Rubber Tree. To repel aphids: Lavender, Marigolds, Tansy, Wormwood.

Tips and Uses: Not good in compost. Lemon juice removes rust and ink stains.

Properties: Vitamin C

Herbal Uses: Bactericide. Moth repellent.

Clover

Trifolium sp.

Planting time: J **F M A** M J J A S O N D

Companion: Apple, Brassica, Deadly Nightshade, Grape, Oats.

Antagonist: Buttercups, Camellia, Henbane, Gooseberry.

Tips and Uses: Nitrogen fixer.

Herbal Uses: Extremely nutritious for animals and humans.

Coriander

Coriandrum sativum

Planting time:

J F M A M J J **A S O N D**

Companion: Anise, Chervil, Dill.

Antagonist: Fennel.

Tips and Uses: Repels aphids. Attracts bees, beneficial insects.

Herbal Uses: Aids digestion. Reduces colic. Rheumatic pain.



Comfrey

Symphytum officinale

Planting time: J F M A M J J **A S O N D**

Companion: Citrus, Potato, Strawberry.

Tips and Uses: Barrier plant. Compost activator. Green Manure crop.

Properties: Rich in Nitrates and Phosphates. Contains Calcium, Vitamin B12, Silica and Allontoin.

Herbal Uses: Used for healing bruises and broken bones.



Cornflower

Centaurea cyanus

Planting time: J F M A M J J **A S O N D**

Companion: Brinjal, Oats, Rye, Wheat.

Tips and Uses: Attracts bees. Used for dye and ink.

Herbal Uses: Dentifrice. Itchy skin. Facial steam. Eyebath. Nerve steadying.



Cowpea

Vigna unguiculata

Planting time: J F M A M J J A **S O N D**

Companion: Maize, Pumpkin, Sunflower.

Tips and Uses: Young pods and leaves in food. Mature beans are dried.



Cucumber

Cucumis sativus

Planting time: J F M A M J J A **S O N D**

Companion: Bean, Chives, Choko, Chamomile, Dill, Lettuce, Lemon Balm, Marigold, Pea, Radish, Sunflower, Yarrow

Antagonist: Potato, most aromatic herbs

Tips and Uses: Inhibits weed growth. Do not water overhead. Radish left to seed inhibits cucumber beetle.

Properties: Vitamin C, Minerals, Proteins, Fats.

Herbal Uses: Skin lotion. Heals sunburn. Anti-wrinkle properties.



Dandelion

Taraxacum officinalis

Companion: Cabbage, Fruit trees - helps fruit not to drop before ripe. (A useful weed)

Tips and Uses: Compost activator. Earthworm attractant. Coffee substitute. Add young leaves to salad. Eat with Purslane.

Herbal Uses: Tonic. Leaves and flowers diuretic. Eases skin troubles.



Datura, Thornapple, Ijoyi (Xhosa), Stinkblaar (Afrikaans)

Datura stramonium

Companion: Pumpkin

Tips and Uses: Smoke sedates bees while collecting honey. Protects against beetle attack.

Herbal Uses: Narcotic and sedative. Burn treatment. **Highly toxic.**

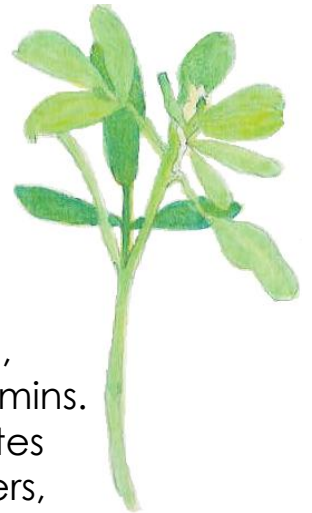
Dill*Anethum graveolens***Planting time:** J F M A M J J A **S O N D****Companion:** Broccoli, Cabbage, Carrot, Coriander, Cucumber, Lettuce, Maize.**Antagonist:** Fennel.**Tips and Uses:** Attracts bees.**Herbal Uses:** Digestive herb. Treatment for colic.**Elder***Sambucus nigra***Planting time:** J F M A M J J **A S O N D****Tips and Uses:** Useful insect repellent spray, but is toxic. Controls aphids. Make compost under the tree's drip-line. Wine, jam and cordials can be made from the berries.**Properties:** Vitamin A, C and Silica.**Herbal Uses:** Colds. Ointment for burns from flowers. Leaf ointment for sprains and bruises.**Evening Primrose***Oenothera biennis***Planting time:** J F M A M J J A **S O N D****Tips and Uses:** Can be invasive.**Properties:** Gamma-linoleic acid.**Herbal Uses:** Pre-Menstrual Stress (PMS), menopause, psoriasis, astringent, soothes coughs. Research about medicinal uses is ongoing.**Fenugreek***Trigonella foenumgraecum***Planting time:****J F M A M J J A S O N D****Tips and Uses:**

Sprouts

used in salads.

Seeds flavour

chutney and curry.

Properties: Mucilage, protein, lecithin, vitamins.**Herbal Uses:** Stimulates digestion. Treats ulcers, swollen glands, sciatica.**Fennel / Imboziso (Zulu)***Foeniculum vulgare***Planting time:** **J F M A M J J A S O N D****Antagonist:** Bean, Caraway, Coriander, Dill, Kohlrabi, Pea, Tomato, Wormwood**Tips and Uses:** Repels fleas.**Properties:** Contains Sodium, Sulphur, Anethole.**Herbal Uses:** Eye bath. Digestive aid.**Feverfew***Tanacetum parthenium***Planting time:** J F M A M J J **A S O N D****Companion:** Brinjal, Lettuce, Tomato.**Tips and Uses:** Repels insects.**Herbal Uses:** Headaches.

Migraines. Fever. Mild disinfectant. Melancholy. Vertigo.



Fig
Ficus carica

Planting time: J F M A M J J A **S O N D**

Antagonist: Rue.

Tips and Uses: Fantastic jam. Sap and half-ripe fruit can be poisonous. Fig leaves used in perfume.

Properties: Dextrose.

Herbal Uses: Mild laxative.

Flax/ Linseed

Linum usitatissimum

Planting time: J F M A M J J A **S O N D**

Companion: Carrot, Potato.

Tips and Uses: Green manure. Deters potato bug. Makes clay soil friable. Stems used for paper and cloth.

Properties: Linoleic acid.

Herbal Uses: Laxative. Poultice for boils.

Garlic

Allium sativum

Planting time:

J F **M A** M J J A **S O N D**

Companion: Apple, Beetroot, Lettuce, Peach, Rose, Tomato.

Antagonist: Bean, Cabbage, Pea, Strawberry.

Tips and Uses: Incredible food flavouring. Used as glue.

Herbal Uses: Antibacterial. Antibiotic. Antiseptic. Astringent. Insecticide.



Geranium

Pelargonium sp

Planting time: J F M A M J J A **S O N D**

Tips and Uses: Repels cabbage white fly. Trap crop for Japanese beetles.

Herbal Uses: Mood enhancer. Helps menstrual and skin problems. Helps insomnia.

Gladiolus

Gladiolus sp.

Planting time: J F M A M J J A **S O N D**

Companion: Iris.

Antagonist: Bean, Pea, Strawberry.



Golden Rod

Solidago sp.

Planting time: J F M A M J J A **S O N D**

Tips and Uses: Green Manure. Attracts helpful insects. Improves soil.

Herbal Uses: Astringent. Diuretic. Antiseptic. Treats thrush.

Ginger

Zingiber officinale

Planting time:

J F M A M J J A **S O N D**

Companions:

Nasturtium.

Tips and Uses: Plant near dripping taps. Adds zing to food.

Herbal Uses: Relieves colds, flu, colic, poor circulation, nausea, indigestion. Tonic.



Guava

Psidium Guajava

Planting time: J F M A M J **J A S O N D**

Companion: Citrus, Comfrey.

Tips and Uses: Good for jelly, jams, juice. Can be invasive so control seedlings.

Properties: Vitamin C.

Herbal Uses: Treats diarrhoea, fever, diabetes, coughs, boils, wounds.

Gooseberry (Cape)

Physalis peruviana

Planting time: J F M A M J J **A S O N D**

Tips and Uses: Eat raw in salads. Used for flavourings, jams, jellies.

Properties: Vitamin A, Calcium and Phosphorus.

Herbal Uses: Tonic plant. Helps control diabetes. Cleanse blood. Aids treatment of prostate gland. Aids digestion.



Grape

Vitis vinifera

Planting time: J F M A M J J A **S O N D**

Companion: Alfalfa, Apricot, Basil, Blackberry (as a trap crop that attracts wasps to eat leaf hoppers) Clover, Chives, Hyssop, Mulberry, Mustard, Peach.

Antagonist: Radish, Grass.

Tips and Uses: Mulch well.

Herbal Uses: Diuretic. Eye wash.



Granadilla

Passiflora edulis

Planting time: J F M A M J J **A S O N D**

Tips and Uses: Fast growing windbreak. Delicious fruit. Can freeze pulp for up to six months.

Properties: Vitamin C



Horseradish
Amoracia rusticana

Planting time: J F M A M J J **A S O** N D

Companion: Apple, Mango, Nettle, Mango.

Tips and Uses: Helps against fungus and mildew. Repels beetles, caterpillars and potato bug.

Properties: Contains Vitamin C and Sulphur

Herbal Uses: Stimulant. Digestive. Laxative. Vermifuge.

Hyssop

Hyssopus officinalis

Planting time: J F M A M J J **A S O** N D

Companion: Brussels sprouts, Cauliflower, Grape.

Antagonist: Cabbage, Radish.

Tips and Uses: Tea for bacterial plant diseases. Good border plant.

Herbal Uses: Cleansing herb. Used for bruises, cuts and rheumatic pains. Improves appetite.



Jerusalem Artichoke
Helianthus tuberosus

Planting time: J F M A M J J **A S O** N D

Companion: Undemanding companions. Family of sunflower.

Properties: Levulose.

Herbal Uses: Natural sugar used for diabetes.

Kale

Brassica oleracea

Planting time: J F M A M J J **A S O** N D

Companion: Brassica sp, Onion, Potato.

Antagonist: Dock, Shephard's Purse, Wild Mustard.

Tips and Uses: Frost exposure improves flavour. Very hardy plant.



Kohlrabi

Congylodes sp

Planting time: J F M A M J J **A S O** N D

Companion: Beetroot, Cucumber, Onion, Radish, Thyme.

Antagonist: Climbing beans, Carrot, Capsicum, Fennel, Strawberry, Tomato.

Tips and Uses: Needs lots of water to grow well.



Lavender

Lavendula officinalis

Planting time:
J F M A M J J **A S O N D**

Companion: Brinjal, Raspberry, Strawberry

Tips and Uses: Repels fishmoths, moth, mosquitoes and ants. Attracts bees and butterflies

Herbal Uses: Headaches. Sprains. Skin Trouble. Depression. Cleanser.

Lemon Balm

Melissa officinalis

Planting time: J F M A M J J **A S O N D**

Companion: Cucumber, Tomato.

Tips and Uses: Plant in orchards. Rub on new beehives to attract bees.

Herbal Uses: Headaches. Colds. Fevers. Migraines. Calms nerves. Relieves depression.

Leek

Allium ampeloprasum

Planting time:
J F M A M J J A S O N D

Companion: Cabbage, Carrot, Celery, Herbs, Lettuce, Onion, Spinach.

Antagonist: Broad beans, Broccoli.

Properties: Vitamin A, C, mineral salts, iron.

Herbal Uses: Antiseptic. Stimulant. Aids digestion. Mix with salt for athlete's foot.



Lemon Grass

Cymbopogon citratus

Planting time: J F M A M J J **A S O N D**

Tips and Uses: Good mini windbreak and path marker. Makes a refreshing tea.

Properties: Contains citral
Herbal Uses: Aids digestion. Relieves headaches, rheumatism, muscle cramps.

Lemon Verbena

Lippa triphylla



Planting time: J F M A M J J **A S O N D**

Tips and Uses: Repels mosquitoes, midges and flies.

Herbal Uses: Relaxing beverage. Rub on sills and furniture to keep mosquitoes away.

Lettuce

Latuca sativa



Planting time: **J F M A M J J A S O N D**

Companion: Beetroot, Cabbage, Carrot, Cucumber, Dill, Garlic, Onion, Radish, Strawberry, Turnip.

Tips and Uses: Use woodash to keep insects at bay, use nettle mulch.

Properties: Contains Vitamin A, B's, C. Calcium

Lovage
Levisticum
officinale

Planting time:

J F M A M J J **A S O N D**

Companion: Beans, Capsicum, Peas.

Tips and Uses:

Improves flavour and health of other plants in the garden.

Herbal Uses: Sore throat gargle. Fevers. Skin disorders.



Maize, Mealies
Sweetcorn
Zea Mays

Planting time:

J F M A M J J **A S O N D**

Companion: Bean, Broad bean, Dill, Melon, Mustard, Peanut, Sesame, Sunflower, Potato.

Tips and Uses: Use mustard as a pre-crop green manure.

Properties: Vitamin A, B, C, protein.



Lupin
Lupinus angustifolius

Planting time:

J **F M A M** J J A S O N D

Companion: All vegetables, especially Maize.

Tips and Uses:

Leguminous. Makes Phosphorous available in soil. Green Manure. Fodder crop.

Herbal Uses: Slimming. Cosmetic face pack.



Mango
Mangifera indica

Planting time: J F M A M J J **A S O N D**

Companion: Horseradish, Marigold.

Properties: Rich in vitamin A and C, thiamine, niacin and riboflavin.



Madumbe, Taro, Dasheen, Cocoyam
Colocasia esculenta

Planting time: J F M A M J J A **S O N D**

Tips and Uses: Flavour with grated nutmeg. Used instead of potatoes.

Properties: Starch, Vitamin A, Vitamin B complex.

Marigold
Tagetes sp

Planting time: J F M A M J J **A S O N D**

Companion: Apple, Bean, Brinjal, Broccoli, Cabbage, Celery, Mango, Potato, Tomato.

Antagonist: Birdweed, Couch Grass, Ivy.

Tips and Uses: Nematode control. Attracts beneficial insects.

Herbal Uses: Antiseptic wash for wounds. Treat burns bruises, chilblains and varicose veins. Skin tonic and hair rinse.



Marjoram
Origanum sp

Planting time:

J F M A M J J **A S O N D**

Companion:

Capsicum, Nettle,
Sage.

Tips and Uses: Prevents abortion in pregnant animals. Improves the flavour of everything.

Herbal Uses: Bruising. Colic. Induces sleep. Nervous disorders. Temporary relief from toothache.



Mint
Mentha sp

Planting time: J F M A M J J A **S O N D**

Companion: Cabbage, Chamomile, Tomato, Walnut, Zucchini.

Antagonist: Strawberry.

Tips and Uses: Repels pests. Deters white cabbage moth.

Herbal Uses: Tea for flu and indigestion. Stings. Toothache. Dentifrice.



Melon
Cucurbitaceae sp

Planting time: J F M A M J J A **S O N D**

Companion: Fat Hen, Maize, Morning Glory, Peanut, Pumpkin, Radish.

Antagonist: Potato.

Properties: Contains Vitamin B,C.

Herbal Uses: Cleanser. Moisturiser.



Mulberry
Morus sp

Planting time: J F M A M J J A **S O N D**

Companion: Cherries and strawberries for trap crops. Grape.

Tips and Uses: Morus alba for silkworm food. Good chicken hedge and fodder. Delicious jam.

Herbal Uses: Relieves toothache.



Mushroom

Agaricus campestris /
Psallioata hortensis

Tips and Uses: Takes 5-6 weeks to harvest. Can be dried for later use.

Properties: Rich in protein. Vitamin C, minerals.



Mustard

Brassica alba, *Brassica sp.*

Planting time: J F M A M J J A S O N D

Companion: Grape, Fruit Trees, Sweetcorn, Tomato.

Tips and Uses: Green manure. Deters snails and cutworm. Brown seed is easiest to harvest. White seed has the most preservative. Black mustard is the strongest.

Herbal Uses: Tonic for colds. Love potion. Relieves pain and congestion. Deodorant.



Nasturtium

Tropaeolum majus

Planting time: J F M A M J J A S O N D

Companion: Cabbage, Ginger, Fruit Trees, Potato, Radish, Squash, Tomato.

Tips and Uses: Deters aphids, squash bugs, pumpkin beetle. Pest Control.

Properties: Contains Vitamin C.

Herbal Uses: Wards off infections. Used against baldness.

Nectarine

Prunus persica var. *nucipersica*

Planting time: J F M A M J J A S O N D

Companion: Asparagus, Onion, Nasturtium, Strawberry, Sweetcorn.

Antagonist: Potato.

Nutgrass

Cyperus esculentus

Planting time:

J F M A M J J A S O N D

Tips and Uses: Good strengthener, grind and mix with maize meal.

Properties: Rich in carbohydrates and minerals.





Nettle
Urtica dioica

Planting time: J F M A M J J A **S O N D**

Companion: Angelica, Horseradish, Marjoram, Peppermint, Potato, Sage, Tomato, Valerian.

Tips and Uses: Pick using plastic bag, if stung use mud pack. Good compost plant. Spray against aphids, powdery mildew. Treat chickens with diarrhoea and coccidiosis. Use young tops in salad.

Properties: Rich in nitrogen. Contains Vitamin A, B, C.

Herbal Uses: Skin disorders, Anaemia. Livestock feed.



Nightshade/ Nasturtium
Solanum retroflexum

Planting time: J F M A M J J A **S O N D**

Companion: Brinjal, Capsicum, Clover, Potato, Tomato.

Tips and Uses: Green berries highly toxic. Ripe black berries used for jam.



Oats
Avena Sativa

Planting time: J F M A M J J A **S O N D**

Companion: Vetch, Clover and Oats good mixed crop for most plants.

Antagonist: Apricot.

Tips and Uses: Green Manure.

Properties: Vitamin A, B.

Herbal Uses: Cures insomnia.



Okra, Gumbo, Ladiesfingers
Hibiscus esculentus

Planting time:

J F M A M J J A **S O N D**

Tips and Uses: Harvest young pods.

Properties: Vitamin A, C, Potassium.



Onion
Allium cepa

Planting time:
J F M A M J J A S O N D

Companion:
Amaranthus,
Apple, Beetroot, Broccoli,
Cabbage, Carrot,
Chamomile, Kale, Kohlrabi,
Lettuce, Leek, Nectarine,
Parsnip, Rose, Strawberry,
Summer Savoury, Spinach,
Tomato.

Antagonist: Bean, Pea.

Tips and Uses: Pest control. Prevents rust. Polish for copper and brass.

Properties: Vitamin A, B,C, calcium and sulphur.

Herbal Uses: Cleanse blood. Stings. Bites. Encourages hair growth. Improves hearing. Repels mosquitoes.



Parsley
Petroselinium crispum

Planting time: J F M A M J J A S O N D

Companion: Asparagus, Carrot, Chives, Rose, Tomato.

Tips and Uses: Good edge plant.

Properties: Iron, Vitamin A, B, C.

Herbal Uses: For kidney and digestive system. Hair rinse. Dandruff cure. Mouth wash. Eye lotion. Repels mosquitoes.



Parsnip
Pastinaca sativum

Planting time:
J F M A M J J A S O N D

Companion: Onion.

Tips and Uses:
Insecticide.

Properties: High sugar content, Vitamin C.



Pea
Pisum sativum

Planting time: J F M A M J J A S O N D

Companion: Aromatic herbs, Carrot, Cucumber, Maize, Spinach, Tomato, Turnip.

Antagonist: Fennel, Garlic, Onion, Shallots, Strawberry.

Tips and Uses: Legume.

Properties: Protein rich. Starch, Vitamin A, C Potassium, Phosphorous.

Peanut
Arachis hypogaea

Planting time: J F M A M J J A S O N D

Companion: Maize, Melon, Sunflower, Walnut.

Tips and Uses: Legume. Manure well. Cure for a fortnight after upturning.

Properties: Vitamin A, B1, B2, E.



Peach

Prunus persica

Planting time: J F M A M J J A **S O N D**

Companion: Garlic, Strawberry, Tansy.

Tips and Uses: Use a new hole for a new tree, poisonous to plant new tree in old hole.

Properties: Contains Vitamin A,C.

Herbal Uses: Moisturiser.

Penny Royal Mint

Mentha pulegium

Planting time: J F M A M J J A **S O N D**

Companion: Bean, Broccoli, Brussels Sprout, Cabbage, Lettuce, Tomato.

Tips and Uses: Insect repellent. Good ground cover.

Herbal Uses: Avoid using when pregnant. Good for coughs and colds.

Petunia

Petunia Sp.

Planting time: J F M A M J J A **S O N D**

Companion: Bean Broccoli, Cauliflower, Lettuce, Potato, Tomato.

Tips and Uses: Repels asparagus beetle. Leaves used insect repellent.

Pine

Pinus sp

Companion: Mulch for strawberry.

Azalea, Foxglove, Potato, Rhododendrons, Tomato.

Antagonist: Wheat

Tips and uses: Pine nuts are good food.

Properties: Vitamin C.



Poppy

Papaver rhoeas

Planting time:

J F M **A M J** J A S O N D

Companion: Larkspur, Wheat

Tips and Uses: Needs good composting. Seeds are used in baking and sprinkled over food.

Herbal Uses: Sleep inducing drug. Very addictive when used as a narcotic.



Pomegranate

Punica granatum

Planting time: J F M A M J J A **S O N D**

Tips and Uses: Thorny hedge plant. Delicious fruit. Extract juice.

Herbal Uses: Treats diarrhoea. Vermifuge for tapeworm, stomach-ache cure.

Potato

Solanum tuberosum

Planting time: J F M A M J J **A S O N D**

Companion: Amaranthus, Bean, Brinjal, Celery, Comfrey, Flax, Horseradish, Kale, Maize, Marigold, Mustard, Nasturtium, Nettle, Pine, Strawberry, Solanum sp, Summer Savoury.

Antagonist: Apple, Apricot, Carrot, Cherry, Cucumber, Nectarine, Raspberry, Tomato.

Tips and Uses: Follow with Rye. Store away from Apples.

Properties: Vitamin C, protein.

Pumpkin

Cucurbita maxima



Planting time:

J F M A M J J A **S O N D**

Companion: Bean, Datura, Maize, Mint, Radish.

Antagonist: Potato.

Tips and Uses: Pumpkin sprouts are rich in fatty acids and protein.

Properties: Vitamin A, C, Calcium, Thiamine, Phosphorus, Potassium.

Herbal uses: Seeds are a vermifuge.



Radish

Raphanus sp

Planting time: J F M A M J J A **S O N D**

Companion: Asparagus, Bean, Chervil, Cucumber, Kohlrabi, Lettuce, Melon, Nasturtium, Pea, Squash, Turnip, Tomato, Zucchini

Antagonist: Grape, Hyssop, (not preceded by Brassica)

Properties: Iron, Vitamin C



Raspberry

Rubus idaeus

Planting time: J F M A M J J A **S O N D**

Companion: Garlic, Lavender, Rue, Tansy, Turnip, Wormwood, Yarrow.

Antagonist: Basil, Blackberry, Loganberry, Potato.

Tips and Uses: Teas of raspberry as alternative to coffee.

Herbal Uses: Used cosmetically.

Rose

Rosa sp.

Planting time: J F **M A M J J A S O N D**

Companion: Parsley, Chives.

Tips and Uses: Perfume, potpourri.

Properties: Contains Vitamin B, C, E, K.

Herbal Uses: Skin tonic, aids circulation, heals conjunctivitis.

Rosemary

Rosemarinus officinalis

Planting time:

J F M A M J J A **S O N D**

Companion: Apple, Bean, Carrot, Cabbage, Sage.

Antagonist: Potato, Strawberry.

Tips and Uses: Deters cabbage moth, bean beetle, carrot fly. Insecticide.

Herbal Uses: Memory improver. Hair rinse. Stimulates digestion and circulation. Antiseptic.



Rhubarb

Rheum Rhabarbarum/ Rheum sp.

Planting time: J F M A M J J **A S O N D**

Tips and Uses: Use for tarts, jams, jellies. Divide roots to propagate. Use peeled stalks only. Leaves contain oxalic acid, which is toxic.

Properties: Vitamin A, C potassium.



Rocket

Eruca vesicaria

Planting time:

J F M A M J J A S O N D

Tips and Uses: Flavours salads and sauces. Flowers make a lovely garnish. Rocket oil can be used for lighting.

Herbal uses: Now only used as a salad herbs. Used previously as a love potion, stimulant and stomachic.



Sage

Salvia officinalis

Planting time: J F M A M J J A **S O N D**

Companion: Broccoli, Cabbage, Carrot, Cauliflower, Marjoram, Nettle, Rosemary, Tomato.

Antagonist: Cucumber, Rue, Wormwood.

Tips and Uses: Deters cabbage moth and carrot fly.

Herbal Uses: Tonic. Antiseptic. Hair dye and shampoo. Dentifrice. Deodorant.

Rue

Ruta graveolens

Planting time: J F M A M J J **A S O N D**

Companion: Raspberry, Rose.

Antagonist: Basil, Cabbage, Sage.

Tips and Uses: Insecticide.

Herbal Uses: Disinfectant.



Rye

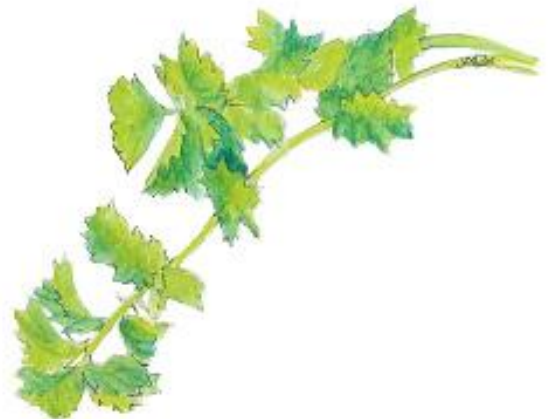
Secale cereale

Planting time: J **F M A M J J** A S O N D

Companion: Cornflower.

Properties: Vitamin E, riboflavin, pantothenic acid.

Herbal Uses: Fights heart disease.



Salad Burnet

Poterium sanguisorba, (Sanguisorba minor)

Planting time: J F M A M J J A **S O N D**

Companion: Mint, Thyme.

Tips and Uses: Use fresh in salad. Compost maker.

Properties: Contains Vitamin C.

Herbal Uses: Sunburn. Skin troubles.



Santolina
Santolina
chamaecyparissus,
S. incana

Planting time:

J F M A M J J A **S O N D**

Companion:

Artemisia, Currybush,
Lavender.

Tips and Uses:

Insecticide. Herbal tobacco mixed with chamomile and coltsfoot. Good border plant.



Soapwort

Saponaria officinale

Planting time: J F M A M J J A **S O N D**

Tips and Uses: Can be invasive.

Properties: Saponion.

Herbal Uses: Cosmetic herb.

Sesame

Sesamum orientale,
S. indicum



Planting time:

J F M A M J J A **S O N D**

Companion: Maize.

Antagonist: Sorghum.

Tips and Uses: Seeds are wonderful to use in salads, stirfries, breads and biscuits. Insect repellent.

Properties: Vitamin C, E, Calcium.

Spinach

Spinacia oleracea

Planting time: J F M A M J J A **S O N D**

Companion: Cabbage, Celery, Onion, Pea

Antagonist: Grape, Hyssop

Tips and uses: Makes fantastic pies. Not to be confused with Swiss Chard.

Properties: Vitamin A, B, C, Iron, Calcium, Potassium, (Oxalic acid makes calcium unavailable when boiled)



Sorrel

Rumex acetosa

Planting time:

J F M A M J J A **S O N D**

Tips and Uses: Use in soups, salads and sauces.

Properties:

Potassium, Vitamin A,B,C.

Herbal Uses: Treats kidney and liver ailments. Healths mouth ulcers, boils, infected wounds.

Sorgham/ Amabele (Zulu)

Sorgham bicolour

Planting time: J F M A M J J A **S O N D**

Tips and Uses: Plant on a four year rotation. Good fodder and human food. Stems used for fences, crafts, brooms.

Southernwood

Artemisia abrotanum

Planting time: J F M A M J J A **S O N D**

Companion: Fruit trees, Cabbage, Carrot, Rose.

Tips and Uses: Deters moths and ants. Discourages lice in chicken runs.

Herbal Uses: Disinfectant. Tonic. Hair conditioning.



Strawberry

Fragaria vesca

Planting time: J F M A M J J A **S O N D**

Companion: Bean, Borage, Comfrey, Lavender. Lettuce, Onion, Nectarine, Peach, Spinach.

Antagonist: Cabbage, Garlic, Gladioli, Mint, Pea, Rosemary, Thyme.

Tips and Uses: Mulch with Pine needles.

Properties: Vitamin, proteins, sugars, salts.

Herbal Uses: Tooth whitener.

Soya bean

Glycine max

Planting time: J F M A M J J A **S O N D**

Tips and Uses: Legume, cover crop.

Properties: Protein, Potassium, Calcium, Vitamin B Group.



St John's wort

Hypericum perforatum

Herbal Uses: Rheumatism, gout, antidepressant, diuretic.



Swiss Chard

Beta vulgaris.cicla

Planting time: J F M A M J J A **S O N D**

Tips and Uses: Stem can be cooked like asparagus. Always twist leaves off at base, new leaves will not develop if you cut. Commonly called Spinach.



Sunflower

Helianthus annus

Planting time: J F M A M J J A **S O N D**

Companions: Maize.

Antagonists: Beans, Potato.

Tips and Uses: Soil improver.

Properties: Vitamin B complex, Vitamin E, Iodine, Phosphorous.



Tamarillo, Tree Tomato
Cyphomandra betacea

Planting time: J F M A M J J **A S O N D**

Tips and Uses: Mulch plants well. Replace every 3-4 years. Needs frost protection.

Properties: Vitamin A, B6, C and E and rich in iron and potassium. Also low in calories and high in dietary fibre.



Tansy
Tanacetum vulgare

Planting time:

J F M A M J J A **S O N D**

Companion: Fruit and nut trees, vegetables, berries.

Tips and Uses: Insect repellent. Good compost plant. Can irritate some skins. Makes a yellow dye.

Properties: Potassium rich.

Herbal Uses: Treats scabies. Fevers. Tonic.

Tarragon
Artemisia
dracunculus

Planting time:

J F M A M J J A **S O N D**

Companion: Brinjal, Capsicum.

Tips and Uses: Use small amounts fresh in salads. Freeze or steep in oil. Loses flavour once dried.

Herbal Uses:

Digestive and appetite stimulant.



Thistle
Cirsium sp

Antagonist: Wheat.

Tips and Uses: Green Manure. Compost activator.



Thyme
Thymus vulgaris

Planting time: J F M A M J J A **S O N D**

Companion: Most herbs and vegetables, especially Brinjal, Cabbage, Salad Burnet.

Antagonist: Strawberry.

Tips and Uses: Repels flies and insects. Adds flavour to milk and cheese.

Bee attractant.

Herbal Uses: Antiseptic. Antiviral. Helps hangovers, headaches, fatigue. Eases breathing problems.

Tomato, Loveapple*Lycopersicon
lycopersicum***Planting time:**

J F M A M J J A S O N D

Companion: Asparagus, Basil, Borage, Carrot, Celery, Chive, Garlic, Gooseberry, Horehound, Lemon Balm, Marigold, Mint, Mustard, Nasturtium, Nettle, Nightshade, Onion, Parsley, Radish, Sage.

Antagonist: Apricot, Fennel, Kohlrabi, Potato.

Tips and Uses: Avoid overhead watering.

Properties: Vitamin A, C.

Herbal Uses: Fresh slice on burns. Cosmetic uses.

Valerian*Valeriana officinalis*

Planting time: J F M A M J J A S O N D

Companion: Stimulating companion for all vegetables and other plants.

Tips and Uses: Good compost plant.

Properties: Phosphorous.

Herbal Uses: Hysteria, Insomnia, Natural tranquilliser.

**Violet (Sweet)***Viola odorata*

Planting time:

J F M A M J J A S O N D

Tips and Uses:

Crystallise flowers for decorations.

Herbal Uses: Treat coughs and bronchitis, headaches, wounds and insomnia.

Turnip*Brassica rapa*

Planting time:

J F M A M J J A S O N D

Companion: French Bean, Lettuce, Pea, Radish, Raspberry, Spinach.

Tips and uses: Can be used as animal fodder.

Properties: Vitamins, minerals, protein, sugars.

**Walnut***Juglans sp*

Companion: Mint, Peanut.

Antagonist: Potato, Tomato.

Tips and Uses: Don't over prune – can get wood rotting fungus.

Properties: Protein, Minerals, Iron, Potassium, Calcium, Phosphorous.



Wheat*Triticum sp***Planting time:** J F M **A M J J A S O** N D**Companion:** Cornflower, Onion, Poppy.**Antagonist:** Pine, Thistle.**Wild Plum/ UmNgwenya
(Xhosa, Zulu)***Harpephyllum caffrum***Tips and Uses:** Sour fruits edible. Make chutney and jam.**Herbal Uses:** Treats eczema, acne. Blood purifier.**Wild Garlic***Tulbachia sp.***Planting time:**J F M A M J J A **S O N D****Tips and Uses:** Deters flies. Edging and border plant. Plant by root division. Edible root.**Wilde Als, Wormwood***Atremisia afra, Artemisia absinthium***Planting time:** J F M A M J J A **S O N D****Companion:** Brinjal, Carrot, Raspberry**Antagonist:** Caraway, Fennel, Sage.**Tips and Uses:** Insecticide.**Herbal Uses:** Vermifuge.**Yarrow***Achillea millefolium***Planting time:**J F M A M J J A **S O N D****Companion:** Cucumber, Maize, Raspberry.**Tips and Uses:** Beneficial insect attractant. Good compost plant.**Herbal Uses:** Fever. Toothache. Cuts and wounds.**Zucchini***Curcubita pepo***Planting time:** J F M A M J J A **S O N D****Companion:** Bean, Mint, Maize, Nasturtium, Radish.**Tips and Uses:** Chokes out weeds. Avoid overhead watering.

Garden Life

The world is such a diverse place. The more different life forms there are in the garden, the less chance there is of fungal, bacterial and pestilential attack. Work with Nature to ensure your garden's health. Each creature has a vital role to perform. At times an infestation of a certain creature will appear threatening, but a balance will soon become apparent.

When you start gardening, the soil may not be so strong and the plants may be prone to attack. You can use natural insect sprays to combat attacks. A mix of chillies, garlic, rosemary and pure grated soap steeped in water for at least twenty minutes, then boiled, cooled and strained will provide a safe and non-toxic way to protect your plants against attack. As your soil is enriched, and more diversity is in your garden, the less prone to attack it will be. (Also see list of insect repellent plants)



Bees pollinate flowers and make honey, they are vitally important to successful gardening



Butterflies and moths play an important role in the pollination of plants. Caterpillars can be destructive in the garden, remember that they are the butterflies and moths of the future.



Praying mantids eat flies and mosquitoes



Beetles play a variety of roles in the garden.

Ladybird larvae eat aphids.

Grasshoppers cause damage. They can be handpicked and fed to chickens.

Ants get eaten by a variety of creatures



Cockroaches get eaten by gekkos and lizards.



Snails are good duck and chicken food.



Wasps eat caterpillars.



Earthworms burrow bringing fertility to the soil, they are eaten by millipedes, birds, moles and other other creatures



Insect Repellent Plants Anise Asparagus Aster Basil Bay Borage Catnip Celery Coriander Citrus Datura Derris Elder Fennel Feverfew Flax Geranium Hazel Horseradish Lavender Lemon Verbena Marigold Mint Mustard Nasturtium Nettle Oak Parsley Parsnip Penny Royal Mint Rosemary Rue Sage Salsify Santolina Sesame Southernwood Tansy	Compost Activators / Green Manure Plants / Soil Improvers N = <i>Nitrogen</i> P = <i>Phosphorous</i> K = <i>Potassium</i> Alfalfa / Lucerne (N) Banana skins (K) Bean (N) Buckwheat Caraway – loosens soil Chamomile Comfrey (N,P) Clover (N) Dandelion (N) Elder Flax/Linseed Golden Rod Hyssop – fights bacterial disease Lovage Lupin (N,P) Mustard (N) Nettle (N) Oak (Acid Mulch) Oats Pine (Acid Mulch) Salad Burnet Soya bean (N) Sunflower Tansy Thistle Valerian (P) Yarrow (K)
Weed Inhibitors / Living Mulch Buckwheat Canna Choko Cucumber Creeping Thyme Comfrey Mints Penny Royal Mints Oregano Zucchini	Insect Attractants / Pollinators Buckwheat (Bees) Catnip (Bees) Celery (Earthworms) Cornflower Coriander (Bees and other insects) Dandelion (Earthworms) Dill (Bees) Lavender (Bees and Butterflies) Marigold (Hoverflies and other insects) Melissa (Bees) Bee Balm (Bees) Thyme (Bees) Yarrow

Glossary

Anti-Leukemic – acts against leukaemia
Antibacterial – fights bacteria
Anti-inflammatory – relieves inflammation
Antiseptic – stops or prevents infection
Antiviral - stops or prevents viruses
Arthritis – inflammation, swelling in the joints
Astringent – binding, draws tissues together
Bactericide – destroys bacteria
Beneficial insects – helpful insects
Coccidiosis – chicken disease, huddled into ruffled feathers
Colic – painful spasms of the colon often caused by flatulence
Compost Activator – assists compost to breakdown more effectively
Cystitis – inflammation of the urinary bladder
Dentifrice – cleans the teeth
Diabetes – excess sugar in blood and urine
Diarrhoea – Looseness of the bowels
Digestive – helps food breakdown
Diuretic – increases urine secretion
Eczema - usually non-contagious itchy skin rash
Fatigue – intellectual or physical exhaustion or weariness
Flatulence – accumulation of gas in the digestive system
Green Manure – crops grown then cut down to improve the soil
Hysteria – abnormal excitement or frenzy
Insecticide – preparation to reduce insect infestation
Insomnia – inability to sleep normally
Interspersed – scattered in-between
Lactation – breast feeding
Laxative – helps loosen bowels
Legume –crop that fixes nitrogen
Mulch – Organic matter used to cap the soil to retain moisture, suppress “weeds” and add fertility to the soil
Narcotic – a drug that relieves pain and induces sleep
Nematode – a worm that attacks plant roots
Panacea – a cure-all for all diseases
Refrigerant – lowers body temperature
Rheumatism – pains in the joints and soft tissues
Sedative – eases pain
Trap crop – distracts insect pests
Thrush – fungal infection of the skin
Vermifuge – destroys intestinal worms

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